

The Magic of Bliss Masterclass

By

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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 2

The Shankaracharya of Dwaraka Math shares two beautiful stories.

In a deep forest, there existed a cave that was 1000 years old.

It was completely dark.

One day, a sage **entered** the cave and illuminated it with a lamp he had brought along.

The entire cave **instantly** became filled with light, completely dispelling the darkness.

The darkness did not dare challenge the LIGHT, proclaiming, "I have **dwelled here** for a millennium, and **I refuse to depart...**"

These profound words were spoken by Shankaracharya.

I urge you to reflect upon this sentence multiple times.

Similarly, the Guru of all Gurus, Ishwara, can eradicate millions of years of ignorance appearing because of the five sheaths in just four seconds.

Through this transformation, the eternal existence within you will manifest.

The Sat padarth(element of truth), also known as the **memory of eternal existence**, will manifest within you instantly.

Now, let's move on to the second story.

The next story takes place in a village with 1000 people.

In this village, there was no electricity, no batteries, no matchboxes, and no lamps.

The villagers had come up with a method to remove the darkness that enveloped the village after sunset.

Here was the method.

There were 100 houses in the village, each with 10 people.

Every day, 10 people from one house would go out into the dark after sunset and **throw the darkness away**.

Strange and stupid plan right...! But yes that was their plan.

They would gather the **darkness in their hands**, put it in a bucket, and then take it outside the village to throw it away.

When they returned, it would be early morning.

They would be thrilled to **witness the sun rising**, believing that the sun rose and **brought light because they had banished the darkness.**

For 12 hours, the sun would shine brightly, illuminating the surroundings.

As evening approached, darkness would gradually descend upon the land.

At this time, a group of 10 individuals from a different house would take their turn to engage in this exercise.

This tradition persisted for many decades.

One day, a newly married woman who was educated came to the village.

She found this exercise funny but had to participate when her turn came.

However, she couldn't bring herself to do it again.

She argued, "How can throwing away darkness bring in light?"

Everyone laughed at her, but she asked for 8 days to solve the **problem permanently**.

She said "I will **bring light** without throwing **away darkness**(Read that a million times)

She went back to her home by bullock cart (as that was the mode of travel in those days) and returned in 8 days with lots of matchboxes, lamps, oil, and wicks.

She lit them up, and **within seconds, the whole village was filled with light**.

The villagers danced in joy, realizing that they no longer **had to collect darkness** and **throw it out** every night.

The woman had become the Guru of the village.

In just 4 seconds, she had eliminated **4 decades of darkness**.

What is the moral of the story?

The moral of the story is that the rising of light is not dependent on **collecting and discarding negative thoughts or manifesting positive thoughts**.

Light is independent of these mental processes.

Even without foolishly collecting and discarding darkness, the sun will still rise.

In deep sleep, the **source light** automatically rises as **ignorance of the four sheaths fades away** without any **effort** on our part.

Source light does not need any human effort. (You have to read this for many lifetimes)

Source light is Self revealing.

Often, we find ourselves pondering the question, "What should I do? I am unsure of the right course of action."

At this critical juncture of uncertainty, we stand on the brink of unraveling the ultimate truth.

However, as we get closer to truth, our fear intensifies.

There is **no need** to replace negative thoughts with positive ones in order to manifest the source light.

We can **directly manifest the source light** without trying to eliminate the darkness of negative thoughts.

Negative thoughts here **mean everything that disturbs or distracts your mind.**

Now, let's explore how to do that.

In the state of deep sleep, ignorance **STOPS** manifesting.

Ignorance remains as ignorance and is known to us. This is called the Avarana stage.

In this stage, the source light is **covered**, but there is **no superimposition** happening over it.

As a result, the **reflected light disappears** and the source light shines on the covering, revealing bliss.

It may be helpful to read and visualize this concept multiple times to fully grasp it.

There is a lot happening here, so let's break it down. Read the last six sentences in sequence.

These six sentences outline the six steps that occur during deep sleep.

