

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 3

There is a beautiful story where God Vishnu worships Shiva by offering 100 lotus petals.

As Vishnu offers 99 petals, he realizes he is one short.

The worship ceremony is incomplete without the presence of 100 lotus petals.

Unable to complete the worship, Vishnu remembers that his devotees worship his eyes as lotus petals.

He decides to offer his eyes to Shiva but before he can do so, Shiva appears and rewards Vishnu with a Sudarshan Chakra.

The Sudarshan Chakra is a discus that Krishna often holds. It instantly destroys evil people and anything associated with evil.

Whenever there is adharma, Krishna releases the discus from his fingers to eliminate the individual and then the discus returns to him.

Shiva grants Vishnu the boon that Krishna no longer needs to personally come down to Earth to destroy evil.

The Sudarshan Chakra will be omnipresent **and available to all who follow Dharma, protecting them from Adharma.**

During the famous Mahabharat 18-day war, where Krishna imparts the teachings of the Bhagavad Gita to Arjun, a witness of the intense battle is asked what they saw.

They respond, "I saw only one thing... I saw the Sudarshan Chakra flying everywhere. I did not see any human beings **or their names and forms.**"

This is what Shankaracharya refers to as Tattwa Drishti - the vision of absolute truth.

The Power to See God and Talk with Him

Ramakrishna says , there are two types of devotees: Jnana and Vijnana.

Jnana is the one who has 100% complete certainty in the existence of God, **without any doubt** in their mind.

Vijnana, on the other hand, is **more advanced and closer to God.**

While Jnana knows that there is fire in wood, Vijnana takes the wood, uses it to light a fire, and cooks with it.

Vijnana not only realizes the non-dual Brahman, but also sees both God without form and God with form in human beings during the waking state.

This is an elevated state that we should strive towards.

How can we achieve this?

We must **trust in God** and **trust in ourselves**.

Trusting in God means knowing that God is always watching over us, not as a non-dual entity, but as a God with form.

The Sudarshan Chakra, the discus of God, is ***constantly protecting us*** and available to help us conquer evil and guide us through difficult times.

Why are we unable to see this?

There is only one reason...

It is because we have accepted Viksepa (superimposition) and rejected Avarana.

The real Power lies in accepting Avarana and rejecting Viksepa.

That is the real Power...

Every other power, no matter how grand, only lasts for a limited time and then disappears.

When we wake up, we have the opportunity to continuously interact with the 14 tools and make the Viksepa (the superimpositions) real.

The Power that allows us to reject Viksepa and accept Avarana is what rewards us with Tatwa Gyan (realization of truth).

It takes great courage to reject Viksepa and accept Avarana.

The good news is that **we only have to do it for 4 seconds...**

If we feel like we have to do it for the entire day, **we become overwhelmed and give in.**

In difficult times, I remind myself that when I enter deep sleep, all this drama that seems so real disappears.

It may reappear in the morning, but it **definitely disappears** in deep sleep.

If I take this idea further and assume that the problem remains the same after I wake up, **it will surely disappear when I die**, as all our subtle body memory vanishes upon death.

This is why we don't remember our previous lives.

At some point, this problem, **no matter how big and draining, will disappear**. There is no doubt about that.

The **mind cannot differentiate** between a 4-second moment in the next life, this life, or a previous life. The proof of this is the dream state.

We may be experiencing the greatest tragedy in our life, **but when we dream**, we are all over the place. It means the mind cannot distinguish between one 4-second moment and another.

Only the intellect, using the brain, attempts to construct logic.

When we shift to the dream room or the deep sleep room, we must realize that we have the Power to **completely forget the problem** as if it never happened.

So, if I can **gather my Power by the grace of God** and not deceive myself into thinking that this is **permanent**, but rather see it as rising and falling every 4 seconds...

I know deep within me that I can achieve the impossible because there is a part of me where there is **no memory of my current problem**.

The good news is that 25% of everything **sticks to us** because of Maya's gunas.

Sattva clings to pleasure, Rajas to pain, and tamas to error, as Bhagvan Krishna says.

