Enlightenment is an ordinary life lived in an extraordinary way!
- Paramahamsa Nithyananda
inner Awakening

an extraordinary way of existing

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Why 21 days?

Satisfaction survey
Why Inner Awakening?
- Paramahansa Nithyananda -

How can I describe a program like Inner Awakening?

All I can say is that **Inner Awakening is not a program** -

*it is a tremendous possibility!*

However else we may choose to describe it, Inner Awakening is ultimately your experience of your own transformation – your intimate contact with your own highest possibilities.

Each moment of Inner Awakening is a fresh introduction - because Life is introducing itself to you every moment! No one can predict what your unique experience of this program will be like.

But there is one thing I can tell you, for I have seen it happen: no one, *no one*, ever returns from Inner Awakening without glimpsing at least one dimension of *jeevan mukti*, living enlightenment.
What is jeevan mukti?

*Jeevan mukti* or living enlightenment is nothing but living life at the optimum – with success and abundance in the outer world, and deep joy and fulfillment in the inner world. A person who is living enlightenment radiates so many wonderful qualities: good health, a clear mental setup, pure energy centers, an unclutched being, and above all, the deep feeling that everything is auspicious for no reason. And this is a possibility that is available to each of us at every moment. By your very nature, you are wired for enlightenment! That is why, till you relax into *jeevan mukti*, you will continue to feel unfulfilled. All your depression, your stress, your seeking, is nothing but the cry of your being to return to its original state of *jeevan mukti*. 
What happens at Inner Awakening?

Much of what happens at Inner Awakening cannot be put into words. But broadly speaking, there are three kinds of experience you will receive here:

First, technical knowledge. This is the introduction to the particular concept or truth. Technical knowledge clears your ideological doubts and inspires you to enter into the technique.

Second, technique. This is the exact process you are required to do. It is your part! How you need to move your body, your mind, your being, to cooperate with the entire process - that is technique.

Three, initiation. It is the powerful energy process to awaken those dimensions of you which are unknown even to you! Initiation helps your body and mind retain the psychological revolution which happens in you when you work with the technical knowledge and technique.

Bolting the experience permanently into your body is initiation.
Inner Awakening is a 21-day enlightenment-intensive program conducted in India by Paramahamsa Nithyananda, an enlightened master of this millennium. This life-transforming program includes yoga, meditation techniques, penetrating spiritual talks, live interactive sessions, powerful direct initiations from the Master and fun activities like campfire evenings.

**How to get the best out of Inner Awakening?**

Enter into the whole program with deep sincerity and seeking!
Start from the body. Be physical!
Drop all intellectual concepts and ideas about what should happen during the program.
The conscious decision to be physical will itself awaken that intense seeking in you.
In intense seeking, the seeker dissolves in the seeking.
When the seeker dissolves in the seeking, it is *jeevan mukti*, living enlightenment!
‘Inner Awakening is a beautiful journey to discover yourself.’
   – Geetha A, Engineer, Phoenix, USA

‘Being at the feet of a Master and living in his energy field is the greatest opportunity of a lifetime, or many lifetimes.’
   - Sandhya Bail, Marketing professional, NY, USA

‘The depth of joy and happiness, you don’t find it in the Master alone, but also in the sanga (the spiritual community).’
   - Ravikumar S, Research Engineer, Singapore
Welcome to life at Inner Awakening

(In the following pages, a participant shares his experiences.)

‘From the safe ambience of this fast-growing spiritual university to the powerful meditations and yoga practice, from the loving care of volunteers to the infinite compassion of Swamiji, Inner Awakening offered the best possibilities for the ultimate life experience to flower in me.

Every day on campus was like a new beginning, discovering dimensions of me that I did not even know existed!

Looking back at the whole experience, I can say that Inner Awakening is not a mere 21-day program – the experience only starts from here…’
Morning Yoga!
Nithya Yoga!

Every day of Inner Awakening starts with a rejuvenating yoga session, Nithya Yoga, providing a healthy lifestyle while awakening the body’s innate intelligence.

Uniting body movements, breath and the power of intention, it allows the mind to beautifully settle into a vibrant silence...

