

The Magic of Bliss Masterclass

By

Sri Vishwanath on behalf of Ishwara

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Dedicated To

Krishna, Ram,

Sita, Hanuman, Laxman, Dhanvantari

Dakshineswar Kali Mata, Mannapully Devi Bhagavathy,
Madurai Meenakshi Devi, Kanyakumari Devi, Goddess
Saraswathi, Goddess Laxmi, Goddess Santoshi Ma

Shiva, Parvati, Ganesha, Muruga, Brahma

**Ramakrishna, Vivekananda, Sharda Devi, Adi
Shankaracharya,**

Sringeri Shankaracharya - Bharati Tirtha Mahaswamiji &
Sri Vidhushekhara Bharati

Shankaracharya of Puri India- Swami Nischalanada
Saraswati.

Ramana Maharishi

Panchadasi author -Sri vidyaranya swami of Sringeri

Module 1

Vivekananda shares “this story of an ignorant man who was asked to make an image of God Shiva and who after days of hard struggle manufactured only an image of a monkey.

So whenever we try to think of God as He in his absolute perfection we invariably meet with the most miserable failure”

He goes on further to say that whenever you hear a great intellectual lecture against the worship of God get hold of him and ask him his idea of God and what he understands by **omnipotence and omnipresence** beyond the spelling of the words

He really means nothing to him for he cannot formulate as their meaning any **idea unaffected by his own human nature**, he is no better off in this matter than the man on the street who has not read a single book that man in the street however is quiet and does not disturb the peace of the world while this big talker creates disturbance and misery among mankind.

Talk as you may try as you may **but you cannot think of God except as man(or women)**. That is the idea.

The Right Approach

We approach the non dual Bliss of Brahman through Bhagwan.

In the past, people reached the Goal faster because they knew the path through Ishwara.

Today, due to the freedom of meditation, yoga, and various forms of kundalini, everyone is trying to reach the non-dual and end up like the story **creating a monkey whom they foolishly believe is wise.**

Stop creating monkeys and follow the proven path.

The path that has worked is expressed by a handful.

Most people get inspired and write thousands of pages on the soul and their experiences, and millions think they are going to reach the Goal by reading these inspirational texts.

Bliss is a **Self Revealing spiritual formula** not just a moment of inspiration or ecstasy that you chase.

In fact, I too wrote many bestselling books and

thousands of poems on Krishna by being inspired.

They were great and many liked them, but when I read what Krishna wrote in the Bhagavad Gita and what Vivekananda and Shankaracharya had written, I realized this is completely different material that cannot be accessed through intellect and inspiration.

The Source of Truth

They are sourced from Upanishads which is the fountain head of Bliss... Words that produce Effects.

Truth is inspiration-free. It is knowledge that rises by itself without any cause is said to shine in its own light.

Truth is not dependent on your inspiration or lack of it.

Truth is life.... The very essence of it, as Vivekananda says.

The Words of incarnations and sages move your soul... not your emotions.

As Vivekananda says “You have heard Christ say, ‘My words are spirit and they are life’. So

are my words spirit and life; **they will burn their way into your brain** and you will never get away from them.

My goal is to take you to the non dual bliss in the most direct and fastest way possible.

LETS GO

Love your Self

All the **love for others** is for the sake of the Self, but the love for self is **not** for sake of others– Panchadasi Shankaracharya

There is only one thing that you do all your life.

You love your Self.

When you love your spouse, children, friends or animals **you are seeing your Self in them...**

You cannot say you are loving your wife, husband, dog or parents. That is not possible.

Love is non dual.

Whenever you end up loving the person **without seeing your Self in them** you end up suffering when the person disappears from your life.

Even when you hate others or hate yourself you are nothing but loving your Self by hating the obstacle that comes between loving your Self.

This is fascinating and mind blowing.

Even when you are angry or sad **you are loving your Self** by hating the mind or intellect sheath that comes in your way of loving your Self.

This opens up a big opportunity for breakthrough.

