

Secrets of Manifestation

**How to manifest our Desires in Reality
with universal Consciousness**



umasreedasan

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*Dedicated
at the holy Feet of
SHIRDI SAI BABA
without Whose Grace I am nobody*

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Prologue

Manifestation of our desires in our physical reality using body-mind-heart based Traditional Manifestation Methods like Visualisation, Affirmation and Feeling has been widely discussed in the Western spiritual literature for about a century. But since many authors of this literature were not spiritually enlightened, they have either exaggerated or oversimplified the principles behind manifestation, leading to the development of many myths regarding this process among the readers of this literature. Let me examine five such common myths and present the corresponding facts from spiritual perspective.



Myth: I can manifest anything I want in this planet. I have absolute freedom. I am not the Head of the State but a homeless beggar sleeping on the platform of a city road because I chose to be the latter and did not choose to be the former.

Fact: Theoretically yes but practically no. The whole material universe has been created by the universal Consciousness of God. And that universal Consciousness is residing within each and every person living in this world. Therefore, in theory, we can manifest anything we desire in our physical reality. However, to manifest an apparently improbable desire we need to have three

traits - passion, faith and perseverance. It is less likely for a homeless beggar to develop passion, faith and perseverance to become the head of a State.



Myth: My karma allotted for my present birth determine what I can experience and what I cannot. So, I cannot manifest anything my karma do not permit me to. I wanted to become a rich business man but ended up as a worker in a small workshop for a paltry monthly salary due to my karma.

Fact: There is absolutely no need for you to experience ALL your karma allotted for your present birth. Using Traditional Manifestation Methods like Visualisation, Affirmation and Feeling supplemented by Consciousness Manifestation Methods like Direct Consciousness Discrimination, Expanded Consciousness Meditation and Divine Love Yoga, you can beat your karma to manifest your particular desire in your physical reality.



Myth: All non-physical manifestation efforts using Traditional Manifestation Methods like Visualisation, Affirmation and Feeling and/or Consciousness Manifestation Methods like Direct Consciousness Discrimination, Expanded Consciousness Meditation and Divine Love Yoga are useless exercises like building castles in the air - they have absolutely no role to play in the development of physical events and circumstances that happen in one's life. Thus, if my relationship with my spouse is strained, my manifestation efforts won't be of any use in repairing my relationship.

Fact: Wrong. Completely wrong. The material universe we see is pervaded by the universal Consciousness of the spiritual uni-

verse. Our brain and eyes are so dull and insensitive that we are not able to perceive this universal Consciousness. A spiritually enlightened person can actually perceive this subtle universal Consciousness all over this material universe using her sensitised brain and eyes. She perceives It as a Field pervading this entire material universe.

Our serious passionate emotional desires, thoughts and words have a creative potential. The universal Consciousness, that is pervading this entire material universe, brings towards us persons, things, events and circumstances in our life consistent with our desires, thoughts and words. As we desire, think and talk, we set the spiritual universe in motion that realigns the material universe in relation to us. For example, when we crave for relationship positively and when we think about relationship positively and when we talk about relationship positively, we invoke the universal Consciousness to move the material universe for us. Then we get opportunities for repairing our strained relationship with spouse, friend, and colleague; we get opportunities for expressing and receiving love in relation to others, and so on.

Traditional Manifestation Methods like Visualisation, Affirmation and Feeling supplemented by Consciousness Manifestation Methods like Direct Consciousness Discrimination, Expanded Consciousness Meditation and Divine Love Yoga play a big role in increasing the positivity and decreasing the negativity of our creative desires, thoughts and words.

Just because I am incapable of perceiving this universal Consciousness, I cannot issue a general postulate that non-physical desires, thoughts and words have no role to play in the manifestation of physical events and circumstances.



Myth: All my thoughts are creative, and so, I should never think negatively of anyone or anything. I should not watch movies featuring poverty, strained relationship or illness. I should not read articles that criticise the views of others.

Fact: Only when our heart joins our mind, our thoughts develop significant potential for manifestation in our physical reality. Our negative thoughts can be, for all practical purposes, labelled as negative only when we think about them passionately adding a strong flavour of emotion. Otherwise they lack manifestation potential.

If you think that what your colleague did is wrong for a few minutes or even hours, that thought would pass away without manifesting anything in your reality. However, if you spend a few sleepless nights brooding over what your colleague did, then definitely your thoughts are going to manifest something negative in your physical reality in the near future.



Myth: Traditional Manifestation Methods like Visualisation, Affirmation and Feeling are sufficient to manifest my desires successfully.

Fact: There are two drawbacks associated with body-mind-heart based Traditional Manifestation Methods.

Visualisation is a powerful method to define our desire in graphic detail. Affirmation is a powerful method to erase those beliefs that work *against* the manifestation of our particular desire and to instil those beliefs that work *for* the manifestation of our particular desire. Feeling is a powerful method to accelerate the manifestation of our desire. All these methods manipulate the faith of our heart because it is the faith of our heart that is manifested in our physical reality.

The implementation of all these three Traditional Manifestation Methods is mind based. Their implementation is designed and customised by our mind to suit the requirement of manifestation of a specific desire. In other words, we manipulate our heart using our mind. But the knowledge of our mind is quite limited as compared to the wisdom of our heart. Therefore, Traditional Manifestation Methods are always inaccurate. This is the first drawback.

Traditional Manifestation Methods focus on the creation of positive faith in our heart related to a particular aspect of our life. However, we generate Negative Energy by means of our passionate emotional desires, thoughts and words of negativity related to various aspects of life like health, wealth and relationship in our family, social and professional transactions. *All these aspects of our life are interconnected.* Therefore, this Negative Energy we generate impacts the faith of our heart related to the manifestation of our particular desire. Usually the quantum of this spontaneously generated generic negativity far exceeds that of the particular positivity we deliberately generate using Traditional Manifestation Methods. This is the second drawback.

These two drawbacks can be nullified if the Traditional Manifestation Methods are supplemented by Consciousness Manifestation Methods like Direct Consciousness Discrimination, Expanded Consciousness Meditation and Divine Love Yoga.

The wisdom and power of universal Consciousness that resides within our body, mind and heart are far superior to those of our heart or our mind as the universal Consciousness is omniscient and omnipotent. It also controls the functioning of our heart, mind and body.

If we merge our Consciousness with universal Consciousness using these three Consciousness Manifestation Methods, then our passionate emotional desires, thoughts and words of negativity related to various aspects of life like health, wealth and relationship

in our family, social and professional transactions will be controlled. Not only that - our manifestation efforts using Traditional Manifestation Methods like Visualisation, Affirmation and Feeling will also be suitably fine-tuned so that manifestation will be rendered more effective.

Introduction

Traditional implementation of Law of Attraction by means of techniques like Visualisation, Affirmation and Feeling suffers from some serious shortcomings. Many times they don't work. Sometimes we get results quite different from what we expected. Sometimes manifestation is inordinately delayed that we give up midway.

That is because traditional implementation focuses on the *expression* of positive energy in a *particular* aspect of life like health, wealth and relationship. Such exercises cannot counter the formidable expression of our Negative Energy related to various aspects of our life and accumulated in our daily family, social and professional transactions for a very long time period.

This book focuses on the *generic* reduction of our Negative Energy by means of three powerful spiritual tools to improve the Success rate, Efficiency and Speed of commencement of manifestation by Law of Attraction implemented by means of traditional techniques like Visualisation, Affirmation and Feeling.

Manifestation building cannot be robustly constructed by Traditional Manifestation Methods like Visualisation, Affirmation and Feeling unless a solid foundation is laid by Consciousness Manifestation Methods like Direct Consciousness Discrimination, Expanded Consciousness Meditation and Divine Love Yoga.

Faith of our heart is manifested in our physical reality. All Traditional Manifestation Methods like Visualisation, Affirmation and Feeling primarily focus on convincing our heart to believe in the physical fulfilment of what we desire. Yet manifestation is not as easy as it sounds because development of faith of our heart in the physical fulfilment of what we want is also influenced by our passionate words, thoughts and desires of negativity. More often than not, the quantum of our Negative Energy far exceeds that of the positive energy we send to our heart using the Traditional Manifestation Methods like Visualisation, Affirmation and Feeling. No wonder, the efficacy of these traditional methods is very poor.

When Consciousness Manifestation Methods like Direct Consciousness Discrimination, Expanded Consciousness Meditation and Divine Love Yoga are practiced, our passionate emotional desires, thoughts and words of negativity will be effectively controlled. This will help our practice of Traditional Manifestation Methods like Visualisation, Affirmation and Feeling to manifest our desires successfully, efficiently and fast in our physical reality.

This book first examines the theory and practice of three important Traditional Manifestation Methods namely, Visualisation, Affirmation and Feeling along with their limitations. Then it presents the theory and practice of three important Consciousness Manifestation Methods namely, Direct Consciousness Discrimination, Expanded Consciousness Meditation and Divine Love Yoga.

Chapter 1

universal Consciousness

Our serious passionate emotional desires, thoughts and words have a creative potential. The universal Consciousness, that is pervading this entire material universe, brings towards us persons, things, events and circumstances in our life consistent with our desires, thoughts and words. Since we attract them by means of our desires, thoughts and words, this phenomenon is popularly known as the Law of Attraction.

Law of Attraction is the infallible fundamental spiritual law based on which this material universe functions. This law is enforced on this material universe by the invisible universal Consciousness that pervades, sustains and controls this visible material universe.

Strictly speaking, universal Consciousness is not really invisible. Our brain and eyes are so dull and insensitive that we are not able to perceive It/Her/Him. An enlightened spiritual person always perceives It using his sensitised brain and eyes. He perceives It as a Field pervading this entire material universe.

Thus, when we see a tree with our dull eyes and brain, we just see a tree. That's what we are seeing right from birth. But if we see the same tree after enlightenment, then we'll see the whole tree as lively and vibrant one with its leaves and stalks standing out of their surrounding space distinctly and sharply. We'll see all persons and things of this world in a similar fashion.

This is due to the fact that our brain and eyes have now been trained to perceive this material universe along with the universal Consciousness pervading it. We haven't discovered anything new. Now only we are able to perceive this world as it is. Until enlightenment we miss the spiritual universe pervading the material universe. We see only half the story. We see only the effect portion of phenomenon as our brain and eyes are not able to see the cause portion. Naturally we try to find the cause in the material universe itself, the only portion we are able to see. That's why we are not able to understand why Law of Attraction works.

As we desire, think and talk, we set the spiritual universe in motion that realigns the material universe in relation to us. For example, when we crave for health positively and when we think about health positively and when we talk about health positively, we set in motion the universal Consciousness pervading the material universe. Then we get opportunities for getting healthy food; we get opportunities for doing health exercises, and so on.

Similarly, when we crave for wealth positively and when we think about wealth positively and when we talk about wealth positively, we trigger the universal Consciousness into action. Then we get opportunities for doing business; we get opportunities for repaying our debts, and so on.