Then we’re ready for a dynamic meditation: Nithya Dhyaan! Nithya Dhyaan is a complete technique to move from the outer world chaos into a vibrant meditative silence, giving you peace and bliss.

Rooted in the teachings of the sage Patanjali, the father of yoga, Nithya Yoga brings a fresh new look to the science of sculpting the body and mind for radiating enlightenment.
Visiting the Banyan Tree for the first time...

‘As I stepped under the shadow of this majestic giant, my mind suddenly slipped into a vibrant stillness. Slowly encircling the tree on the small path, the pebbles gently massaging my bare feet, I suddenly found my seat: a small protuberance on top of the whaleback granite outcrop. The moment I settled on this natural seat, my body dissolved in space, and time vanished. Pure awareness remained in my inner space with the silent sound of the unmoving banyan tree.

I clearly knew that I belonged to no other place: I had finally come home...’
Getting ready for the day: Morning sitting with Swamiji

The Master silently enters the hall, a tall form in bright saffron, almost gliding above the ground, and gracefully sits in front of us.

The day starts with a unique taste, the Master casually exchanging words and stories with hundreds of fascinated people from all over the globe. We start realizing the infinite dimensions of the Master: from his early childhood days to the amazing stories of his wanderings across India, to the onset of his mission.

Behind the casual talk is a deep preparation to dive deep within, exploring all the dimensions of our being. This is the beginning of a beautiful relationship with Existence…
Powerful words from the Master

As the mind settles down from its usual noise, the Master reveals deeper truths of life. We are suddenly starting a journey to the center of ourselves, looking into our own eyes for the first time. The Master is an infinite source of knowledge; ancient wisdom expressed in modern words.
Dynamic meditations

To help us realize our hidden potential, the Master conducts dynamic meditation sessions. These sessions turn out to be powerful alchemy processes - working with our unconscious, engraved mental patterns, and transforming them into pure awareness and energy!

The release of deeply buried emotions, fears, worries and anger brings such a deep sense of inner peace and bliss, every day more profound and tangible.
Time for a bite!

As we come out of the hall, we are pleased by the rich smell and great taste of healthy vegetarian food. The sheer variety of the food ensures that we have an optimal and holistic dining experience!
Interactive sessions

The infinite compassion of the Master expresses in so many ways. He patiently addresses all possible questions and doubts related to our personal experience.

The Master explains about the richness of the Vedic inner science and reveals many of the deeper truths of life. What would take a lifetime of study to comprehend, the Master condenses into a few key concepts that dispel the darkness of ignorance.
Once our mind relaxes from its endless stream of questions, we are ready for the real process: *upanishad*, or simply sitting in the presence of the Master and receiving his energy. His presence is an intense fire that lights the flame of our being.

The Master is a lighthouse, guiding us to the shores of true knowledge and pure consciousness, and transmitting the experience of living enlightenment.
Zen Tea by Manasarovar

The early evening light gives way to twilight, and we move to the enchanting Manasarovar to enjoy a cup of tea with the Master. No need for words, we just tune in to his presence.

With the Master, even drinking tea can become a meditation! When we flood every action with awareness, a simple cup of tea becomes Zen Tea!
A dip in Vaidya Sarovar

A giant Shiva lingam, representing the ultimate consciousness, towers above us as we take a cool dip in the Vaidya Sarovar. The lingam is made of sacred herbs, and is said to radiate healing energy. In this place, a simple bath turns out to be a transforming experience!
A glimpse of Vedic culture

As the program evolves, we are slowly introduced to all the great elements of the ancient Vedic culture: the melodies of keertans, the graceful art form of kolams (floor art with rice flour) and the beautiful concept of the temple as the center of the community.
Arati at the temple

*Arati* is a beautiful celebration of sound and light that has been performed for thousands of years in India. It is an offering to the Divine which captivates all our senses. Every day, we appreciate this elegant ceremony at the temple, lost in time as the music and bells mark the sway of lit lamps in the air.
The Master touch!

Being around the Master and listening to his words is one way of receiving the spiritual experience. But receiving the direct touch of the Master is the ultimate connection!