However, in the remaining 75%, **nothing sticks to us** because there is **no Maya present** in that part of our personality... This is crucial to understand.

By shifting rooms from the waking state to the dream state to deep sleep, we are accessing that 75% of our personality.

Remind yourself that nothing can stick to you. This is why even your own body disappears, as it is merely a sheath...

Only if you have a body will you have a relationship with problems. If there is no body, there is no relationship with anything.

In the dream state, we acquire a new dream body and realize that we are jiva.

In deep sleep, all four sheaths disappear.

I strive to win for 4 seconds.

If I lose and give in, I tell myself to **begin again...**

You can never truly lose..

Maya can never triumph over Atman...

It is due to Avidya that we give in, making the Viksepa real and becoming entangled... and all events, people, and emotions stick to us in the 25%.

So, I give **myself many chances**, and you should too.

Now, realize that as I am giving myself chances, I may feel irritated and frustrated, depending on my personality.

But I place all my trust in **my ability to move to the deep sleep room** and dream room at will, on command.

When you shift rooms and return to the waking room, the **binding power of the problem**

disappears, and you increase your chances of changing your destiny by 75%.

This is why we do all of this.

Karma has the **power to bind us** and make us do what it wants.

Dharma is the only Power that can dissolve this binding power by a significant margin of 75% and increase our chances of success.

We may not be able to achieve this in one attempt... maybe not even in thousands of attempts.

But hey, who cares?

The determination to succeed **must always be present**.

You and I have been here for countless lifetimes.

We have always lost, and yet foolishly, we celebrate millions of victories in material achievements.

God gives us unlimited chances.

I further tell myself that if I cannot do it now, **there is no way I can do it later**.

With all the pressure, fear, and Avidya, this is my **most brilliant opportunity.**

When you bring this kind of enthusiasm and desire to succeed, we have more opportunities to receive God's grace.

Closeness to God is the key...

Always use the Word of God and visualize His form. It makes things easier.

Most people fail to take advantage of a God with form and the Word of God.

You should use both; otherwise, our failure is inevitable.

This knowledge will not work during difficult times without incorporating God with form and the Word of God.

When we have no problems, we think it works without bringing in God with form and the Word of God, and we deceive ourselves.

Don't do that...

When things are normal, take the opportunity to visualize God with form and the Word of God. By

doing **so, you will enrich the universal mind**, and that action will benefit you.

Now, realize that this is not detachment. You are not controlling the mind...

You are allowing the mind to access its highest Power, which is to **accept Avarana**.

You know with absolute certainty that the only reason you cannot see God in form is because of Avarana.

The non-dual Bliss is covered by Maya's Avarana.

It is fascinating how Maya covers Atman with its power of Avarana.

The Billion Dollar Visualization of AVarana

Shankaracharya reveals profound insights on this...

Imagine a circular plate on the ground with three color powders: blue, red, and black.

Blue represents Sattvic, red represents Rajas, and black represents Tamas.

God **perceives all changes in the universe** as Sattvic, Rajas, and Tamas - the three constituents of Maya, also known as gunas.

Sattvic represents intelligence, **Rajas** signifies motion, and **Tamas** embodies matter.

These three forces work together to bring about transformations in both humans and the world.

The state of equilibrium in this circular plate **is Bliss**, also known as Prakarti.

Prakarti is often mistakenly referred to as **Nature** by those who are not conscious of **Bliss**.

In this visualization, the three colors represent gunas in their default state, which is Bliss.

Visualize that red is red, blue is blue, and black is black... **At this stage, everything is blissful.**

Then, there is a shakeup of the plate and **all the colors get mixed.**

This is where trouble begins and **Maya becomes Avidya.**

We lose power and Avidya starts controlling us.

Intelligence, motion, and matter are all mixed, **and our divine, delusional, and demoniac qualities become intertwined.**

Doubt arises due to this mixture, covering the Atman, and the drama begins.

When the three colors were not mixed, **it was Maya.**

Every state has an individual and universal level.