5000 years of literature brings up this first spiritual law of Bliss.

The Three Words that will change your Life

*Bliss is **known** and yet **unknown**.*

The non dual bliss of Brahman is **known** to almost everyone says Shankaracharya, but despite knowing its grand stature, one falls for sensual or emotional love and hate and belittles the Self...

In doing so, the Bliss becomes **unknown**.

It is covered up...

In your intense desire to love the Atman, you ignorantly **cover up Bliss** and end up loving people and objects which makes the Bliss **unknown**.

This should not happen, says Shankaracharya.

The good news is Bliss is **always known** and it becomes unknown when you **cover** it up **yourself**.

You are covering it up, not some person or object or event.

Remember these three Words ***Bliss is known, Bliss is unknown, Bliss is covered up.***

This will be a big game changer for you as we move forward.

The entry of Maya

In the waking state, the ONE is appearing as Many.

This happens because of Maya.

The simplest visualization of Maya is a page and circle. The page is Brahman. You may have a million circles but all of them are on the same page.

One page appears as many circles because of the Power of Maya.

Maya has two Powers

Avarana and Viksepa.

For the One to appear as many, first, **the ONE page has to be covered**. This is called Avarana.

Maya covers your Atman with the Power of Avarana. This is your default state.

Avarana is the **Power to cover**.

Once it covers up your Atman next all **superimpositions** follow through the 14 tools of Maya. That is called **Viksepa**.

Viksepa is the **power to superimpose** infinite circles on the page.

The 14 tools of Maya are five knowledge organs(sound, touch, sight, taste and smell) , five action organs(hands, legs, speech, reproductive organ and defacactory organ), mind intellect memory and ego

What you should focus on?

Our job is to **study Avarana (the power of Maya to Cover)** and put our entire attention on this first step of Maya.

Right now your attention is going to the 14 tools and what you are thinking feeling and experiencing.

Get ready to be brainwashed by Maya

Maya's job is cover Atman and reveal something else totally different.

It is like I cover up your nose and call it rose...

Sounds **funny** and then you start analysing and debating about the colour taste and smell of rose but it is **useless** even if you know everything about the rose.

I just fooled you.

Your job was to search for the nose but you ended up getting a doctorate in studying roses.

I say this to make you realise that you are fooled the moment you think you are wise

Bad news. You are wise about the superimposition but it has got nothing to do with truth.

You may know everything about waking state dream state and deep sleep state but it has no meaning in the end if you don't realise the non-dual Bliss with the help of Ishwara.

We have been thinking of ourself as wise day in day out by feeling thinking and experiencing the superimpositions. It is called **Viksepa**.

Maya bonds you to the superimposition(Viksepa) through the 14 tools.

Shankaracharya says in reality you are not bound. The bondage is only of **acceptance**.

This is a big breakthrough.

What is acceptance?

He explains...

A man marries a woman. They invite thousands of people, throw a grand party, send out invitation cards, and receive countless well wishes and congratulations on their marriage.

After they start living together, the husband becomes very **attentive** to his wife's needs.

The husband ensures that his wife has also eaten whenever he eats.

He constantly thinks about her when he is away.

If she tells him not to go somewhere, he listens.

However, after a few months, he starts feeling restricted and bound.

According to Shankaracharya, the man was never actually bound.

He is always free.

The feeling of bondage comes from **accepting** the woman as his wife in his mind.

It is a bondage of acceptance.

This acceptance creates a mental barrier that covers up his true self, the Atman, and causes him to feel bound..

The moment he **acknowledges** her as his wife in his mind, **the mind sheath** *obscures* the bliss that he **once knew**. (Read that a 100 times)

It is quite profound if you take the time to understand it.

The moment he thinks she is his wife **he covers up Atman** through the mind sheath and that is the reason he becomes bound.

He became bound **not because of his wife** but because of the mind sheath that **covered** the Atman. This is important to realise.

Bliss that is known becomes unknown.

It is mind blowing if you read it slowly.