*Darshan* is an integral part of Inner Awakening. It is the opportunity to open up and receive the Master’s boundless energy!
Evening campfire

The magic of the program extends into late evenings, and the Master shares stories as the wood crackles in the campfire. In those quiet intimate moments with the Master, we even forget that the world exists...
Falling into restful sleep

At the end of the day, the same meditative state is carried into sleep as an unbroken experience of inner silence.

Falling straight into deep sleep, we rest and recharge, waking up with enthusiasm to meet the Master again - for the first time!
A learning center for enlightened living

Live and learn in the ambience of a contemporary Vedic ashram, where the simple delights of monastic living blend seamlessly with basic modern amenities and care. Above all, absorb the subtle energies of an intense spiritual field, where even everyday acts, like a quiet morning walk or a shared meal, are transformed into powerful spontaneous meditations.
‘Each of us comes in with rough edges, from different walks of life – and it is easier to see those edges in others than in yourself at first. Then, like a well-orchestrated symphony, with the growth we experience, everyone settles down. A different depth of harmony is experienced – interdependent yet individual. Here, intelligence and compassion lead to harmony. This harmony is different from the forced harmony of the corporate world, where there is an underlying current of fear and greed.’

- MP, Physician, USA
All the civilizations that have evolved on planet Earth have contributed something towards humanity. The most valuable contribution from the Vedic civilization was the science of living enlightenment – *jeevan mukti*.

On the ashram campus, the Vedic traditions come alive. Like the Vedic culture, the ashram too is a melting pot of people from diverse communities, religions and backgrounds, working towards the common goal of an enlightened global community.

In keeping with the life-affirmative Vedic tradition, equal emphasis is laid on creating material abundance, providing constant learning opportunities and nurturing inner growth.
The vast umbrella of the ancient sacred banyan encloses a space resonant with spiritual energies. Under this umbrella sits the majestic statue of Dakshinamurti, the first-ever guru, imparting the deepest spiritual truths to his disciples in silence.

Over the years, this sacred space has acquired a powerful reputation for healing, wish-fulfillment and awakening spiritual clarity, and draws visitors and seekers from around the world.

The vibrations in this space are so distinct that even the casual visitor can feel its effects. In fact, many find that simply sitting here in silence is a deep meditation in itself.

‘After going to the banyan tree and sitting there, without any experience or knowing what to do, I just sat and closed my eyes and fell into such a deep state that I realized there is so much to meditation that I did not even know about.’

- SD, Researcher, Ohio, USA
Another popular healing destination at the ashram is the 21-foot Shiva lingam (Ananda Lingam) made of the sacred navapashana (a healing herbal mixture) and 1008 rare medicinal herbs. Water fountains bathe the lingam and flow into the holy tank (Vaidya Sarovar) below.

Consecrated by the Master, the lingam symbolizes the integration of active and passive cosmic energies. A dip in Vaidya Sarovar balances the vital energies in the body, rejuvenates the mind and brings about silent spiritual transformation.
A short walk from the sacred banyan is the Sri Anandeshwara Temple, which recreates the enchanting scene where Lord Shiva delivers the Shiva Sutras (techniques for enlightenment) to his consort Devi. True to the Vedic tradition, the temple resonates with the chanting of mantras at dawn and dusk, sending out ripples of positive energy that cleanse and energize the space around. The mystical *arati* (ceremonial waving of lamps before the deities) symbolizes the silent transmission of spiritual illumination in the time-honored guru-disciple tradition of Vedic India.

The concept of the temple is a unique gift to planet Earth from the Masters of the Vedic civilization. When it is consecrated by an enlightened being, the temple becomes a powerhouse of cosmic energy, and a space where spontaneous physical and mental healing can take place.
With oneself at Manasarovar