Again, when we crave for relationship positively and when we think about relationship positively and when we talk about relationship positively, we invoke the universal Consciousness to move the material universe for us. Then we get opportunities for repairing our strained relationship with spouse, friend, and colleague; we get opportunities for expressing and receiving love in relation to others, and so on.

Thus, when we think, talk and desire in a specified manner, the invisible universal Consciousness pervading this visible material universe is invoked to move the material universe in certain manner to bring things, persons, events and circumstances towards us

to provide us with opportunities for the actual fulfilment of what we thought, talked and desired.



How does it happen? That is, how does universal Consciousness move a person towards us? Let me illustrate. Suppose you have learnt how to use Law of Attraction by reading a popular book on this subject. You badly want to apply the principles you have learnt to improve the relationship with your spouse. You try, try, and try to practice those principles for a couple of months. Nothing happens. You get frustrated. You don't know where exactly your mistake is. You just can't find it out. Assume that many, many people around the world are frustrated in a similar manner in applying these principles for various needs. Then the universal Consciousness chooses a suitable person to write a book on this subject. His heart is made to desire writing this book, his mind is made to think about writing this book, and his body is made to write it out and publish it out, too. And you have that book in your hands.

Our mind, body and heart are completely controlled by the universal Consciousness. We just do not know that. But an enlightened spiritual person knows it. When a person X strongly attracts another person Y using his body, mind and heart, universal Consciousness moves the body, mind and heart of Y to meet X at right time and at right place for the right purpose. However, Y thinks that he went to X on his own. But if Y is an enlightened spiritual person, he'll know he is being influenced by universal Consciousness on behalf of X.



All is fine, except that invoking universal Consciousness for a specific purpose is not always easy. Quite often, Law of Attraction apparently either fails or misfires. If you have read a couple of books on this subject, and tried a few techniques in practice, you'll know it yourself in experience.

We should understand that universal Consciousness is not our servant. We cannot dictate terms to It. On the other hand, we are Its servants. Only if we place our request after complying with a few Rules dictated by It, our request will be honoured by It in the way we want it to be. Ignorance of Rules is not an excuse. We learn the Rules, obey the Rules and then place our request to get what we want.

Chapter 2

Successful Manifestation

Faith of our heart is manifested in our physical reality because it triggers particular pattern of our desires, thoughts and words that will trigger the universal Consciousness into action necessary for the fulfilment of the faith of our heart. In other words, if what we desire is to be successfully manifested in our reality, we have to first convince our heart to believe in its fulfilment.

Before we further analyse the success of manifestation of what we desire in our life, it is essential for us to understand the nature and function of what we refer to as *heart*.

We want to get rid of our debts. We want to have amicable relationship with spouse and kids. We want to get our chronic disease cured. These craving desires and other ambitious plans form the backbone of our life. But for these desires, our life loses its *life*.

Fine. From where do these desires arise in us? Spiritual literature says that we have three bodies. The physical body that we normally refer to as body is called the gross body. During dreamy sleep, we are unaware of our physical body. Our mind along with its derivatives like dream and thoughts forms what is called as the subtle body. When we go to the dreamless deep sleep state, our gross and subtle bodies become imperceptible, and we identify ourselves with what is called as the causal body.

Our desires arise from this causal body and, of course, they are manifested in our mind. An enlightened spiritual person knows it

very well because he is aware of the presence of his causal body even when he is wide awake.

Just as our subtle body is concentrated in a location where our physical brain is located, our causal body is concentrated at a location where our physical heart is located. That's why we often refer to our causal body as heart.



Law of Attraction is popularly implemented by means of what is called Visualisation method. It uses our mind to convince our heart to believe in the physical fulfilment of what we desire. It is a very powerful technique to clearly define our goal to our heart. It is very simple. You are supposed to vividly imagine the picturized end result you want, a few times a day until you actually realise it.

Our heart accepts whatever we feed it. No questions asked. If you are poor but you tell your heart that you are rich, your heart accepts that you are rich. Not because your heart is an idiot, but because it is wiser than your mind. It knows that you can have anything but you have chosen to have little so far. It knows that your *being* creates your *having* unlike your mind that thinks that your *having* creates your *being*. That's why manifestation starts from our heart.

Our heart doesn't understand the logic and statements which come under the jurisdiction of our mind. It understands pictures rather than words quickly and directly. Therefore we use pictures to talk to our heart directly. If we use words, they will be screened by our mind before they are fed into our heart. If you are poor and vividly imagine what you'd do if you were rich, your heart understands that you are rich. On the other hand, if you state that I am rich, your statement will be first processed by your mind and then fed into your heart. Obviously your mind will reject this nonsense

statement and nothing will be fed into your heart. So, we have to necessarily talk to our heart in terms of pictures.

How can we find out that our heart has started to believe in the physical fulfilment of what we desire? Suppose that you are poor and you passionately crave for wealth. You repeat the statement 'I am rich' daily for a few minutes morning and evening for a month. At the end of the month, if you still crave for wealth passionately, you can come to the conclusion that your manifestation effort has failed to touch your heart. On the other hand, suppose that you visualise what you'd do if you were rich for a few minutes morning and evening for a month. At the end of the month, if your craving for wealth has reduced to some extent, you can safely come to the conclusion that your heart has started to believe in the physical fulfilment of your desire for accumulation of wealth. Remember that as long as our passionate craving for a particular desire has not subsided, our manifestation effort is less likely to be successful. It is not the absence of desire itself but the absence of passionate craving for that desire which is the pre-requisite for the successful manifestation of that particular desire.



To sum up we can use Visualisation method to successfully manifest what we desire as it convinces our heart to believe in the physical fulfilment of what we desire. Provided other things are equal. Unfortunately other things are never equal. So far we have considered ideal situations for the sake of simplicity in order to explain the mechanism of Manifestation by means of Visualisation. Practically we rarely encounter such ideal situations.

Let me illustrate. Consider the case of Mr.Y who had a bitter quarrel with his wife last month, and his wife stopped talking to

him since then. Now he wants to apply the technique of Visualisation as a means for invoking Law of Attraction.

He imagines a vivid picture of her talking to him in good terms; he imagines walking with her to the nearby park, and so on.

If he uses this Visualisation technique a few times a day for a week or two, he should get an offer for a bilateral talk from his wife, and he should be able to explain things, and slowly in another week or two the relationship should be normalised.

But it did not happen. Worse, the already chilled relationship evolved into a frozen one. What went wrong? To understand why universal Consciousness pulled his wife away from him instead of pushing her towards him, we have to examine what happened in the internal state of Y in the week he resorted to Visualisation.

One day in his office a colleague refused to give some important data Y badly required. That data was so important for Y because his promotion depended on the successful completion of his assignment that required the data to be obtained from his colleague. Y had already been troubled in his mind due to the continuing strained relationship with his wife. Now this fellow was torturing him in his office as well. Y couldn't think rationally. He couldn't think of any friendly means to procure the data from his colleague. Y had to spend the whole day brooding over the unacceptable behaviour of his colleague.

On the next day Mrs.Y, chatting with a visiting guest, elaborated for hours the negative points of her husband she discovered right from the marriage date, while Mr.Y was in home at audible distance. Y was already disturbed at the dismal prospects of his promotion due to the non-cooperation of his colleague in completing his assignment. Now she was declaring to a third party that he had ruined her life. He had to spend the full night that day thinking over again and again what she said.

With tons of filth and garbage of negative desires, thoughts and words expressed from his heart, mind and body, how can Y expect the universal Consciousness to act upon the grams of positivity he sends out through Visualisation technique? Who is he dealing with here? An uneducated idiotic servant on his payroll? Universal Consciousness is omniscient, omnipotent and omnipresent sentient Entity that runs the show of this universe. You can't cheat It/Her/Him.

If what we want in our life is to be manifested in our physical reality, our heart should first believe that it will be manifested in our physical reality. The primary objective of our Visualisation exercise is to create and sustain this faith in our heart. But when abundant passionate desires, thoughts and words of negativity related to various aspects of life like health, wealth and relationship in our family, social and professional transactions, are expressed from our heart, mind and body, our heart fails to get this faith even after a prolonged period of practice of Visualisation exercise. *For, all these aspects of our life are interconnected.*

When abundant passionate desires, thoughts and words of negativity are expressed from our heart, mind and body, we cannot predict what universal Consciousness will bring us - definitely not what we would like It to. All our positive Visualisation exercises are useless crap compared to the overwhelming negativity expressed from our heart, mind and body. This is the reason why our success rate in utilising Law of Attraction is so poor. We'll see later in detail, Consciousness Manifestation Methods to control the negativity expressed from our heart, mind and body within the threshold limits. Before that, let us see other two popular Traditional Manifestation Methods.

Chapter 3

Efficient Manifestation

Faith of our heart will be manifested in our physical reality *without distortion*, if that faith is carried over to our mind as well. If what we want in our life is to be manifested in our physical reality without distortion, our heart should first believe that it will be manifested in our physical reality and that belief should be carried forward to our mind until it is manifested in our physical real world.

If faith of our heart is not carried over to our mind, then activities of our mind are likely to distort the faith of our heart leading to physical manifestation that can be significantly different from what we desired.

In our life we have witnessed many more under-accomplished goals and ambitions than the ones that fully succeeded, haven't we? Why? Why does our mind refuse to believe in what our heart believes in? Why is our heart influenced by our mind?

We are almost always carried away by our past experiences. Our mind with its rich memory believes only in what we have already experienced.

But our goals and ambitions are something to do with future experience we desire to happen in our life. Obviously our mind will refuse to believe that such future experience will happen in our life that is contrary to our past and present experiences.

Our heart tends to follow our mind. It is easy for our heart to believe in what our mind believes in, though it is quite *possible*, but of course, slightly difficult, for our heart to believe in what our mind refuses to believe in.

Visualisation technique employed for the realisation of our goals and ambitions in our physical reality exactly serves this purpose - to develop faith in our heart. It bypasses our mind to directly convince our heart to believe in the fulfilment of what we desire.

No doubt, Visualisation is a powerful technique to convince our heart. However, when our mind does not believe in the fulfilment of what we desire, the skepticism of our mind distorts the faith of our heart to such an extent that manifestation could be significantly different from what we desired.

Let me illustrate. Consider the case of a bank employee Mr.Y living in the bank's officers' quarters with his family in a two BHK apartment in a *city*. His wife craved for a four BHK independent house allotted to the branch manager of that bank. She often visualised her family living in that residence. She continued her fantasy for months. One fine morning her husband was transferred to another branch of that bank in a remote *village* where he was offered a two BHK independent house. Is it what Mrs.Y wanted? What happened?

Simple. During those few months when Mrs.Y practiced Visualisation, Mr.Y convinced his wife that he could not get promotion that year. While Visualisation tried to create the faith of her family living in four BHK independent house, the skepticism of her mind related to the promotion of her husband modified the faith created in her heart.