In the first module, I mentioned that the initial task is to transition from Viksepa (the state of superimpositions in the form of thoughts) to Avarana (the state of deep sleep where only the covering exists).

This transition is achieved through knowledge and visualization.

There is no need for complex meditation or struggle.

It is simply a matter of moving from one room to another.

Waking, dreaming, and deep sleep are not external states but rather **three rooms within our minds.**

It is crucial for you to understand this concept.

This means that you can **ENTER the deep sleep room** while in the waking state right now.

Think of it as a room, similar to any other room in your house.

Keeping it simple will greatly assist you as we progress.

In the waking and dream states, thoughts manifest on top of the sheaths, which is why it is referred to as Viksepa superimposition.

There is nothing like thoughts and names and forms. All this rises on top of a sheath.

Visualise a movie...

There is a screen where the entire movie is projected **and you don't even realize the presence of a screen..** That is the magic of Maya.

All names and forms rise and fall on the screen. They don't have an independent existence. Behind the screen or sheath is Bhagwan or Atman.

The exciting revelation is that there are five such screens, **and as the screen shifts, everything transforms on the canvas.**

The difference between these two states of waking and dream is that in dreams, we acquire a new dream body, so there is **no attachment** to the outcome.

I intentionally used the phrase "no attachment" instead of "detachment" for a specific reason.

Detachment is a skill that necessitates mental control.

"No attachment" embodies the essence of bliss.

It's a play on words, but we must become proficient in it to achieve victory.

Atman, the true self, has no attachment.

While we are familiar with the concept of attachment, **we are unfamiliar** with the concept of "no attachment."

By incorporating the phrase "no attachment" into our vocabulary more frequently, a peculiar power will soon emerge.

In the dream room, there is no attachment. It's as simple as that. This room is yours to enter whenever you wish.

As you move to the deep sleep room we become more powerful.

In deep sleep four screens or sheaths disappear, leaving only the bliss sheath.

In this state, superimposition **vanishes**, and only the last covering remains.

The reflected light fades away, allowing the source light to fall on the Avarana (final covering).

Here is where we are able to recognise for the first time the presence of ignorance.

It is possible to move from the waking room (Viksepa) to the deep sleep room (Avarana) in just four seconds through direct knowledge and a simple visualization.

In fact, visualization is not even necessary.

If you are seated in one room and asked to imagine yourself in another room, it is easy to do so.

You have the knowledge of the other room, enabling you to picture yourself there.

It is as simple as that.

The result of this practice is that when you return to the waking room after visiting the dream room, the **binding power of emotions diminishes by 75%**.

Emotions alone are inert. It is the inherent force within them called **binding power** fueled by gunas of Sattvic Rajas and Tamas the three ingredients of Maya, that causes harm.

During the cycle of transitioning from deep sleep to dreaming and back to wakefulness, the binding power of emotions **diminishes** by 75%.

Reflected light disappears by 75% you get the memory of the 75% non dual bliss.

It is a spiritual law that only in one quarters creation maintenance and dissolution is happening.

75% of your personality is non dual you cannot screw it up even if you want to.

Our job is to claim the 75% that is 100% non dual even in waking state and operate from there to get our stuff done in the 25%. This is the big picture

Important truths:

Source light is self-revealing, while reflected light is not.

Reflected light requires effort.

Positive thoughts are a form of reflected light and cannot bring true freedom.

They may temporarily help to suppress negative thoughts, but ignorance remains despite positive thinking.

To achieve true freedom, you must eliminate the influence of reflected light.

In deep sleep, reflected light disappears and ignorance ceases to manifest.

Although ignorance remains in a dormant state during deep sleep, bliss is experienced as source light **shines upon the seeds of ignorance.**

Source light has always been present, even in the waking state.

You were however **busy sitting in the intellect** and getting fooled by the reflected light, believing that positive thoughts were necessary to overcome negative thoughts.

Good actions can counteract bad actions.

Virtue can triumph over vice.

This drama unfolds in the waking state due to ignorance of reflected light.

Instead of going through all these steps, you can **just change rooms** and eliminate the reflected light.