This charming lake hidden away in a corner of the ashram is home to lotuses, migratory birds and seekers of solitude. With the setting of a natural amphitheater, Manasarovar is best remembered as the scene of the indescribable Zen tea meditation sessions with the Master.
The Raja Sabha or Royal Hall is the space of all the Inner Awakening sessions, including morning yoga and meditation. With a seating capacity of 1300, this hall is equipped with powerful acoustics and a modern projector system that bring to life Swamiji’s vibrant talks, the lively interactive sessions and evening *keertans* (devotional music). Raja Sabha soon becomes the ‘preferred living space’ of Inner Awakening participants, who are so comfortable in its bubbling energy that they hardly visit their rooms, except to sleep!
The legendary Laughing Temple, where Swamiji delivered his first talks to a group of intimate disciples, has today become the focus of awe and curiosity for those who visit the ashram. Today, with the number of *ashramites* swelling far beyond its capacity, Laughing Temple is no longer in use. But this tiny rustic temple with such an inviting name still echoes the laughter that must have filled its space during the early days with the Master!
Naimisharanya: the place that never sleeps

Naimisharanya was the world’s first-ever spiritual university, where spiritual instruction was freely imparted to seekers at any hour of day or night – the principle being that those who are responsible for awakening others cannot afford to sleep!

In the true spirit of Naimisharanya, the ashram campus is always alive, whether it is the Welcome Center, the first point of contact of visitors to the ashram, or the Mission Office, where the publications and web development teams work joyously to take Swamiji’s message to the world, or the Nithya Anna Mandir (Food Temple), where food is served freely to all till the late hours of the night!
Feel at home

The ashram restaurant prides itself on providing healthy vegetarian food that is both tasty and satvic (satvic food uses only those ingredients that hold positive energy and support spiritual practices). You can choose from a buffet meal that has elements of North Indian, South Indian and Continental cuisine.

Simple shared accommodation is available for participants with all basic amenities.

The Welcome Center takes care of all your requirements, but the volunteers will also be happy to help.

The internet center is open all day, so you can stay connected during your stay at the ashram.

‘I never realized sharing was such fun! Sharing ideas, eating together, doing yoga and meditation together, having lively discussions in our dorm till midnight, and of course, walking the spiritual path together...’

- Gauri Dharan, Design Consultant, USA
Dimensions of Inner Awakening

Whether we are aware of it or not, each one of us carries multiple dimensions inside us – physical, intellectual, emotional, spiritual...

Inner Awakening helps us blossom and experience holistic growth in all our various dimensions.

The program provides complete solutions and an opportunity for simultaneous all-round development – a quantum awakening!

The knowledge and techniques delivered at Inner Awakening are drawn from the ancient Vedic tradition that is built upon 10,000 years of R&D by millions of inner world scientists (rishis). Yet so pragmatic and practical is the Vedic way of life that it is a living tradition practiced even today by millions worldwide.
Yoga: Uniting body, mind and spirit

The dimension of yoga is all about living with a healthy yogic body, an unclutched mind and a being that radiates pure energy. When these three happen continuously, we live in Nithya Yoga, the eternal uniting of body, mind and spirit.

Rooted in the Ashtanga Yoga of Patanjali, Nithya Yoga is a powerful alchemy of traditional wisdom and practical techniques. It is Nithyananda’s gift to a world that is seriously seeking inner and outer balance in these turbulent times.

Nithya Yoga was born out of a deep understanding of the science of yoga and its relevance in our life today. Besides physical health and mental well-being, Nithya Yoga directly sculpts and prepares the body to experience the ultimate state of enlightenment.

When we understand our true potential and use the body and mind to their optimum, we are living the dimension of yoga.

Yoga is the dimension or path which integrates specific physical postures, breathing techniques and a disciplined lifestyle to enter into the Truth.
Gnana: Life Solutions

When we enter into any process, we naturally want to know why we are doing it!

That is why Inner Awakening provides you with a strong intellectual base in the form of technical knowledge or intellectual understanding. It completely takes away your doubts.

Technical knowledge addresses that dimension of us which is centered in logic, analysis and calculation. It gives solutions to life issues, provides clarity and peace, and answers key questions like how to live life, the purpose and goal of life, and the ultimate truth of man and God. Technical knowledge provides a strong foundation for trust or faith, and the courage to follow that faith. When your faith is based on intellectual clarity, it becomes so strong that nobody will be able to shake you.

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*Gnana* is the dimension or path which approaches the Truth through intellectual understanding and mental clarity.
Dhyana: Meditation

When the intellectual clarity happens, you are ready to move into the process of meditation.