How to convince our mind to believe in the fulfilment of what we desire? We can use Affirmation technique to create faith in our mind. Of all manifestation methods employed for the realisation of our goals and ambitions in our physical reality, Affirmation is the easiest technique to practice. We design an affirmation statement that serves to nullify the skepticism of our mind that is liable to modify the faith of our heart, and read and/or write it a few times a day until we realise what we want in our physical reality. That's all.

For an example, if you are in debt and you want to get enough money, you'll read statements like 'Money is good' and 'I love the rich' to convince your mind, assuming that your prejudice against the rich modifies the faith of financial freedom in your heart.

A common mistake many manifesting aspirants do is to try to directly create faith of heart using Affirmation. It won't work. When you are in debt and read affirmations, 'I am financially free' or 'I am rich', your mind will reject it outright and nothing will go down to your heart - the existing faith of financial shortage will continue. Only Visualisation can be used to directly create faith of heart.

This is because our heart innately cannot perceive the Time division. It doesn't, by default, differentiate between the future and the present. It has to depend on our mind to perceive the Time division. Note that we hardly feel the passing time during dreamless deep sleep when our mind is absent. We can create the state of heart that will, under certain conditions, happen in future, in the present itself. Visualisation bypasses mind and tricks the heart to get a state in the present that can be normally reached only in the future.

But it won't work with our mind because our mind is very much aware of the Time division. Affirmation uses our mind; it cannot bypass it. If you try to use Affirmation to create a state in the present that can be normally reached only in the future, your

mind will not only reject it outright but it will also ensure that it doesn't go to your heart either.

Well, we are not discussing here how to create the faith of our heart using Affirmation. We are discussing here how to transfer the faith of heart created by Visualisation to our mind using Affirmation.

From the above discussion it is clear that we can't use affirmations like 'I am rich' to convince our mind to manifest wealth. We have to use the power of *gratitude for assistance in manifestation*. Then it will work. Thus, the affirmation 'Thank You God for Your assistance for me to be financially free' will work.

Let me explain. Faith of our heart is manifested in our physical reality. But how? By whom? Our serious passionate emotional desires, thoughts and words have a creative potential. The universal Consciousness, that is pervading this entire material universe, brings towards us persons, things, events and circumstances in our life consistent with our desires, thoughts and words in order to manifest the faith of our heart in the physical reality. For an example, when we crave for wealth positively and when we think about wealth positively and when we talk about wealth positively, we trigger the universal Consciousness into action. Then we get opportunities for doing business; we get opportunities for repaying our debt, and so on. So, manifestation of faith of our heart is always executed by the universal Consciousness of God.

When we express gratitude to the universal Consciousness of God for Its wonderful assistance in manifesting what we want, we recognise Its presence and function, which, in turn, creates in our mind faith in the manifestation process.

So, the affirmation 'Thank You God for Your assistance for me to be financially free' will work. How? Mind will assimilate it as the faith, 'With the help of God I'll manifest financial freedom' and work in sync with the faith of our heart 'I am financially free.' *Note that faith of mind is in future tense and dependent on reason where-*

as faith of heart is in present tense and independent of logic. If you are not comfortable with God, you may replace It with universal Consciousness or simply Universe.

Similarly, the popular affirmations like 'I am peaceful', 'I am prosperous' and 'I am happy' are useless crap. Substitute 'Thank You God for Your assistance for me to be peaceful', 'Thank You God for Your assistance for me to be prosperous' and 'Thank You God for Your assistance for me to be happy' respectively for them.

Therefore, gratitude for manifestation assistance convinces our mind ensuring that manifestation will be closer to what we desired. For an example, if you are in debt and you want to accumulate money, you can read the affirmation, 'Thank You God for Your assistance for me to be financially free.' Let us assume that your prejudice against the rich has resulted in the manifestation of shortage of money. Now the practice of this affirmation creates faith in your mind that you can manifest your financial freedom. This faith neutralises your prejudice against the rich and ensures that faith of financial freedom in the heart created by Visualisation is manifested without distortion.



However, things are not that simple. The memory of our mind is quite rich. It is a very big database and you don't know what data will be retrieved and processed in a given situation. It is not always easy to convince our mind. In this example, you could have learnt many different lessons from many different experiences throughout your life right from your childhood that led to this prejudice against the rich. Your parents, teachers, relatives, friends and others could have influenced your view point for you to arrive at this prejudice against the rich.

When such factors that are liable to modify the faith of heart are very intense, which is invariably the case in many of our mani-

festation exercises, it is impossible to neutralise those factors with Affirmation exclusively. Then, we'll have to resort to Consciousness Manifestation Methods that we'll see later. Before that let us see one more important Traditional Manifestation Method.

Chapter 4

Fast Manifestation

When the faith of our heart is carried over to our body, it starts getting manifested in physical reality immediately. If what we want in our life is to start getting manifested in our physical reality immediately, our heart should first believe that it will be manifested in our physical reality and that belief should be carried forward to our body.

Each desire has its own inertial time for physical manifestation. It may vary from a few days to a few decades. If you are manifesting the cure of a certain disease you are suffering for some time, you may get the medicine from some unexpected source in a few days, and that medicine may cure the disease in a few days. On the other hand if you want to become President of your country, it may take even a few decades for its physical manifestation. We are not discussing here how to cut the mandatory manifestation duration - it cannot be reduced. This inertial material universe requires its own time to *respond* to the universal Consciousness triggered by our manifestation efforts like Visualisation.

We are discussing here why our manifestation efforts like Visualisation have not yet triggered the universal Consciousness. Why the physical manifestation has not yet started. Once Visualisation has created the requisite faith in our heart, it doesn't require even a second for the universal Consciousness to be trig-

gered. It should be instantaneous. Response to the universal Consciousness happens in the material universe, and so it takes definite time due to the inertia of the material universe, and that mandatory period of time varies from case to case. We can't do anything to reduce it. But response to the faith in our heart happens in the spiritual universe. There is no time delay in the realm of spiritual universe. So, our question is why our manifestation effort has failed to trigger the universal Consciousness. Physical realisation of many manifestation efforts is inordinately delayed only because those efforts take too much time to trigger the universal Consciousness.

Obviously there is a screen between the faith of our heart and the universal Consciousness that precludes the former to trigger the latter. We are going to discuss that screen here. That screen is in our body.

Consider the case of Mr.Y bedridden for six months. He is an engineer working in a fabrication industry. Last year he met with a two-wheeler accident and got his spine injured. Even after all possible medical treatment, he could not get his spine cured and lead a normal life. He was quite vexed. He lost interest in life. Every day he woke up only to face this horrible life of being dependent on his spouse and nursing attendants for every little personal chore. This went on for months. Then one day he decided to manifest improved health.

He tried to improve his health by visualising what he'd do after his health became normal like doing his daily personal chores, commuting to factory, and so on. Even after a couple of months of Visualisation practice there was no sign of improvement in his health. What went wrong?

His lack of appreciation for his past manifestation precluded his heart from triggering the universal Consciousness. Let me explain.

Before accident, Y could have longed for some rest from his hectic activities in the production shop floor chasing the monthly targets for many months. His desires, thoughts and words of negativity triggered the universal Consciousness to bring about this accident giving him the rest he longed for a long time. Now he hates the rest he himself longed for, a year ago. By hating his rest he manifested, he disclaims his role in this manifestation. When he sheds his responsibility of his contribution to his past manifestation, he cannot contribute to his future manifestation of health improvement.

Dear Mr.Y, you have contributed to the manifestation of what you are now. Enjoy the rest now. Everything happens in life for a reason. Don't reject it outright. Your improvement in health can happen only through the enjoyment of rest; it cannot happen by-passing it. Start loving your present state, whatever it is. It is the stepping stone for the change you desire. You can't ignore it, leave alone hating it. Enjoy it until your body fully feels your enjoyment. Then your body will not preclude your heart from triggering the universal Consciousness to manifest your desired new state.

Bottom line? When our body feels negatively about the present state that we are trying to change by means of Manifestation, it precludes our heart from triggering the universal Consciousness to manifest our desired new state.



Fine. How to make our body feel positively about the present state that we are trying to change? By means of Feeling. How to practice it? We stop disliking and start enjoying the activities related to our current state that we desire to change until we realise its change in our physical reality.

A common mistake many manifesting aspirants do is to try to directly create faith of heart using Feeling. It won't work. For an example, if you want to cure your disease, you'll feel with your body as if the disease was already cured. Your mind will reject it outright and nothing will go down to your heart - the existing faith of diseased condition will continue. Only Visualisation can be used to directly create faith of heart.

Our heart innately cannot perceive the Time division. It doesn't, by default, differentiate between the future and the present. It has to depend on our mind to perceive the Time division. We can create the state of heart that will, under certain conditions, happen in future in the present itself. Visualisation bypasses mind and tricks the heart to get a state in the present that can be normally reached only in the future.

But it won't work with our body because our mind is very much aware of the Time division and body has to work under the watching eyes of our mind. Feeling uses our body under the control of our mind; it cannot bypass our mind. If you try to use Feeling to create a state in the present that can be normally reached only in the future, your mind will not only reject it outright but it will also ensure that it doesn't go to your heart either.

Well, we are not discussing here how to create the faith of our heart using Feeling. We are discussing here how to accelerate, using Feeling, the physical manifestation of the faith of heart created by Visualisation.

Therefore, if Y is interested in improving his health, he should immediately stop disliking his bedridden state of his health. He should accept that the experience of the current state is required for some time. He should enthusiastically engage himself in his daily chores. He may use this period for reading the books he always wanted to read but couldn't due to his hectic personal and professional schedule. Thus he should ensure that his body expresses the feeling of responsibility for his past manifestation for

as much time as possible daily. Soon his Visualisation will trigger the universal Consciousness to bring about the persons and events to improve his health.

Note that the time period for the universe to bring about the persons and events and to improve his health cannot be shortened. If it is, say, six months, then from the time universal Consciousness is triggered to manifest his Visualisation, it'll take six months for the completion of health improvement. But until and unless his body stops precluding his heart from triggering the universal Consciousness, that six months exercise will never take off.



However, things are not as simple as that. When a dynamic person working on hectic schedule in his personal, social and professional life is suddenly confined to a bed within the four walls of his bedroom, it is not always easy for him to stop disliking his current state, leave alone enjoying it. Then, we'll have to resort to Consciousness Manifestation Methods to supplement Feeling.

Chapter 5

Positivity vs Negativity

We saw that our passionate emotional desires, thoughts and words of negativity related to various aspects of life like health, wealth and relationship in our family, social and professional transactions spoil our success rate in utilising Law of Attraction. Compared to ours, an enlightened spiritual person has a very high rate of success in utilising Law of Attraction. After all, he has achieved spiritual Enlightenment itself, a gift that exceeds in magnificence and splendour as compared to any conceivable material goal. What is his secret? He knows how to control the negativity expressed from his heart, mind and body within threshold limits.