In waking, we have an individual existence, and as the sum total of all beings, we are universal.

In deep sleep at the individual level, **the three gunas are mixed but dormant.**

There is no superimposition, so reflected light disappears, **and we experience the reflection of bliss from the source light.**

However, something **more magical** is happening at the universal level of deep sleep.

There, the three gunas are not mixed, and this is called Maya, also known as **pure Sattvic** - the state of equilibrium and Bliss.

Maya is controlled by Ishwara.

When the three gunas are not mixed, it is Maya.

When **they are mixed, it is Avidya.**

Even when they are mixed at the individual level of deep sleep, they remain dormant in the causal body.

In the subtle body, the three gunas are mixed, and there is superimposition, **causing confusion.**

When you understand all this, you begin to realize that Power can be regained by 75% **if you accept Avarana and move to the deep sleep room.**

Sattvic, Rajas, and Tamas are not fundamentally different from each other; **the difference lies in their degrees of manifestation, not in kind,** as Vivekananda says.

They are not three different things like banana, apple, and orange.

The difference is only in a higher and lower manifestation of Bliss.

Most people **try to change their qualities** by controlling the mind and engaging in numerous meditation and spiritual exercises.

God **does something special** that you and I can use to quickly bring about the desired change in our personality or in others through His grace.

While most of us are trying to influence our subtle and gross bodies using various tools, **God silently enters the causal body and purifies the gunas**, rendering the bad Rajas and Tamas impotent and empowering the good Rajas and Sattvic qualities.

We can visualize all this with the help of Bhagwan.

Deep sleep, dream, and waking are not three external states.

They are three rooms in your mind. So, in the waking state, **you can enter** into the deep sleep room.

What this means is that when you accept Avarana and reject Viksepa, **you gain entry into the deep sleep room.**

Pure Sattvic has the power to accept AVarana and reject Viksepa. We need this for sure.

Pure Sattvic means that which is not mixed with Rajas and Tamas.

Impure Sattvic means where the three gunas are mixed.

Visualize that the blue color is by itself, not mixed with red and black. This is the highest state we can reach.

When you reach this state, Avidya becomes Maya, **meaning all power comes to you.**

What is Power?

Power, according to the spiritual law, has four principles. I will share three of them now and the fourth later.

Firstly, Power does not have a separate existence apart from the possessor of Power because it is inseparable but it cannot said to be the same **for we always meet with an obstacle** says Shankaracharya

Secondly, Power is superior to effects.

Thirdly, Power does not cause any change in the substratum even as it makes the One appear as Many.

Now, let's focus on the first spiritual law.

Power does not have a separate existence apart from the possessor of Power because it is inseparable but it cannot be said to be the same **for we always meet with an obstacle** says Shankaracharya

During deep sleep, two significant occurrences take place:

Avidya becomes **undifferentiated** and **unmanifested**.

This state, known as Avarana, represents the **first power of Maya**, covering up Atman.

However, the second power of Viksepa, bringing about superimposition, **is absent**.

This state presents a **valuable opportunity** for us.

It is comparable to a lion sleeping for eight hours.

Even if you strike its head, the lion remains asleep.

This is Avarana, without Viksepa.

Thus, the power of Maya is reduced by 75%.

Visualizing this deep sleep room helps us accept Avarana and reject Viksepa.

Avidya is undifferentiated and unmanifested.

Undifferentiated means that the three gunas (Sattvic, Rajas, and Tamas), **though mixed, lack the power to experience different objects.**

In the deep sleep state, differentiation between eyes, nose, body, men, women, sky, clouds, happiness, sorrow, and more is not possible.

It is like melted butter, where everything becomes undifferentiated Avidya.

It remains ignorance, but it **cannot manifest objects**, making it closest to Atman.

Imagine mixing all your experiences, good and bad, or your eyes, nose, legs, and hands together.

In simple terms, you **lose the ability to differentiate** between good and bad, right and wrong, virtue and vice.

You lose that memory.

This state is also known as the Bliss sheath.

Recall from the previous module that reflected light disappears in deep sleep.