Yet, foolishly, we continue to focus on eradicating negative thoughts, mistakenly believing it will lead to freedom.

This is akin to the villagers who **discarded darkness at night** and attributed the rising sun and the arrival of light to their actions.

Positive thoughts, good actions, and virtue are higher expressions of bliss and are indeed important, but they do not liberate us from the cycle of birth and death.

We must not forget that within our causal body lie countless seeds for future births.

Life is not merely about performing good deeds and then dying.

While it is essential to engage in good and noble actions, **our primary task is to dispel ignorance.**

Your battle is against the ignorance of delusion, pain, and pleasure, which you have accumulated in your causal body and which holds the potential for countless future lifetimes.

Who will destroy this ignorance?

Life after life, we only serve the interests of karma, attempting to beautify it.

How do sadness, negative thoughts, and lower emotions arise?

They arise from ignorance within the causal body, **not due to the absence of positive thoughts.**

Known bliss becomes obscured by the power of Avarana in the bliss sheath.

When this occurs, darkness appears real.

Our negative thoughts, anger, lust, greed, and delusion **all seem very real to us.**

Consider the analogy of villagers collecting darkness in baskets, genuinely believing it to be real.

The more they collected, the more convinced they became that they were gathering darkness.

Maya makes the unreal appear real, as Ramakrishna said.

We have been engaging in this behavior for many lifetimes.

Doubt, a sense of lack, sorrow, and hatred are not experienced because good things are absent from our lives.

These emotions arise **because non-dual bliss is concealed by Avarana.** (Read that a million times)

Lack of something can never cause sorrow; it is impossible.

Lack of something is a fact it only brings temporary pain in the 25%...

Ignorance, however, distorts reality and makes the unreal seem real within four seconds and you screw up the 75% of your personality and become sorrowful.

You are convinced that obtaining an object and eliminating the lack will eradicate sorrow.

However, sorrow never truly disappears, as it remains as a seed in the causal body.

The vritti (thought wave) and false visualization that the lack of something is caused by not having the desired object **vanish once the object is obtained.**

As the vritti dissipates, **a sudden joy arises** when source light briefly manifests as a reflection of bliss, lasting only four seconds.

In those four seconds, your sense of lack vanishes.

Shankaracharya states that your lack of something disappears not because of the object itself, but because the source light briefly appears as a reflection of bliss.

Essentially, you recreated the state of deep sleep within the waking state for a few seconds.

This is known as Visayananda, the bliss attained through the fulfillment of objects.

It was not the object itself that brought about this bliss, but rather the reflection of bliss.

The important realization here is that you can directly experience this bliss without relying on external objects. That is the key idea.

Believing that the object is the cause of your sorrow is ignorance, as in deep sleep, you are filled with bliss without any objects.

You can desire and obtain countless objects, but the notion that the lack of something causes your sorrow is foolishness.

This belief arises from ignorance.

In previous lives, we never attempted to resolve this issue.

Do not make the same mistake in this life.

Once we attain one object and experience satisfaction, we set our sights on a higher goal.

We believe falsely that by continuing in this manner, we will evolve and eventually reach our ultimate goal.

Take away

The lack of something in this story is the **basket of darkness that held ignorance.**

Fulfillment of the object is the false idea that removing the basket of darkness will bring in the light.

The source light has always been there, and it doesn't require the fulfillment of any object to feel joyous.

Fulfilment of object is a beneficial effect and practical necessity but we **shouldn't sacrifice our intelligence** and then **complain about the consequences.**

Instead, we should remind ourselves that we can bring in the light without getting rid of negative thoughts, without relying on positive thoughts, and **even in the presence of ignorance.**

Say to yourself :

I can bring in light **without disappearing** any negative thoughts.

I can bring in the light in the **absence of positive thoughts.**

I can bring in the light even in the presence of ignorance.

Once we realize this, our productivity and ability to achieve goals will skyrocket if that's what we desire.

The case for Self revealing source light

I'm not here to teach you about evolution.