An enlightened spiritual person has the special ability to differentiate the Consciousness from his mind, body and heart. Due to this special ability he is able to control his passionate thoughts, words and desires of negativity well before they start doing damage.

He can retract his identification, at any time at his sweet will, from his mind and identify himself with Consciousness in his mind - just like changing gears in an automobile. We think but he observes his mind thinking. He can observe his thoughts arising from his mind.

Mind is an energy from which thoughts arise. Consciousness is a Field that pervades this energy of mind. He is able to separate Consciousness from his mind like separating oil from water. Once

he identifies himself with Consciousness in his mind, he can easily observe the thoughts of his mind. We are not able to observe the thoughts of our mind because we are not able to differentiate the Field of Consciousness from the energy of mind as they are found to be completely miscible like alcohol and water in us.

Similarly, he is able to retract his identification from his body and identify himself with Consciousness in his body. We talk but he can observe his body talking.

Again, we don't even know from where our desires arise. But he knows that his desires arise from a subtle energy that is concentrated at a location where the heart is located. He is able to retract his identification from that subtle energy, technically known as causal body, and identify himself with Consciousness pervading that energy. Thus, he can observe the desires arising from his heart.

Fine, what fun is there in observing thoughts, words and desires? When we are immersed in negative thoughts, for an example, we brood over and over to get fully immersed in the thoughts. Since we have identified ourselves with our mind, we are fully engrossed in the thoughts fuelling them with our energy; *after all we are the fuel*. We spend the entire day and/or night this way until we exhaust all our energy in fuelling our thoughts, and then the mind engine comes to a grinding halt. By that time we have already set the universal Consciousness in motion by means of our negative thoughts.

But the case of enlightened spiritual person is quite the opposite. As soon as he finds himself trapped in his negative thoughts, he retracts his identification from his mind and identifies himself with Consciousness in his mind to enter the observation mode. Since he is the fuel to his thoughts, and he has retracted himself from his mind, the fuel tank of his thoughts goes to the reserve; it is only matter of minutes before the mind engine stops.

Thus by switching over to the Consciousness in his mind, body and heart to enter the observation mode, he effortlessly stops the thoughts, words and desires of negativity arising from his mind, body and heart.



Identifying oneself with Consciousness is the only way to naturally stop the thoughts, words and desires of negativity arising from one's mind, body and heart. However, we need not be enlightened for us to move our identity from mind, body and heart to Consciousness. There is no need for us to have the special ability of differentiating Consciousness from mind, body and heart. There is an indirect way - a set of three Rules to achieve the same result.

Consider an enlightened spiritual person who is identifying himself with Consciousness in his body. On observing the state of his body we note that there is complete absence of *intolerance*. The corollary is that if we can free our body from the state of intolerance, we can move our identity from our body to Consciousness in our body.

So, Rule Number 1 - Reduce your Intolerance to move your identity from your body to Consciousness in your body in order to effortlessly stop your words of negativity arising from your body.

Consider an enlightened spiritual person who is identifying himself with Consciousness in his mind. On observing the state of his mind we note that there is complete absence of *anxiety*. The corollary is that if we can free our mind from the state of anxiety, we can move our identity from our mind to Consciousness in our mind.

So, Rule Number 2 - Reduce your Anxiety to move your identity from your mind to Consciousness in your mind in order to ef-

fortlessly stop your thoughts of negativity arising from your mind.

Consider an enlightened spiritual person who is identifying himself with Consciousness in his heart. On observing the state of his heart we note that there is complete absence of *malice*. The corollary is that if we can free our heart from the state of malice, we can move our identity from our heart to Consciousness in our heart.

So, Rule Number 3 - Reduce your Malice to move your identity from your heart to Consciousness in your heart in order to effortlessly stop your desires of negativity arising from your heart.

Thus, control of words, thoughts and desires of negativity can be easily achieved by anyone by means of reduction of Intolerance, Anxiety and Malice.

What is the relationship between Intolerance-Anxiety-Malice and words-thoughts-desires of negativity?

Chapter 6

Know your Negative Energy

Our sincere attempts to create a particular faith in our heart so as to manifest what we desire are thwarted by our own passionate emotional desires, thoughts and words of negativity related to various aspects of life like health, wealth and relationship in our family, social and professional transactions. Our passionate emotional desires, thoughts and words of negativity arise from the Negative Energy overflowing in our body, mind and heart. Negative Energy has been stocked up in our body, mind and heart in the form of Intolerance, Anxiety and Malice.

We cannot directly control our passionate emotional desires, thoughts and words of negativity as and when they arise. But we can control our Negative Energy in the form of Intolerance, Anxiety and Malice at leisure. Once we control the Negative Energy, our passionate emotional desires, thoughts and words of negativity are automatically and effortlessly controlled.

Negative Energy that blocks manifestation can be only of three types; they are Intolerance, Anxiety and Malice. Let us see each of them briefly.



Intolerance arises from our perception of victimisation. Consider the case of Mrs.X who is working as a team leader in a software

company. She lost interest in her current position of team leader due to some reason. She comes to her office, allocate work to her programmers and spend rest of the day in making phone calls to her husband and friends.

At end of the year despite the extraordinary performance of her team, X was dropped by her manager Z to be elevated to the position of project head. Now X thinks that she is victimised. She feels that it is completely unjust for her to be denied promotion. She simply couldn't tolerate it.

Congratulations Mrs.X, you have successfully created Negative Energy in the form of Intolerance. Continue it for about a year and after the next New Year holidays you'll be most likely fired. Because during the practice of Intolerance for about a year, you'll have no control over your passionate desires, thoughts and words of negativity towards your boss, fellow team leaders and your programmers resulting in the inevitable ouster from the company.

Dear Mrs.X, it is not the denial of promotion for you that is unjust, but your perception of victimisation is. You have manifested your own failure to get elevated to the position of project head. Having lost the passion for your job, you have triggered the universal Consciousness to deny promotion for you. What else can you expect?

Intolerance is related to our past manifestation. We manifested our current state in the past - of course, unconsciously and unknowingly. When we see its unpleasant result, we refuse to take up responsibility for it - in fact, we deny our manifestation itself. *As long as we are not able to accept that we have manifested our current state, we can't consciously manifest anything in the future.*



Let us move to the next form of Negative Energy. Anxiety arises from the perception of fear. Suppose that Mr.Y is a fellow team leader. Both X & Y are reporting to the same manager Z. Y, by doing some personal favours to the manager, won his heart. Despite the mediocre performance of his team, he got important assignments due to his rapport with the manager.

In due course, Y got so many assignments of the project that the position of X as team leader was no longer indispensable. Now panic-stricken X frantically tries to retain her position in the company. She thinks that as long as Y is there in her project she is less likely to be given any important assignment. After a few more months, she gets terribly anxious that she is going to be fired anytime.

Anxiety is related to our future manifestation. It is generated when we strongly fear that we can't get what we want. *As long as we admit that we can't manifest our future, we can't manifest our future - it is as simple as that.*



Let us move to the Negative Energy in its ultimate form. In the first scenario cited above, X would first say, "I am denied my promotion; I am victimised," and generate the Negative Energy of Intolerance. But she won't stop at this point. She'd probe who victimised her and then declare, "I am victimised by Z." There is a lot of difference between these two statements - 'I am victimised' and 'I am victimised by Z.' The former statement generates Intolerance and the latter generates the more notorious Malice along with Intolerance. X generates Malice towards Z.

Similarly, in the second scenario cited above, X would first say, "I'm not getting important assignments. I'm going to be fired," and generate the Negative Energy of Anxiety. But she won't stop at this point. She'd probe who was responsible for her fear and

then declare, "I'm going to be fired due to Y." The former statement generates Anxiety and the latter generates the more notorious Malice along with Anxiety. X generates Malice towards Y.

Dear Mrs.X, you manifested the denial of your promotion, but you have chosen to shift the responsibility to Z. You are manifesting your ouster, but you are shifting the responsibility to Y. You have handed over the responsibility of manifesting your future to Z and Y, the persons you see as your opponents. This is how the universal Consciousness interprets as long as you entertain Malice towards Y and Z. Intolerance and Anxiety just deprives you of your manifestation efforts to improve your current state of affairs, but Malice will worsen your current state through Y and Z. Beware of Malice.

Malice arises from Intolerance and/or Anxiety and it strengthens them. When you say "I'm victimised by Z," your Malice towards Z reinforces your perception of victimisation. Similarly, when you say, "I'm afraid I'm going to be fired because of Y," your Malice towards Y reinforces your perception of fear of losing your job. Beware of Malice.

It doesn't matter even if your Malice against a person is justified from the perspective of material universe - the spiritual universe will always take it as a Negative Energy and work to worsen your current state. You may argue that you deserve your promotion yet Z spoiled your promotion with ulterior motives and vested interests. It hardly matters. Malice is the most notorious Negative Energy one can ever imagine. It triggers the universal Consciousness to spring into action to bring unpleasant events to its owner. Beware of Malice.

Malice is related to our past and/or future manifestation. It blocks our future manifestation by reinforcing Intolerance and/or Anxiety. It deteriorates our current state too. *As long as we hold another person responsible for our unpleasant past manifestation and/or for blocking our future desired manifestation, we straightaway forfeit our*

right to manifest our future and hand it over to our opponents in golden platter.



The origin of accumulation of Negative Energy within us has been elaborately discussed in the ancient spiritual literature. Let me present it concisely here.

Our body by means of its five senses - sight, hearing, smell, taste and touch - experiences pleasure and pain in various situations. Many a time such experience leads to *addiction* and *aversion*. Body experiencing addictions and aversions is quickly thrown into *intolerance* of many external events, facts and situations.

Our mind often swings into future and past through the present. If it uses its past memory to plan for the future, it will be in its normal useful state. On the other hand, it is often swept away by its past memory of addictions and aversions, and to continue its addictions and avoid its aversions in the future it is often thrown into *anxiety*.

The anxiety of mind triggers insecurity that binds our heart. To reduce insecurity our heart desires accumulation of money, wealth, power and relationships. That is when our heart moves from the heaven of desire to the hell of greed. A greedy heart quickly develops *malice* towards persons encountered in family, social and professional life.

Though our heart is more powerful than our mind which is, in turn, more powerful than our body, our heart has been enslaved by our mind which is, in turn, enslaved by our body.

Our heart is supposed to replace the anxiety of our mind with faith; instead, it is placating our mind with malice arising from greed.

Our mind is supposed to replace the intolerance of our body, arising from its addictions and aversions, with acceptance; in-

stead, it is placating our senses with anxiety arising from insecurity.

The desires of the King are to be planned by the Minister, and the plan is to be executed by the Army General. Instead, the king is dictated what to desire by the minister on instructions from the army.



Malice, Anxiety and Intolerance are the triple evil core of Negative Energy from which desires, thoughts and words of negativity arise from our heart, mind and body.