In this undifferentiated state, the reflected light vanishes, and the source light falls on this sheath, resulting in reflected Bliss.

Our goal is to reach this room while awake.

We learn all this to strengthen our knowledge of this room.

The more we strengthen it, the clearer we can see things in this room, just like we see things with our physical eyes in the waking state.

The **clearer our vision in this room**, the stronger our desire to **enter it** and not waste time in the subtle and gross body states in the waking room.

We become more powerful in this room.

Why not spend more time in the deep sleep room?

Secondly, in this room, Avidya is also unmanifested.

Unmanifested means it exists in **seed form**.

This presents a great opportunity for us to influence our destiny by 75%, by God's grace.

Visualise in the waking state, this tiny seed **grows bigger and bigger**, eventually becoming a large banyan tree that provides shade for hundreds of people.

However, that big tree always existed inside the seed **in a small form**. Time is what made it grow.

So, you have the power to reject Viksepa and return it to Avarana, the seed form, ***whenever you want***.

You can **reject the big tree and put it back to the seed**.

When you do that the binding power of the emotions will disappear by 75%.

If you don't do it now, it **happens naturally** during deep sleep. So, it is not mere imagination.

Deep sleep makes your visualization real.

We are not foolishly imagining something unreal.

We combine the highest spiritual laws with simple visualization to achieve the greatest results.

By doing this, you can avoid major calamities, by God's grace.

Remember, this knowledge cannot be obtained through meditation, reading books, or watching videos.

These teachings are shared in private and become clearer with repeated reading or listening.

So, don't just read once.

Read it slowly, repeatedly, every day.

Let it ENTER INTO YOU.

Shankaracharya compares the deep sleep room to sugarcane juice and the waking state to raw sugarcane.

In India, sugarcane juice is very popular.

Chewing raw sugarcane to extract the juice **requires strong teeth and may result in tooth breakage.**

It requires a lot of effort, and you may only get a small amount of juice.

On the other hand, if the sugarcane is crushed and served as juice in a glass, **it is easy to drink in one go.**

That is the power of deep sleep.

What four decades of meditation cannot achieve,
you can attain in four seconds...

Coming back to first spiritual law of Power

"Power does not exist separately from its possessor, as it is inseparable. However, it cannot be considered the same, as we always encounter obstacles," says Shankaracharya.

The possessor of Power is Atman, Power is Maya, and the obstacle is Avidya.

When the obstacle of Avidya disappears, Maya merges into Atman, and all Power is regained.

It is important to note that we always perceive Maya, the Power, **through the veil of Avidya.**

This is why we have a false understanding of Power.
(Read this until you die)

We are looking at **Power through Avidya**, similar to an ant looking at an elephant and assuming that because the elephant is big, it possesses more Power.

We lose Power because of the obstacle of Avidya, **not because we lack Power.**

Power is inseparable from Atman, so we can never truly lose it.

We lose it due to Avidya.

We falsely perceive Power.

We are sitting in the subtle body, lamenting the loss of Power.

However, if we take one step into the deep sleep room, our Power increases by 75%.

And if we take another step further into the universal level of deep sleep, boom! **We merge with Ishwara.**

Avidya becomes Pure Maya, and all Power comes into our hands.

Says Vivekananda " Believe in yourself first. I may be a **little bubble** and you may be a **wave mountain high**, but know that for both of us the infinite ocean is the background"

The good news is that **we don't need to add Power**; we only need to remove ignorance.

Perception is a false visualization, not an action that requires going to the gym and flexing muscles.

Vivekananda provides a beautiful example:

Imagine you are a farmer who needs to irrigate a field.

Behind you is a vast reservoir, **and there are locks** in the field preventing water from entering for irrigation.

All you have to do is **open the locks**, and the water will flow automatically.

The false idea is that "I have to generate water and bring it to my field."

The correct visualization is "I am going to **lift the lock** and let the water in."

The locks represent the **14 tools** that cover up Avarana and make us accept Viksepa.

We lose through false visualization and win through **right visualization.**

What is the obstacle, also known as Avidya?