The billion dollar visualization

In this example, imagine the man being free as the initial visualization. This represents the **known bliss**.

Then, when he thinks of his wife and accepts her as his wife in his mind, the mind sheath appears and covers up the Atman, causing him to **feel bound**.

This represents the **unknown** bliss.

You can apply this visualization to any situation, and it will have a transformative effect on your life.

First, visualize the known bliss, then observe the covering up of the Atman through the mind sheath, and finally witness the emergence of the unknown bliss.

The Jiva, or individual soul, foolishly **identifies** itself with the mind sheath. There was no need for the bliss to become unknown.

The fact that the woman is his wife is true, but immediately after accepting this fact, the mind sheath **appears**.

By accepting the mind sheath **as his own**, he covers up the bliss and it becomes unknown.

You have no relationship to the mind sheath but by **accepting** the mind sheath **as your own** you have covered up Bliss and it became unknown

I am hammering this to help you realise these three

1) Bliss known

2) Bliss unknown (Avarana)

3) **Accepting** the mind sheath as your own falsely (Viksepa)

The five sheaths that Cover up Atman

There are five sheaths through which we foolishly cover up Atman .

You may have read this earlier but be very attentive for what I am putting below is **rarely taught**.

The five sheaths are

- 1) Body Sheath
- 2) Prana Sheath
- 3) Mind Sheath
- 4) Intellect Sheath
- 5) Bliss Sheath

Body Sheath.

There is no comparison to the complexity of the human body.

The body encompasses more than just limbs—hands and legs; it is a vessel that holds so much more.

Think of the body as a sheath, within which you can **perceive** hands and legs.

In essence, you have the power to visualise **any body form** on this bodily **canvas**.

Whatever image you project onto this sheath becomes your reality.

Dreams serve as evidence of this phenomenon.

Once you grasp this concept, your life will undergo a profound transformation.

Body sheath **makes** you **accept** relationships in the world.

You become a father or mother or child or a king or a musician or a bird or animal because of the body sheath.

Visualise this you are an engineer.

In dream you become a king and **you are wearing the garb of the king.**

People look upon you as the king.

People bow down before you listen to your orders and you start thinking of yourself as the king.

You have **accepted** yourself as the king.

You are bound by your **own acceptance** of the king body.

Bliss though known becomes unknown because of the body sheath

Next because you have accepted yourself as the king the **next sheath** of Prana appears.

Prana sheath

I should do this. I should not do this.

There are certain actions that I should take, and there are certain actions that I should avoid.

The concept of being the doer is slapped upon you.

You perceive yourself **as the one responsible for your actions** because of the Prana sheath.

You are bound by your own idea of doership.

Now you have two cover ups. Prana sheath and body sheath.

Bliss though known becomes unknown because of Prana sheath

Next the third sheath emerges. **Mind sheath.**

The world accepts you as a king, and you perceive yourself as such.

The qualities associated with kingship **encompass** you: power, wealth, ego, authority, fairness, and more.

I possess immense power.

I am the sovereign of this nation.

I must advocate for justice on behalf of the people.

Your thoughts mirror the **qualities you observe in yourself and others.**

Your mind is confined by your **own** attributes.

Now you have three cover ups. Mind sheath, Prana sheath and body sheath.

Now you have three cover ups. Mind sheath, Prana sheath and body sheath.

Bliss though known becomes unknown because of the mind sheath.

Next, we come to the fourth sheath: the Intellect Sheath.

I must make a decision regarding the border situation.

I must conclude the war.

I must devise a plan for enhancing the beauty of the kingdom...

Your intellect is limited by the choices it makes.

Now you have four layers of protection: the Intellect Sheath, Mind Sheath, Prana Sheath, and Body Sheath.

The next sheath that appears is the **bliss sheath**, which is the closest experience to the non-dual bliss of Atman.

Out of the five sheaths, the first four are superimpositions. (Viksepa)

This fourth sheath is known as **Avarana, the initial cover-up of Maya.**

The bliss sheath manifests during deep sleep.