How to reduce our Negative Energy in the form of Intolerance, Anxiety and Malice that is overflowing our heart, mind and body? By means of three powerful Consciousness Manifestation Methods - Direct Consciousness Discrimination, Expanded Consciousness Meditation and Divine Love Yoga. All three methods address all three forms of Negative Energy but each targets our Consciousness in only one place. Thus, the focus of Direct Consciousness Discrimination is to discriminate our Consciousness from our *body*. The focus of Expanded Consciousness Meditation is to discriminate our Consciousness from our *mind*. And the focus of Divine Love Yoga is to discriminate our Consciousness from our *heart*.

Once we reduce our Negative Energy below a threshold level by means of these three powerful Consciousness Manifestation Methods, our passionate emotional desires, thoughts and words of negativity are automatically and effortlessly controlled due to the discrimination of our Consciousness from our body, mind and heart.

Chapter 7

Direct Consciousness Discrimination

Our passionate emotional desires, thoughts and words of negativity, which arise from the Negative Energy overflowing in our body, mind and heart, block our manifestation. Though we cannot directly control our passionate emotional desires, thoughts and words of negativity as and when they arise, we can reduce our Negative Energy in the form of Intolerance, Anxiety and Malice at leisure. Malice, Anxiety and Intolerance will kick us out of the flight of Consciousness and ground us into the deep muddy loose soils of heart, mind and body. Unless we get out of this hostile terrain we landed ourselves in foolishly, we can't expect the Law of Attraction to bring us what we expect.

But once we reduce our Negative Energy below a threshold level, our passionate emotional desires, thoughts and words of negativity are automatically and effortlessly controlled due to the discrimination of our Consciousness from our body, mind and heart.

The strategy of Direct Consciousness Discrimination method is to weaken our Intolerance, Anxiety and Malice by directly countering them with Acceptance, Faith and Love respectively in order to discriminate our Consciousness from our body.



Direct Consciousness Discrimination is to be practiced in three parts. Before commencing the actual practice, you'll have to make nine lists.

Prepare a list of persons against whom you entertain malice. The list should contain all such persons in your family, social and professional circles. This is List-1. Don't include persons you hate on the basis of flimsy reasons like weird food habits. You should feel victimised by them due to their past activities and/or you should fear that they are blocking your future prospects. Accordingly group them into two categories.

The first category exclusively contains persons who victimised you. This is List-2. The second category exclusively contains persons who are feared by you. This is List-3. When the same person fits both categories, include him/her in both Lists. Against each person in List-2 and List-3 write the reason why you hate him/her - how (s)he victimised you or why (s)he makes you afraid, as the case may be. If there are more than one reason for the same person in a List, make more than one entry in that List for that person corresponding to each reason.

Take the List-2. For each entry, prepare a Responsibility Statement for Past Manifestation. This Statement should confer on you the complete responsibility of past manifestation and deprive him/her of any manifestation contribution to the reason cited. For an example, you have an entry for Mr.K who blocked your promotion last year. Your Responsibility Statement should read like this: 'K is not responsible for my failure to get promotion; I manifested my failure.' Prepare a list of Responsibility Statements for Past Manifestation for each entry of List-2. This is List-4.

Take the List-3. For each entry, prepare a Responsibility Statement for Future Manifestation. This Statement should confer on you the complete responsibility of future manifestation and deprive him/her of any manifestation contribution to the reason cited. For an example, you have an entry for Mrs.J who is blocking

your promotion due next year. Your Responsibility Statement should read like this: 'I cannot block my promotion; I am manifesting my promotion.' Prepare a list of Responsibility Statements for Future Manifestation for each entry of List-3. This is List-5.

Let us now prepare a list of Intolerance. What are you unable to tolerate in your life? Are you unable to tolerate the way your spouse treats you? Are you unable to accept your deteriorating health? Are you unable to digest the fact that you are bypassed to give promotion to your colleague? Are you unable to accept the way your neighbour behaves? List out all those facts and events and circumstances you are not able to tolerate or accept or digest. This is List-6.

Prepare a Responsibility Statement of Acceptance for each entry of List-6. For an example, you have an entry for your poor health. Your Responsibility Statement should read like this: 'I manifested my poor health.' Prepare a list of Responsibility Statements of Acceptance for each entry of List-6. This is List-7.

Let us now prepare a list of Anxiety. What are you anxious for? List them out. Are you anxious that your spouse may leave you? Are you anxious that you may lose the job this year? Are you anxious that your disease may never get cured? Are you anxious that you may not get promotion this year? List out all anxieties you face in your daily life. This is List-8.

Prepare a Responsibility Statement of Faith for each entry of List-8. For an example, you have an entry for your fear of divorce. Your Responsibility Statement should read like this: 'My husband cannot leave me; I can manifest it.' Prepare a list of Responsibility Statements of Faith for each entry of List-8. This is List-9.

Out of the nine lists, four lists are directly used for daily practice of Direct Consciousness Discrimination. They are List of Responsibility Statements for Past Manifestation (List-4), List of Responsibility Statements for Future Manifestation (List-5), List of

Responsibility Statements of Acceptance (List-7) and List of Responsibility Statements of Faith (List-9).



The daily practice of Direct Consciousness Discrimination consists of three parts:

- * First Part: Take the List-4. Read out and/or write down each Responsibility Statement for Past Manifestation. Take the List-5. Read out and/or write down each Responsibility Statement for Future Manifestation.

- * Second Part: Take the List-7. Read out and/or write down each Responsibility Statement of Acceptance.

- * Third Part: Take the List-9. Read out and/or write down each Responsibility Statement of Faith.

This practice of Direct Consciousness Discrimination will help you to discriminate your Consciousness in your body from your body and hence effortlessly control your words of negativity in your family, social and professional transactions.

Controlling our thoughts of negativity is much more challenging as compared to our words of negativity, is it not?

Chapter 8

Expanded Consciousness Meditation

If we want to reduce Intolerance, we make a list of all those facts and events and circumstances we are not able to tolerate or accept or digest, and then try to reduce our intolerance towards them one by one. We check what we are unable to tolerate in our life. Am I unable to tolerate the way my spouse treats me? Am I unable to accept my deteriorating health? Am I unable to digest the fact that I am bypassed to give promotion to my colleague? Am I unable to accept the way my neighbour behaves? And so on.

But an enlightened spiritual person makes no such list. He has a wonderful solution to generically neutralise his intolerance towards all these items in the list and those we forgot to include in it as well.

He can start meditation by closing his eyes even as he is seated relaxed in a chair. As soon as he closes his eyes, his ego principle of his subtle body gets weakened. This ego principle is responsible for individuating our Consciousness and confining It to the physical boundary of our body.

When ego principle is rendered weak, our Consciousness expands into the infinite space, leading to the disappearance of space division just as there is no space division for the wind blowing over a wide geographical area - our Consciousness is no longer confined to the physical boundary of our body.

A feeling of Intolerance can be experienced only as long as our Consciousness is confined to the physical boundary of our body. Thus during the period of meditation an enlightened spiritual person experiences what is called *unconditional Acceptance*. His acceptance of current situation is not based on any particular reason or condition.

We create the feeling of acceptance of our current state and environment using some reason or condition to convince ourselves. For an example, if you cannot tolerate how your spouse treats you, you may try to accept the situation citing the reason that you only manifested it. Of course, there is nothing wrong with this approach, but the point is that all our acceptances are based on some reason or condition.

Conditional acceptance requires that each and every situation that creates a feeling of intolerance in us is to be identified, isolated and logically reasoned out for our intolerance towards them to subside. But the enlightened spiritual person uses his expanded Consciousness instead of his mind to generate a state of being of unconditional Acceptance that serves as a solution to generically neutralise his intolerance towards ALL existing situations that create a feeling of intolerance in him.



If we want to reduce Anxiety, we make a list of all those facts and events and circumstances that generate anxiety in us, and then try to reduce our anxiety in each, one by one. We check what for we are anxious in our life. Am I anxious that my spouse may leave me? Am I anxious that I may lose my job this year? Am I anxious that my disease may never get cured? Am I anxious that I may not get promotion this year? We list out all anxieties we face in our daily life, and attack them one by one to reduce them.

But an enlightened spiritual person makes no such list. He has a wonderful solution to generically neutralise his anxiety regarding all these items in the list and those we forgot to include in it.

On continuing his meditation with his eyes closed, after the expansion of his Consciousness into the infinite space, a strange event takes place in a few seconds.

His Consciousness gradually fades into the background. A very deep silence is perceived. In a few seconds his Consciousness becomes completely imperceptible, and the Field of silence takes its place. This Field of silence is what is called as the Self.

When we say 'I talk' or 'I think' or 'I desire', we refer to this Field of silence by the word 'I'. Our I-sense arises from this Field. That's why this Field is known as the Self. Our Consciousness arises from and disappears into our Self; our Self is the source and sink of our Consciousness.

Once our Consciousness disappears into our Self which appears as the Field of deep silence, our mind principle is emptied and our mind is stunned. Now our mind is restrained from moving into the past or future. This leads to the absence of Time division. We can be only present in the present.

Anxiety can be experienced only as long as our mind is permitted to move to the future and the present back and forth. Since our Self restrains this movement of our mind by absorbing our Consciousness, anxiety is no longer experienced by us. Thus during the period of meditation an enlightened spiritual person experiences what is called *unconditional Faith*. His faith regarding the particular result of any future event is not based on any particular reason or condition.

We create faith regarding the result of a future event using some reason or condition to convince ourselves. For an example, if you are anxious that your spouse should not leave you in the near future, you may try to build up faith by repeating the statement 'My spouse cannot leave me; I can manifest it'.

Conditional faith requires that each and every situation that creates anxiety in us is to be identified, isolated and logically reasoned out for our anxiety regarding them to subside. But the enlightened spiritual person uses his Self instead of his mind to generate a state of being of unconditional Faith that serves as a solution to generically neutralise his anxiety regarding ALL existing situations that create anxiety in him.



If we want to reduce Malice of our heart, we make a list of all persons against whom we entertain malice, and then try to reduce our malice against each, one by one.

But an enlightened spiritual person makes no such list. He has a wonderful solution to generically neutralise his malice against all persons in the list and those we forgot to include in it as well.

On continuing his meditation with his eyes closed, after the disappearance of his expanded Consciousness into his Self, his Self is immersed in its Source in a few seconds.

The pleasantness of this Source of his Self stuns his intellect principle, the reasoning faculty of his mind, to such an extent that the duality of subject and object disappears.

Malice can be experienced only as long as our intellect functions to clearly recognise the triad of perceiver-perceiving-perceived. Since the Source of our Self restrains this function of our intellect due to immersion of our Self into its Source, malice is no longer experienced by us. Thus during the period of meditation an enlightened spiritual person experiences what is called *unconditional Love*. His love experienced for any person is not based on any particular reason or condition.

We create love towards any person using some reason or condition to convince ourselves. For an example, if you experience malice towards your spouse after the bitter quarrel of last night,

you may try to build up love towards your spouse citing the reason that you manifested that quarrel in the first place.