*What is meditation?*

Simply put, meditation is any technique which raises the frequency of your consciousness. The human body is designed to experience expanded consciousness. We are meant to live in *jeevan mukti*, experiencing and expressing all the possibilities of life. That is why, only a person who brings all the possibilities of life into living reality can experience real fulfillment.

The beauty of meditation is that it transforms intellectual knowledge into personal experience.

At Inner Awakening, the meditation techniques you will practice are diverse, but their purpose is the same - to take you to the space of living enlightenment.

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*Dhyana* is the dimension or path which seeks the Truth through the practice of meditation.
Devotion is the touchstone that can open us directly to the Divine! The moment devotion touches us, we become divine. Devotion is the expression of sacred love.

Devotion effortlessly frees us from the clutches of our ego. It is the most charming path to superconsciousness! Connecting directly to the formless Divine energy is not easy for most of us. That is why our ancient masters created temples and installed deities, whose form might become a channel to touch the Divine.

The unique architecture of temples which make them excellent receptors of energy, the sacred ambience and the presence of deities directly energized by enlightened masters, make temples the ideal space in which to fall into meditation.

The worship of deities prepares the mind to welcome the Divine in human form – a concept unique to Vedic Hindu culture.

For a mind already steeped in devotion to the form of a deity, it is only a single step to connect to the formless Divine.

_Bhakti_ is the dimension or path where the Truth is experienced through unconditional surrender to the Divine.
Seva: Blissful service

Service is sharing with others that which is most precious to you!

When you share suffering, it reduces. When you share bliss, it grows.

At Inner Awakening, you will have the chance to serve the global community, even as you learn and grow.

What seva will you be doing at Inner Awakening?

By participating in Inner Awakening, you will be standing by Dhyanapeetam’s commitment to create a conflict-free world, where food, health and education are no more a problem. Moreover, you will be helping preserve and revive the Vedic tradition - one of the most ancient spiritual traditions in the world.

In ancient India, research in inner science had royal patronage, which ensured that this essential work was sustained and encouraged to flourish. Today’s secular political systems do not always support such research.

Each one of you, by coming to Inner Awakening, shares the responsibility of awakening the people to the Truth, raising global consciousness levels, preserving the sacred Vedic tradition for future generations and helping to create a better future for all.

Seva is the dimension or path where selfless service to others becomes the doorway to the Truth.
<table>
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<tr>
<th>Seva Activities</th>
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<td>Full-time volunteers</td>
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<td>Free meals to under-privileged people, wandering</td>
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<td>Free medical care in 2009</td>
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<td>Vedic priests trained</td>
<td>500</td>
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<tr>
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What is Inner Awakening all about?

Inner Awakening gives you a chance to experience and express as many components of *jeevan mukti* as possible!

You will come to understand Inner Awakening best by the transformations you experience within.

If you are experiencing abundant energy, powerful clarity, a fresh impetus to explore and enjoy life - that’s *your* Inner Awakening.

If you are feeling more relaxed, more blissful, more deeply connected with yourself and others - that’s Inner Awakening for *you*.

If you feel you’ve waited all your life to experience and express the truths you receive here - you know that Inner Awakening has really happened in you...
Higher daily energy levels
Live blissfully with higher energy levels

First thing, your body is not just a bio-mechanism. It is pure intelligence. It can respond to every single thought of yours.

Second, the body as such is designed to radiate the tremendous superconscious energy.

Third thing, achieving this is not as difficult as you think!

Then what are the hurdles? Where are we missing again and again? Why are we not experiencing high energy levels at all times?

One, we accumulate too many negative emotions or toxins in our system. So we don’t experience high energy levels physically.

Second, we think we are not enough unto ourselves. Again and again, society makes us believe that we
are not beautiful unto ourselves. It makes us run after something or other to add value to ourselves. So psychologically, we are low on energy.

There are numerous techniques to raise the energy levels in the body – specific physical postures, breathing techniques, deep cleansing processes (*kriyas*) and meditation.

Living intensely at high energy levels, and radiating this energy in whatever you do, is an important component of living enlightenment.