Within this sheath, the seeds of pain, pleasure, and delusion exist.

Upon waking up, these seeds sprout as words and transform into thoughts, feelings, and experiences in the other four sheaths.

The bliss sheath is bound by the unmanifest words of pain, pleasure, and delusion, which are packed in the form of seeds.

During deep sleep, you experience bliss through the bliss sheath.

However, this bliss is not non-dual; it is **merely a reflection** of non-dual bliss.

In deep sleep, since there is **no** body sheath, mind sheath, or intellect sheath, you are liberated from all limitations and attain **complete freedom from sorrow** for the first time.

Behind this sheath is The Non dual bliss of Atman

The Task at hand

Our primary task upon awakening is to reach the state of bliss, known as the AVarana, which conceals the true self, Atman.

The bliss sheath is obscured during the waking state by four other sheaths.

Now, it is crucial to differentiate between sorrow and the complete absence of sorrow.

In the waking state, you may encounter moments of happiness when there is an absence of sorrow.

However, it is important to recognize that both happiness and sorrow are fleeting and impermanent.

If given the choice between **temporary happiness and temporary absence of sorrow**, which would you choose?

There is no correct answer, but most people would choose happiness, despite its temporary nature.

Next I want to ask you a follow up question

If you had to choose between **happiness and complete absence from sorrow**, which would you choose?

Obviously, complete freedom from sorrow.

This state is known as the bliss sheath.

When you are completely free from sorrow, you are liberated and no longer bound.

In this state, titles such as king, father, mother, or dog lose their significance.

The king is not the king.

The father is not the father

The mother is not the mother

The dog is not the dog.

When you get to the bliss sheath **temporary happiness disappears** and you **get the permanent bliss.**

This is a **state of complete surrender** if you will so it is your duty in waking state to get to the bliss sheath also called Avarana the initial cover up of Atman.

When you get to the bliss sheath the **Bliss becomes known**

When you are in any of the other four sheaths of mind prana body or intellect **bliss appears unknown and bondage becomes a reality**

Final conclusions

Coming back to our example of the engineer who dreamt of being the king.

The dream ended and he woke up to reality that he is an engineer not a king.

The body sheath of the king disappeared and with it the **relationships** and responsibilities of the king vanished in 4 seconds

The prana sheath of the king disappeared and all the **work** of the king he had superimposed on himself disappeared in 4 seconds.

The mind sheath of the king disappeared and all the **qualities** of the king he had superimposed on himself disappeared in 4 seconds.

The intellect sheath of the king disappeared and all the **decisions** of the king he had superimposed on himself disappeared in 4 seconds

In just four seconds, the physical, vital, mental, and intellectual aspects of being a king disappeared, along with the associated relationships, responsibilities, qualities, and decisions.

Now you realise that the because the Atman is **covered up by these 4 sheaths** bliss appears **unknown** and you feel bound.

It has got **nothing to do** with the relationship, doership qualities and decisions.

They are only superimpositions appearing because of the sheaths.

Jiva has no relationship with these four sheaths.

It **accepts** them to be its own and gets fooled.

This **accepting** of the four sheaths to be its own is false visualization.

You should read this many times .

Say to yourself:

In dream I was the king ...in waking I am an engineer. Both the bodies are unreal.

This is the body sheath not the body.

I have **accepted** this body sheath to be my own and the moment I do that bliss is covered up and bliss appears unknown.

You are not your **body sheath**. This is mind blowing.

On this damn body sheath all the responsibilities have been superimposed.

It fooled you that have a body and then we try to fool ourselves more by saying I am not the body.

You are not the body sheath is the final conclusion ...

The body sheath is covering up the known bliss.

It is **foolishness** to think you are a man or women or mother or father or brother or king or beggar or engineer or whatever

Remember the silly example of nose and the rose

We say this happened to me that happened to me... all this real and factual but you can dismiss it in seconds because Bliss **can never become a body... heck it cannot even become a body sheath** or have any relationship with it.