Conditional love requires that each and every person against whom we entertain malice is to be identified, isolated and logically reasoned out for our malice against them to subside. But the enlightened spiritual person uses the Source of his Self instead of his mind to generate a state of being of unconditional Love that serves as a solution to generically neutralise his malice against ALL persons against whom he entertains malice.



Now the big question is how we are going to simulate this Expanded Consciousness Meditation of enlightened spiritual person to create the triple states of being of unconditional Acceptance, unconditional Faith and unconditional Love.

The strategy of Expanded Consciousness Meditation method is to weaken our Intolerance, Anxiety and Malice by neutralising them with unconditional Acceptance, unconditional Faith and unconditional Love respectively in order to discriminate our Consciousness from our mind.

What do we generally do in the name of meditation? We seat ourselves in a specified posture with our spine erect. Then we start controlling our thoughts. We either end up in sleeping or in increasing the intensity of our thoughts. This exercise goes on for about twenty minutes. Or we chant a word or a sequence of words. Or we observe our breathing pattern during this period. Or we concentrate on a location in our body where one of the seven chakras is located, during this period.

These types of meditation will not work for neutralising our Negative Energy. That is because neutralisation of Negative Energy requires meditation on our expanded Consciousness whereas traditional meditation techniques target our ego-re-

strained limited Consciousness within the physical boundary of our body.

It will not be possible for us to exactly duplicate how an enlightened spiritual person meditates. Yet we can copy the essence of his meditation technique and practice it for the purpose of neutralising our Negative Energy so as to discriminate our Consciousness from our mind.



Now let us come to the practice of actual meditation. Select a room in your residence where you feel comfortable to meditate. Sit down comfortably in a chair. Or, if you prefer, you may seat yourself in a traditional posture recommended for formal meditation. Now close your eyes. This meditation is to be practiced in three parts. *Your eyes must be CLOSED during the entire duration of meditation.*

* First Part: Try to focus your attention in the space at a point somewhere between the wall in front of you and your body. The 'point' may be of any convenient size or shape, say, one inch diameter circle or one metre side square. Never focus within your body. If your mind is *busy* thinking some thoughts, you'll lose your attention to the point in the space. Sporadic thoughts are okay. But never *focus* your attention to your thoughts. Don't try to suppress the thoughts with effort either. In either case your focus will shift to your mind. We don't want that. Just ignore your mind. It may take a minute or two for you to focus your attention at a point in front of you in the space ignoring the thoughts of your mind.

* Second Part: After that, slowly withdraw your focus from the point in the space and distribute your attention to the space in front of you. You are trying to partially ignore your attention to the point in the space. Now your mind is likely to become active

and generate thoughts. Continue to ignore the thoughts of mind. Again sporadic thoughts are okay. Don't try to suppress them. It may take a minute or two for you to partially withdraw your attention from the point in the space ignoring the thoughts of your mind.

* Third Part: Finally, completely withdraw your focus from the point in the space and distribute your attention to the whole space of the room. Keep your muscles relaxed. Continue to ignore the thoughts of mind. Once again sporadic thoughts are okay. Don't try to suppress them. It may take a minute or two for you to distribute your attention to the whole space of the room ignoring the thoughts of your mind. Once succeeded, continue to hold this state of being for about ten minutes. This is very similar to the triple states of being of unconditional Acceptance, unconditional Faith and unconditional Love experienced by an enlightened spiritual person in his body, mind and heart. Only difference is that he will be experiencing it intensely and effortlessly whereas you'll have to put some effort and will be experiencing it very subtly.

NOTE: Keep your muscles, especially the neck muscles, relaxed throughout the meditation period to avoid stiffening. Don't do this meditation more than twenty minutes in a sitting. Don't do this meditation more than twice in a day.

This practice of Expanded Consciousness Meditation will help you to discriminate your Consciousness in your mind from your mind and hence effortlessly control your thoughts of negativity in your family, social and professional transactions.

Controlling our desires of negativity is still more challenging as compared to our thoughts of negativity.

Chapter 9

Divine Love Yoga

The term *yoga* is, in the present day, used almost exclusively to refer to the *yoga-asana*, sets of body postures that were employed by some ancient spiritual sects for the novice spiritual aspirants for their preliminary preparations well before the beginning of serious spiritual workouts like meditation.

The Sanskrit root of the term *yoga*, *yuj* means 'to unite'. The term *yoga* refers to the union of our individuated Consciousness with all-pervading universal Consciousness. In that process our body, mind and heart are involved, but the definition itself has nothing to do with our body, mind or heart; it deals with Consciousness therein.

A spiritual aspirant undergoes three critical phases of realisation during the process of spiritual enlightenment. They are separation of Consciousness, expansion of Consciousness and merger of Consciousness.

As soon as he internally separates Consciousness from his mind, body and heart one by one (sequence is perfect: not body-mind-heart but mind-body-heart), his brain and eyes are so sensitised that he can actually see the universal Consciousness that is pervading this entire material universe.

The material universe normally visible to our eyes and brain can be classified into two categories. They are sentient living beings and insentient nonliving things. The former category in-

cludes plants, birds, animals and human beings. The latter category includes mountain, ocean, fire, atmospheric air, space, planet and star. All these sentient living beings and insentient nonliving things are pervaded, supported and controlled by the universal Consciousness.

When we see a tree with our dull eyes and brain, we just see a tree. That's what we are seeing right from birth. But if we see the same tree after separation of Consciousness from our mind, body and heart, then we'll see the whole tree as lively and vibrant one with its leaves and stalks standing out of their surrounding space distinctly and sharply. We'll see all persons and things of this world in a similar fashion.

This is due to the fact that our brain and eyes have now been trained to perceive this material universe along with the universal Consciousness pervading it. We haven't discovered anything new. Now only we are able to perceive this world as it is.

In the second phase of realisation, Consciousness of the spiritual aspirant expands beyond the boundary of his body. The principles of ego, mind and intellect are merged into his Consciousness. Soon his brain and eyes become capable of perceiving the universal Self pervading the universal Consciousness. The universal Self provides the I-sense to all sentient living beings of this universe.

When we say 'I talk' or 'I think' or 'I desire', we refer to our Self in our Consciousness by the word 'I'. Our I-sense arises from our Self. Whatever we experience through our body, mind and heart are experienced only by means of our Consciousness. Our Self cannot experience anything except through our Consciousness.

Our Self is an integral part of universal Self, just as our Consciousness is an integral part of universal Consciousness. The universal Self is sanctioning and witnessing each and every one of experiences of our Self through our Consciousness. We can't expe-

rience anything that is not sanctioned by the universal Self. We can't experience anything that is not witnessed by the universal Self. Yes, there is no privacy for us - not only for the experience of our body but for our mind and heart as well. The universal Self is the 24x7 witness of our words, thoughts and desires.

In the final phase of realisation Self of the spiritual aspirant in the expanded Consciousness is completely merged into the Source of Self. Soon his brain and eyes become capable of perceiving the universal Source that is immersing the universal Self pervading the universal Consciousness.

You don't actually see the universal Source as an Entity out there; you simply become an integral part of the universal Source. Your body, mind, heart, Consciousness and Self all become integral parts of the universal Source. It is like taking a full dip into the ocean - you are totally immersed in the Field of universal Source as are other beings and things of this universe; they just don't know it whereas you know it after enlightenment. There is no duality of subject and object; seer is the seen as well.

The universal Source is the fundamental spiritual Entity of this universe. From Him/Her/It the universal Self and the universal Consciousness arise. The material universe consisting of sentient living beings and insentient nonliving things, is created, pervaded, sustained, controlled and destroyed by this omniscient, omnipresent and omnipotent spiritual Trinity.

An enlightened spiritual person is always capable of merging his Consciousness with all-pervading universal Consciousness to become one with the universal Self immersed in the universal Source. This does not mean that he assumes the nature (omniscience, omnipresence and omnipotence) or power (creation, sustenance and destruction) of universal Consciousness, universal Self or universal Source. It is a simple merger. You don't become the king simply by seating yourself in the throne of a king.

What is the fun in merging our Consciousness with universal Consciousness?

It triggers Divine Love to be generated in our body, mind and heart.

So what?

When our body, mind and heart are immersed in the Divine Love, Consciousness in our heart is discriminated from our heart.

The term *yoga* used in the context of this book refers to the merger of our *identity* with universal Consciousness. Yoga triggers Divine Love to be generated in our body, mind and heart.

Well, the technique works for enlightened spiritual persons - what is its use for us who are not even remotely connected with spirituality or enlightenment? We can simulate it to get the same result.



What is Divine Love?

Love is quite a mysterious term for the mankind. We seem to love a person or a thing today, and in a few days we happen to hate the same person or thing. That is because our love is based on some condition or reason. When the reason is no longer satisfied or when the condition is no longer maintained, our love for that person or thing dries up.

Unconditional love does not depend on condition or reason. It is constant. If all our love in our life towards all persons and things are conditional ones, how can we recognise unconditional love? You need not lose hope. You are expressing unconditional love towards a person daily. I am not kidding - see the mirror.

Your love for yourself is true unconditional love.

We normally identify ourselves with our body, mind and heart. So, we think our love for ourselves is directed towards our body, mind and heart. No, it is not directed towards our body, mind and

heart. It is not directed towards our Consciousness too. It is not even directed towards our Self. But it is directed towards the Source of our Self - an Entity lurking beneath the Entity from where our I-sense arises. It is the fundamental spiritual Entity of this universe.

We are not talking about selfishness here. Selfishness is love for oneself in the presence of others and in preference to others. It is categorised under conditional love. But unconditional love is love for oneself in the absence of others and not in preference to others.

When an enlightened spiritual person separates and expands his Consciousness and merges It with universal Consciousness, he identifies himself with all living sentient beings and all nonliving insentient things of this universe. His unconditional love for himself has been expanded to include everyone and everything - this expanded unconditional love is what is known as Divine Love. Thus when he expresses Divine Love by means of yoga, his heart, mind and body are immersed in expanded unconditional love towards all persons, animals, insects, birds and plants.

When we want to find the solution to a problem using a specific software program that is written for solving such problems, what do we do? We give power supply to our computer; after the operating system is booted, we launch that program and feed the input. The program processes the data we fed and gives the required solution as the output.

We need not know how the program processed the data fed. We need not know how the operating system interacted with the program and the computer hardware. We need not know how the computer architecture supported the operating system and the program.

We only need to know how to give power supply to the hardware, how to launch the program in the environment of operating system and how to feed the input data to the program.

Similarly an enlightened spiritual person doesn't really know the *technology* of manifestation of what he desires, in the physical world. But he does know how to get the universal Consciousness manifest what he desires in the physical world. The universal Consciousness takes care of interaction with universal Self and universal Source in the spiritual universe on one hand and interaction with sentient living beings and insentient nonliving things of the material universe on the other hand.

He expands his Consciousness and gets it merged with universal Consciousness which triggers his *body* to be immersed in Divine Love towards all.

Then he gets his Consciousness merged with universal Self which triggers his *mind* to be immersed in Divine Love towards all.