I want to share with you **why you should abandon the idea of evolution** and understand that you have the power to bring in the self-revealing light at

any time, regardless of the circumstances, without the need for thoughts, feelings, or any other tools.

Positive thoughts are not unlimited; they have their limits.

Many people believe they can manifest positive thoughts whenever they want, as if they're stored in a safe.

But that's not true.

Positive thoughts are limited.

They may flow abundantly during good times, making us feel like we **own them**.

However, the supply of positive thoughts comes from the causal body karma, and once the seeds of karma run out, **we become bankrupt**.

No amount of intelligence or reading books will help us then.

Unfortunately, many intellectuals and top doctors ignore the study of deep sleep, non-dual bliss, and the causal body, dismissing these ideas as foolish.

This is why self-revealing non-dual bliss is so crucial.

Even when someone is **mentally bankrupt**, there is still a **high chance** of making a **great recovery** because we're not relying on limited karma resources.

People foolishly believe that the world is abundant, but in reality, resources are scarce.

When a dollar is added to one bank account, a dollar is taken away from another.

Similarly, when happiness rises in one person's mind, it often creates sadness or negativity in another.

The default state of the universal mind is bliss, and the joy and happiness experienced by 8 billion people and creatures are limited.

Only bliss is unlimited and can manifest.

All other talk of manifestation is a joke.

I spent ten years practicing Raja yoga, which involves projecting positive thoughts over negative ones and eventually eliminating all thoughts. It's foolishness.

It's beneficial to dedicate 3-6 months to mind yoga when starting out, but **many spend their entire lives** and achieve nothing.

I understand this firsthand, having spent a decade on it.

We're tricked into cutting positive thoughts with negative ones.

It works well during good times, but when **we become mentally bankrupt**, we're left in darkness.

By the time we realize the truth, it's too late.

Too late the knowledge doth gain scarce to the wheel it is gone says Vivekananda.

Coming back to Acceptance and the end of positive thoughts.

When you accept negative thoughts, the need for positive thoughts arises.

But in reality, there is no such thing as a positive thought.

There is no real bondage, as Shankaracharya stated in the first module.

The bondage lies in acceptance.

Our first big mistake is **accepting negative thoughts**, which include all the darkness in our lives: hatred, jealousy, lust, greed, anger, and many others.

Once we accept negative thoughts, we fall into the trap of believing that we need positive thoughts to counteract them.

This is how reflected light appears, and it's called ignorance or Adharma.

Dharma is self-revealing light.

We can bring in the light without eliminating darkness.

There is no need to accept darkness.

We must **accept the idea that Atman is covered** by Maya.

Once we do that, the memory of self-revealing light will appear, and **we will no longer accept darkness.**(Read that many times)

It's important to start brainwashing ourselves with this idea.

Accept Avarana

Reject Viksepa

This should be the slogan just like Nike has the slogan Just do it...

It will save us countless lifetimes.

I often forget this grand realization throughout the day, but I don't feel bad because **I know I will never lose the power to directly reveal the self-revealing light.**

That is direct perception.

Says Shankaracharya

Self realization is not a vow like keeping silence that becomes null and void when you break. It is acquisition of direct knowledge.

But such knowledge may occasionally be obscured because of old habit and be recovered whenever one wants to.

Self realization is not a vow but the establishment of the soul in the knowledge of Brahman.

These two charts in the next will help you get a better idea

Ignorance stage

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Brahman	Avidya	Negative thoughts/emotions	Positive thoughts
 <p>Self revealing Source light</p>	Ignorance	<p>2. Accept Darkness</p>	4) Because you want to disappear negative thoughts positive thoughts appear
Non dual Bliss	1. Avarana- first Cover up of Brahman	3) ONCE YOU ACCEPT NOW YOU WANT TO DISAPPEAR darkness of negative thoughts	
SAt chit Ananda	Bliss sheath - reflection of Non dual Bliss		
	Seeds of pain pleasure and delusion		

Realization stage

**I can bring in light without disappearing
darkness**



There is so much more to say we will continue our journey next time