This same Bliss manifests itself in various forms as the sky, mountains, trees, animals, earth, air, fire, water, worms, crocodile the lion the pure man the wicked man and the list goes on and on...

All these damn things are body sheath.

You are not the body sheath and you are not bound by it.

You can have your body and do what you want with it but don't get **bound by it** realizing you can **disappear the body sheath** in seconds through simple visualization.

You don't need any fancy meditation or yoga or out of body crap experiences or kundalini. Even a 5 year old can do it .

It is knowledge combined with visualization

It will destroy suffering in difficult times.

You can do the same thing for other sheaths.

These things will appear to be very difficult when you try to implement but you will realise it takes only 4 seconds to disappear any sheath.

With determination, you can achieve it.

Remember that if you don't do it now, you may not have the opportunity in your next life.

Despite any fear or anxiety, make an effort to worship this system of uncovering the unknown bliss for a few seconds.

This will bring freedom and empower you to change 75% of your destiny.

Wake up

In the waking state, these superimpositions are referred to as Viksepa.

It may seem that all your thoughts, feelings, and experiences **originate from the mind, but they actually come from Maya.**

The fifth sheath of Bliss sheath is the **source** where the seeds of pain pleasure delusion is stored in the form of Tamas sattvic and Rajas.

Tamas Sattvic Rajas **are the ingredients of Maya** which make the one appear as many.

Sattvic represents intelligence, Rajas represents motion, and Tamas represents matter.

Thus, bliss is manifested as intelligence, motion, and matter.

Initially, the **Jiva mistakenly identifies with the Bliss sheath as its own**, which marks the beginning of ignorance.

It forgets its true nature as Brahman, a non-dual state of bliss, and instead identifies with the Bliss sheath, obscuring its own inherent nature.

From this Bliss sheath, the other four sheaths arise, leading to a sense of doership, experiences, relationships, and qualities.

As a result, the non dual bliss becomes unknown.

How to go from Mind to Maya in waking state?

During the waking state, you tend to spend more time in the Mind and Intellect sheath.

You often contemplate how **others should behave towards you**, how others **should act** in the world, and how you should **perform** in the present and future.

However, approximately 80% of your thoughts are unnecessary and only serve to **obscure the non dual bliss**.

Therefore, your first task is to quickly dismiss these thoughts when they arise, **recognizing** them as Viksepa, or thought waves in the Mind sheath.

Then, remind yourself that despite their apparent reality, these **thoughts have made your bliss unknown**. Your goal is to make the bliss known.

I should make this Viskepa .. Avarana. (Read that till you die)

You must aim to make these Viksepa, or superimpositions, **disappear by instantly shifting your focus to the Bliss sheath for a mere four seconds**.

Consider all the things you see, think, and feel in 4 seconds as mere overlays on this sheath, similar to an engineer who superimposes various elements while imagining himself as a king.

By practicing this technique, you will be on the path to consciously revealing any unknown bliss at will.

The Life changing verse by Adi Shankaracharya

All the information I mentioned earlier is encapsulated in one verse by Adi Shankaracharya:

"Maya Maya Midam Akhila **Hitwam Brahman** Padam Twam Pravisa **Viditva**" (Listen to the audio as I sing this and sing this every day once).

In this verse, the first "Maya" refers to Avarana, while the second "Maya" refers to the 14 tools of Viksepa.

Shankaracharya explains that when you **leave behind** Avarana and Viksepa, you will gain entry into the city of Brahman.

"**Hitwam**" means to leave behind Avarana and Viksepa.

How do you enter into Brahman?

Do you need to perform some heroic action or jump?

No, says Adi Shankaracharya.

Simply by knowing, you enter into the city of Brahman.

No action is required.

"Viditva" means you instantly gain entry the moment you **leave behind Avarana and Viksepa.**

This is called Aprozha Anhubhuti – direct perception of Non dual bliss the highest realization.

This verse is incredibly powerful and can have a profound impact on your mindset.

Just understanding this one module or verse can set you free.

More on this topic will be discussed next time.