And finally he gets his Consciousness merged with universal Source which triggers his *heart* to be immersed in Divine Love towards all.

Though we are unable to perceive any One of the universal Trinity unlike an enlightened spiritual person, it is quite possible for us to merge our identity with the universal Trinity by creating the state of Divine Love in our body, mind and heart. Now the big question is how we are going to simulate this Divine Love Yoga of enlightened spiritual person to create the state of Divine Love in our body, mind and heart.

The strategy of Divine Love Yoga method is to weaken our Intolerance, Anxiety and Malice by immersing our body, mind and heart in Divine Love respectively in order to discriminate our Consciousness from our heart.

We are not used to identify ourselves with anything existing beyond the physical boundary of our body. Anything outside my body is *mine* and not *me*. This conviction arises due to our identification of ourselves with our body right from our birth.

Of course, we can't feel our identity with some discrete thing out there which has nothing to do with our body; we can only project our mind onto it.

But it is possible for us, theoretically speaking, to perceive our identity with what is outside us provided it pervades our body as well. Specifically, we can feel our identity with wind sweeping us, sunlight immersing us, rain drenching us, and so on. However, in all these cases we'll have to resist our ego principle that is confining our Consciousness to our body in order to identify ourselves with what is outside the physical boundary of our body. So, it is practically possible to experience it only under certain conditions.



Now let us come to the practice of Divine Love Yoga. This is a very dynamic practice. You can do it by observation of roadside trees or buildings or vehicles or persons while you are moving, for example, while travelling, or, you can do it by observation of random traffic or moving persons while you are stationary. This yoga is to be practiced in three parts. *Your eyes must be OPEN during the entire duration of yoga.*

* First Part: Focus your attention on the individual *moving* entity one by one. It can be person or animal or tree or building or vehicle or other object. If your mind is *busy* thinking some thoughts, you'll lose your attention to the entity. Sporadic thoughts are okay. But never *focus* your attention to your thoughts. Don't try to suppress the thoughts with effort either. In either case your focus will shift to your mind. We don't want that. Just ignore your mind. It may take a minute or two for you to focus your attention at moving entities one by one, ignoring the thoughts of your mind.

* Second Part: After that, slowly withdraw your focus from the single moving entity and distribute your attention to all moving entities in front of you. You are trying to partially ignore your at-

tention to the moving entities. Now your mind is likely to become active and generate thoughts. Continue to ignore the thoughts of mind. Again sporadic thoughts are okay. Don't try to suppress them. It may take a minute or two for you to partially withdraw your attention from the moving entities ignoring the thoughts of your mind.

* Third Part: Finally, completely withdraw your focus from the moving entities and distribute your attention to the whole space around you. Continue to ignore the thoughts of mind. Once again sporadic thoughts are okay. Don't try to suppress them. It may take a minute or two for you to distribute your attention to the whole space around you ignoring the thoughts of your mind. Once succeeded, continue to hold this state of being for about ten minutes. This is very similar to the state of Divine Love experienced by an enlightened spiritual person in his body, mind and heart. Only difference is that he will be experiencing it intensely and effortlessly whereas you'll have to put some effort and will be experiencing it very subtly.

Unlike Expanded Consciousness Meditation exercise, you may do this yoga as many times as you want in a day.

This practice of Divine Love Yoga will help you to discriminate your Consciousness in your heart from your heart and hence effortlessly control your desires of negativity in your family, social and professional transactions.

Summary

* Our serious passionate emotional desires, thoughts and words have creative potential. The *universal Consciousness*, that is pervading this entire material universe, brings towards us persons, things, events and circumstances in our life consistent with our desires, thoughts and words. Since we attract them by means of our desires, thoughts and words, this phenomenon is popularly known as the *Law of Attraction*.

* We can use our desires, thoughts and words of *positivity* in order to bring a particular positive aspect in our life using Law of Attraction like health, wealth or relationship, provided that we do not generate desires, thoughts and words of abnormal *negativity* related to various aspects of life like health, wealth and relationship in our family, social and professional transactions.

* If what we want in our life is to be manifested in our physical reality, our heart should first believe that it will be manifested in our physical reality. This faith of heart can be easily created using a Traditional Manifestation Method called the *Visualisation*.

* Faith of our heart will be manifested in our physical reality without distortion, if that faith is carried over to our mind as well. If faith of our heart is not carried over to our mind, then the skepticism of our mind will distort the faith of our heart leading to physical manifestation that can be significantly different from

what we desired. We can use a Traditional Manifestation Method called the *Affirmation* to create faith in our mind.

* When the faith of our heart is carried over to our body, it starts getting manifested in physical reality immediately. When our body feels negatively about the present state that we are trying to change by means of Manifestation, it precludes our heart from triggering the universal Consciousness to manifest our desired new state, and, therefore, physical realisation of our desired new state is delayed. We can use a Traditional Manifestation Method called the *Feeling* to ensure that our body feels positively about the present state that we are trying to change.

* However, due to our own passionate emotional desires, thoughts and words of abnormal negativity related to various aspects of life like health, wealth and relationship in our family, social and professional transactions, our manifestation process is blocked or modified. We can effortlessly control our passionate emotional desires, thoughts and words of abnormal negativity by moving our identity to our *Consciousness* in our body, mind and heart from our body, mind and heart.

* We can use a Consciousness Manifestation Method called the *Direct Consciousness Discrimination* to move our identity from our body to our Consciousness in our body so that we can effortlessly control our passionate emotional *words* of abnormal negativity.

* We can use a Consciousness Manifestation Method called the *Expanded Consciousness Meditation* to move our identity from our mind to our Consciousness in our mind so that we can effortlessly control our passionate emotional *thoughts* of abnormal negativity.

* We can use a Consciousness Manifestation Method called the *Divine Love Yoga* to move our identity from our heart to our Consciousness in our heart so that we can effortlessly control our passionate emotional *desires* of abnormal negativity.

* Thus, by means of Traditional Manifestation Methods of Visualisation, Affirmation and Feeling supplemented by

Consciousness Manifestation Methods of Direct Consciousness Discrimination, Expanded Consciousness Meditation and Divine Love Yoga, manifestation is achieved.

Frequently Asked Questions

Q.01: I am suffering from poor health. How can I improve my health by means of manifestation using Law of Attraction?

Ans:

First, you should long for a long life, say, at least up to an age of 75 years. Then your Consciousness will begin preparing your body for a long life. Plan your future, in broad terms, up to that age so that you reiterate to your Consciousness that you really want to live a long life. You are sending a signal to your Consciousness that It has to maintain your body healthy even at 75, and if so, It has to improve your health right now and sustain it.

Second, visualise what you'll do in the near future after your health improves. Do this practice as often as you can.

Third, watch You Tube videos on health exercises like cardio, abs and strength building ones. You are not going to do any exercise right now, but you signal to your Consciousness that you mean business.

Fourth, practice the affirmation 'Thank You God for Your assistance for me to be in robust health'. If you are not comfortable with the term *God*, use *universal Consciousness* or simply the *Universe*. Type it out in your word processor or write it down in your notebook at least three times daily.

Fifth, practice Feeling. Engage yourself in your daily chores and other professional and social activities *as permitted by your current health position*, actively and enthusiastically - your body should express the feeling of enthusiasm daily for as much time as possible.

Sixth, do the practice of Direct Consciousness Discrimination, Expanded Consciousness Meditation and Divine Love Yoga daily to control your Negative Energy.



Q.02: I am in short of money to handle my monthly bills. How can I improve my financial position by means of manifestation using Law of Attraction?

Ans:

First, you should have a long-term vision of your wealth. Don't just think of managing your current monthly expenses. Plan your long-term financial management - what you are going to do with your wealth.

Second, visualise that you are managing your monthly expenses with a cushion. Do this practice as often as you can. Don't visualise how you are getting money. This will send a signal to your Consciousness to reinforce your state of begging for money. Always visualise yourself spending and investing your money - this will send a message of the state of plenty of wealth to your Consciousness.

Third, watch videos on wealth management.

Fourth, Practice the affirmation 'Thank You God for Your assistance for me to be financially free'. If you are not comfortable with the term *God*, use *universal Consciousness* or simply the *Universe*. Type it out in your word processor or write it down in your notebook at least three times daily.

Fifth, practice Feeling. Engage yourself in your daily chores and other professional and social activities *as permitted by your current financial position*, actively and enthusiastically - your body should express the feeling of enthusiasm daily for as much time as possible.

Sixth, do the practice of Direct Consciousness Discrimination, Expanded Consciousness Meditation and Divine Love Yoga daily to control your Negative Energy.



Q.03: My relationship with my spouse is strained. How can I improve my relationship by means of manifestation using Law of Attraction?

Ans:

First, you should have a long-term vision of your specific relationship. Believe that you are going to live with your spouse for your entire life. Don't even think of divorce as an option.

Second, visualise what you'll do when your relationship with your spouse is normal. Do this practice as often as you can.

Third, watch romance videos featuring good healthy relationship between the couple. Watching video is a powerful way of talking to your heart directly. Your heart takes the message correctly though the hero and heroine are not you and your spouse. It sinks in your heart perfectly that your relationship with your spouse is normal.

Fourth, practice the affirmation 'Thank You God for Your assistance for me to be in loving relationship with my spouse'. If you are not comfortable with the term *God*, use *universal Consciousness* or simply the *Universe*. Type it out in your word processor or write it down in your notebook at least three times daily.

Fifth, practice Feeling. Engage yourself in your daily chores and other professional and social activities *as permitted by your cur-*

rent relationship position, actively and enthusiastically - your body should express the feeling of enthusiasm daily for as much time as possible.

Sixth, do the practice of Direct Consciousness Discrimination, Expanded Consciousness Meditation and Divine Love Yoga daily to control your Negative Energy.



Q.04: My relationship with my spouse is strained. I am trying to improve my relationship by means of manifestation using Visualisation, Affirmation & Feeling. Why should I practice Direct Consciousness Discrimination, Expanded Consciousness Meditation and Divine Love Yoga?

Ans: Traditional Manifestation Methods try to create the faith in your heart that your relationship with your spouse is normal. This process is blocked or modified by your passionate emotional desires, thoughts and words of negativity, which arise from the Negative Energy overflowing in your body, mind and heart. Unless your Negative Energy is reduced below a threshold level, your Traditional Manifestation exercises will not be successful, efficient or fast. To reduce your Negative Energy below a threshold level, you'll have to practice Consciousness Manifestation Methods.



Q.05: I am trying to improve my financial position by means of manifestation by means of Visualisation, Affirmation & Feeling supplemented by the practice of Direct Consciousness Discrimination, Expanded Consciousness Meditation and Divine Love Yoga. I find it difficult to practice Visualisation, Affirmation & Feeling. Is it enough if I practice only Direct Consciousness

Discrimination, Expanded Consciousness Meditation and Divine Love Yoga?