Let's revisit the classic example of a rope mistaken for a snake.

Initially, I thought this was a boring example.

However, as I got closer to God, I realized that it is the easiest and most profound example to illustrate the highest Vedanta truths.

Imagine you and I are walking in a park during the evening, and it is almost dark.

There is a rope, but I mistake it for a **moving snake**, and fear arises within me.

I panic and fear being bitten by the snake.

I call my friends, and they **come with ten sticks** and start beating the rope.

Will the snake die?

Yes or No.

No, the snake will not die.

Did my fear go away?

Yes or No.

No, my fear did not go away, as I still believe **there is a snake present.**

We feel that the fear is coming from the snake. This is Avidya.

Fear arises because the rope is hidden.

Once the rope is hidden, the **form of a snake appears in my mind**, and fear arises.

There is **no connection** between fear and the snake, as neither truly exist.

Throughout the day, we create a **false cause-and-effect relationship** and find ourselves in trouble.

In this example, the rope represents Bliss.

Some argue, "What if the snake was real?"

That is called Karma a real snake appearing in front of you .

We are discussing **what happens before Karma.**

We are addressing the issue of liberation from the cycle of life and death.

If you get clear on that you get to increase your chances of changing your karma by 75%.

Lets break this down.

there are five elements of truth present

1) Existence.

2) Power

3) Unmanifest Effect(unmanifest fear in causal body in deep sleep)

4) Obstacle- **fear appearing** in the form of a **biting snake** in the subtle body mind)

5) Object – Manifest fear in the waking state

The rope symbolizes the existence of Atman.

Power is Maya.

Now, let's discuss the fourth spiritual law.

Unreality is common to Maya and its effects because both differ from Sat(existence) .

However Maya being Power is not subject to perception while its effects are.

To illustrate this, consider the example of a hidden rope.

When the rope is concealed, the **Power hides Atman**, and in turn, we are deceived.

The unmanifest fear already existed in my causal body and **needed to be brought out** in the waking state.

Firstly, Atman must be hidden.

As soon as the rope is concealed by the Power of Maya, **my unmanifest fear is projected or superimposed** onto the rope.

Take your time to realise this.

Next, a **form of a biting snake** appears in my subtle body.

Consequently, **fear becomes manifest**, and I perceive it as coming from the snake.

However, fear does not originate from the snake.

It was always present within me in an unmanifest form during deep sleep.

Fear arises because bliss has been hidden.

Shankaracharya says the unmanifest fear and the manifest fear cancel itself out when the karma is over and Power returns back to Atman

This is why when you enter the realm of deep sleep, fear disappears.

Not **because the snake vanishes**, but because the reflected light fades away, causing fear to become unmanifest.

The snake form disappears as soon as it becomes unmanifest.

Upon returning to the waking state, fear may still linger as an emotion.

However, the binding power of fear is **reduced by 75%** because we now realise that fear does not come from a person, event, or object.

By realizing this, you **regain Power** and can make the right decisions.

Power refers to something that cannot be lost.

What are the Powers?

We have the Power to feel fear.

Power to hate

Power to love

Power to feel sad

Power to feel happy

Power to work

Power to be lazy

Power to see God

Power to reject Viksepa

Power to accept Avarana

You have to choose the Power.... **Otherwise Power will choose you**

Choose the first Power ...

The Power to accept Avarana.. and you will have made the highest choice.

Deep sleep

Dream

Waking

Rope	Snake	Fear

Remember, everything is knowledge and visualization.

Therefore, refrain from asking how things work, as it is considered a grave sin.

Read and listen again.

As you do, false ideas in your antahkarana (the innermost organ of the mind) will disappear, and you will gain the Power to accept Avarana and reject Viksepa.

Listening is the key.

Both reading and hearing are forms of listening.

Listening means **tuning into the voice of God.**

It doesn't matter whether you read a PDF or listen to an audio file.

As long as your intention is to listen to the voice of God, **you are on the right path.**

In our next class, we will delve even deeper into these beautiful ideas.