Ans: Consciousness Manifestation Methods serve to reduce your negative desires, thoughts and words that block or modify the creation of faith in your heart that is essential for manifesting improvement in your financial position. However, Consciousness Manifestation Methods themselves cannot create this faith - it can be created only by Traditional Manifestation Methods.



Q.06: I am trying to improve my financial position by means of manifestation. Is it enough if I prepare Responsibility Statements (Direct Consciousness Discrimination) only for the financial aspect of my professional circle?

Ans: Manifestation of improvement in wealth by means of Traditional Manifestation Methods is blocked or modified by your passionate emotional desires, thoughts and words of negativity related to various aspects of life like health, wealth and relationship in your family, social and professional transactions. Therefore Responsibility Statements should be prepared for all aspects of life like health, wealth and relationship in your family, social and professional transactions in order to practice Direct Consciousness Discrimination.



Q.07: I know that a person Y was exclusively responsible for transferring me from city C to a town K. How can I believe my Responsibility Statement for Past Manifestation (Direct Consciousness Discrimination) that reads, 'Y is not responsible for transferring me from city C to a town K; I manifested my transfer'?

Ans: Though Y contributed exclusively to your transfer from the perspective of this material universe, *you* are considered exclusively responsible for your transfer from the perspective of the spiritual universe underlying this material universe. That is because your past passionate emotional desires, thoughts and words of negativity triggered the universal Consciousness to move Y to cause your transfer from C to K. If Y didn't volunteer to do this notorious job, universal Consciousness would have chosen some X or Z to do it. You are the bow from which the arrow Y was shot by the universal Consciousness. You volunteered for the bow just as Y volunteered for the arrow. Arrow's destructive energy is entirely supplied by the bow.



Q.08: I know that a person B is taking all efforts to convince my wife to divorce me. How can I pretend that B won't succeed in convincing my wife to divorce me and type out my Responsibility Statement for Future Manifestation (Direct Consciousness Discrimination) that reads, 'B cannot convince my wife to divorce me; I am manifesting loving relationship with my wife'?

Ans: Your past passionate emotional desires, thoughts and words of negativity triggered the universal Consciousness to move B to convince your wife to divorce you and to move your wife to listen to B. Now that you are making efforts to manifest loving relationship, the energy of bow has been diminished below threshold level that both arrows cannot strike the target. It is only matter of time before the contact between B and your wife is snapped.



Q.09: How do I know that my practice of *Direct Consciousness Discrimination* is working?

Ans: You'll perceive more peace. Perception of Peace is the signal that you are identifying with your Consciousness rather than your body, mind or heart because Consciousness is always characterised by Its unconditional Peace. This is applicable for all three Consciousness Manifestation Methods.



Q.10: What is the logic behind the three parts of practice of Expanded Consciousness Meditation?

Ans: If you succeed in ignoring your sensory perceptions and thoughts of your mind with your eyes closed, you can identify yourself with your expanded Consciousness. This is the ultimate objective of the practice of Expanded Consciousness Meditation. In the first part, you get absorbed in the sensory perception to ignore thoughts of your mind. In the third part, you learn to ignore both your sensory perceptions and thoughts of your mind. The second part is transition phase.



Q.11: I see light within my body during the practice of Expanded Consciousness Meditation. Is it okay? Am I doing it correctly?

Ans: You are seeing light within your body due to the tricks of your subconscious mind. It is not going to add any useful contribution to the effectiveness of your Expanded Consciousness Meditation. Just ignore it as you would ignore the thoughts of your conscious mind, and continue your practice of Expanded Consciousness Meditation.



Q.12: During the practice of Expanded Consciousness Meditation I cannot control my thoughts. Do you have any suggestion?

Ans: Do not try to suppress your thoughts. If you are doing the first part, keep yourself busy in focusing your attention to the space. If you are doing the second part, keep yourself busy in distributing your attention to the space in front of you. If you are doing the third part, keep yourself busy in distributing your attention to the space around you. In any case sporadic thoughts are okay.



Q.13: I find it very difficult to practice Expanded Consciousness Meditation. Do you have any suggestion?

Ans: If you cannot even do the first part satisfactorily even after a week, then it is likely that you have a heavy Negative Energy overflowing your body, mind and heart. Please do the practice of Direct Consciousness Discrimination first for a week or two, and then retry Expanded Consciousness Meditation.



Q.14: I can't understand the theory behind Divine Love Yoga. How can I practice it?

Ans: There is no need to understand the theory behind Divine Love Yoga for you to practice it. It will work even if you don't understand its theory. Just as you don't require to know the chemistry and function of a medicine for it to cure your disease.



Q.15: What is the logic behind the three parts of practice of Divine Love Yoga?

Ans: If you succeed in ignoring your sensory perceptions and thoughts of your mind with your eyes open, your Consciousness will get immersed in the universal Consciousness. This is the ultimate objective of the practice of Divine Love Yoga. In the first part, you get absorbed in the sensory perception to ignore thoughts of your mind. In the third part, you learn to ignore both your sensory perceptions and thoughts of your mind. The second part is transition phase.



Q.16: Is it possible to practice Divine Love Yoga in my residence?

Ans: When your eyes are open, you need a dynamic yet dull environment so that your senses can be first absorbed in the scene and then retracted from it. Movie will not work as it will be difficult for your senses to retract from it. Observation of traffic from the balcony or window of your residence will work.



Q.17: Is it possible to practice Divine Love Yoga while I go for walking?

Ans: Yes, with little practice it should be possible. You may observe the moving entities while walking.



Q.18: During the practice of Divine Love Yoga I cannot control my thoughts. Do you have any suggestion?

Ans: Do not try to suppress your thoughts. If you are doing the first part, keep yourself busy in focusing your attention to the moving entities one by one. If you are doing the second part, keep yourself busy in distributing your attention to the all moving enti-

ties in front of you. If you are doing the third part, keep yourself busy in distributing your attention to the space around you. In any case sporadic thoughts are okay.



Q.19: I find it very difficult to practice Divine Love Yoga. What is your suggestion?

Ans: If you cannot even do the first part satisfactorily even after one week, then it is likely that you have a heavy Negative Energy overflowing your body, mind and heart. Please do the practice of Direct Consciousness Discrimination first for a week.

After that do the practice of Expanded Consciousness Meditation for the next one week, and then retry Divine Love Yoga in the third week.



Q.20: I'm practicing Consciousness Manifestation Methods only for a few minutes a day. How can it control my desires, thoughts and words of negativity throughout the day?

Ans: It is not the experience of your Consciousness itself that controls your desires, thoughts and words of negativity but the *wisdom* that arises from that experience that does it. Your Consciousness loses its experience as soon as you finish the practice but It remembers the wisdom throughout the day.

Epilogue

There are three important verses of Bhagavad Gita that summarise the principles of three Consciousness Manifestation Methods namely, Direct Consciousness Discrimination, Expanded Consciousness Meditation and Divine Love Yoga.



Krishna told Arjuna, “Treating alike pleasure and pain, gain and loss, and victory and defeat, be prepared for the battle so that you’ll not incur sin” (BG 2-38).

Our body differentiates pleasure and pain, our mind differentiates gain and loss, and our heart differentiates victory and defeat or more generically, fulfilment and non-fulfilment. Our Consciousness experiences this duality when It is in merger with our body, mind and heart. From the duality experience of our Consciousness arise our desires, thoughts and words of negativity.

We understand from this verse that when our Consciousness is freed from this duality experience, It is also freed from sin or Negative Energy. This is the fundamental principle behind the Consciousness Manifestation Method called *Direct Consciousness Discrimination*.

Non-discrimination of our Consciousness from our body, mind and heart is the primary reason why our desires, thoughts and words of negativity are generated.



Krishna told Arjuna, **“Actions are performed in all ways by the constituents of Insentience. One whose mind is deluded by the ego principle, thinks that one is the doer”** (BG 3-27).

Our desires arise from our heart, our thoughts arise from our mind and our actions arise from our body. Our Self, an Entity residing in our Consciousness from which our I-ness or I-sense arises, is a silent witness of these functions of our heart, mind and body. Our heart, mind and body are the tools of our Self - they desire, think and act. Our Self doesn't do anything.

But when our Self identifies Itself with our heart, mind and body, our Self experiences doership. We don't perceive that our heart desires its desires but that we ourselves desire our desires. We don't perceive that our mind thinks its thoughts but that we ourselves think our thoughts. We don't perceive that our body speaks its words but that we ourselves speak our words.

This wrong perception of doership of our Self is the secondary reason why our desires, thoughts and words of negativity are generated as it leads to the duality experience of our Consciousness, which is the primary reason why our desires, thoughts and words of negativity are generated.

From this verse we understand that as long as our Consciousness is confined to the physical boundary of our body by means of ego-principle, our Self cannot get rid of its doership. As our heart, mind and body are sentient only in the presence of Consciousness of our Self, they are categorised under the evolutes

of Insentience by Krishna in this verse. As a corollary we understand that our Self will get rid of its doership when we meditate on our expanded Consciousness that extends beyond the physical boundary of our body. This is the fundamental principle behind the Consciousness Manifestation Method called *Expanded Consciousness Meditation*.



Krishna told Arjuna, **“Having spiritually renounced all prescribed duties completely, take refuge in Me exclusively; I shall get you freed from all your sins – don’t worry”** (BG 18-66).

The heart, mind and body of all sentient living beings of this material universe are connected by an all-pervading subtle Field of spiritual universe called the universal Source. As we are not able to perceive this connecting Field, we think that they are not connected. This wrong perception of our individuation leads to the wrong perception of doership of our Self as well as to the duality experience of our Consciousness, and hence it is the root cause why our desires, thoughts and words of negativity are generated.

When we merge our expanded Consciousness with all-pervading universal Consciousness, we’ll experience the connecting Field of universal Source, leading to the elimination of our Negative Energy.

Our Consciousness can be merged with all-pervading universal Consciousness only after It is expanded beyond the physical boundary of our body. And our Consciousness can be expanded only after It is discriminated against our body, mind and heart. When our Consciousness renounces the duality experience and our Self renounces the doership, we are deemed to have spiritual-

ly renounced all our actions. To take refuge in God is to merge our Consciousness with all-pervading universal Consciousness.

Therefore, this verse simply states that when our Consciousness is, after discriminated and expanded, merged with all-pervading universal Consciousness, our Negative Energy is eliminated. This is the fundamental principle behind the Consciousness Manifestation Method called *Divine Love Yoga*. This verse also carries the essence of teachings of Krishna in Gita.

About the Author

The author of this book, umasreedasan, is a spiritually enlightened devotee of Shirdi Sai Baba, a very advanced spiritual Saint Who lived in Central India until the second decade of twentieth century.

Born in the late sixties of twentieth century in a southern town in India, author is a mechanical engineer by profession leading a family life with wife and a kid.

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The author is now spending his spare time in writing on how anyone can use the same Consciousness based tools employed by the spiritually Enlightened for living one's life consciously so as to improve the quality of one's life experience.

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