- Nithyananda

‘I am more self-inspired, energetic and spontaneous. There are no confusions in business-life decision-making.’

- Martyn Williams, Executive coach, Canada
Emotional balance

Transform your emotions like depression, fear, guilt, stress...

What is emotion?

All your emotions are nothing but pure energy!
Your desires, your anger, your fear – all these are nothing but the same energy to which you are giving different names. It is the same energy which plays inside you as the contrary emotions of love and hatred, anger and fear - depending on your state of mind.

When you are caught in a powerful emotion, you cannot see that it is nothing but the simple play of energy. You feel trapped in your emotions only because you don’t realize this.

Once you experience this simple truth, no emotion can have any control over your inner space again.

Now you are in control! You can play with this energy in any way you want.
If you wish, you can transform a negative emotion into a positive emotion, with just a simple decision.

Transforming emotions is nothing but understanding emotions. Once you understand them, you will never get caught in them. You will live in the world like a lotus lives in water – neck deep in it, but untouched by it..!

- Nithyananda

‘It would probably take 10 or 20 years of life to go through all the same experiences and remove the samskaras (engraved mental patterns), but here you can have that experience in a short time and get rid of all your samskaras.’

- Gauri Dharan, Design Consultant, USA

‘I had not realized that I had been carrying those emotions, and they had been shaping my life for a long time. That being removed, I feel much lighter.’

- Sandhya Bail, Marketing professional, USA
Conflict-free living

Handle inner world and outer world situations with ease

What is ‘living a conflict-free life’?

It is living completely at ease with your body, your mind and the circumstances that you experience in the outer world.

We continuously experience some conflict or other every moment - in our relationships, in our goals, in our desires, in life-situations. We invariably attribute our conflicts to someone or something in the outer world. We blame the outer world for it.

People ask me, ‘Swamiji, how can I be conflict-free in a world that is filled with conflict? Only when the whole world is silent, happy and peaceful can I become conflict-free.’

Understand, that is never going to happen! There is no such thing as bringing peace into the whole world. All problems are usually created by people who try to make the world peaceful!

In the last 3000 years, several thousand wars have been fought. Every leader who declared war claimed that he was going to bring peace to the world!
A conflict-free world starts with a conflict-free individual. To start living a conflict-free life, all you need to do is bring in the energy to change the things that need to change in your life, and the intelligence to accept what need not change. Above all, understand that whether you change anything or not, life itself is a continuously changing phenomenon. Once you realize this, you will naturally hold onto the one thing that never changes: the eternally unchanging Truth. Then you will automatically be conflict-free.

When you start living a conflict-free life, you start living enlightenment. When there is no conflict inside, you experience no conflict in the world!

- Nithyananda

‘I feel more grounded, more centered. Now, when problems come up, there is still emotion, but I am not caught in the emotion. There is even an underlying giggle!’

- Sharon Kasic, Health Information Manager, Canada

‘In Inner Awakening, I realized that my relationships are already beautiful, I don’t need to change them in any way. I need to accept them for what they are.’

- SB
Blissful relations

Relate beautifully with yourself, with people, with life...

What is a relationship? A relationship is that which can reveal to you those dimensions that you don’t even know exist inside you!

Often, it is only after entering into a relationship that people realize that they are capable of such deep emotions! Only when you love someone do you realize that you can also love and sacrifice so much for the sake of someone else.

When we are born, we are complete. But we are not aware of many of our hidden dimensions. Relationships have the power to awaken our unknown dimensions, so that we as well as the world may experience them.

When you fall in love, whether it is with a man, a woman or a child, a deity or a Master, you re-experience yourself in new ways. With the flowering of a relationship, you become more responsible, more flowing. You experience the very juice of life.

- Nithyananda
‘I have heard so many wonderful stories about the changes that happened in peoples’ lives after attending Inner Awakening. My wife attended the program last summer, and the changes in her are very inspiring. She is radiating bliss. She is enjoying life so much more. Our relationship has really blossomed. She is much more focused on our kids when she is with them. I want to learn the same tools!’

- Randy Chepenik, Director of Sales, Redondo Beach, CA

‘Even earlier I used to be a positive person. I used to maintain my relationships in a smooth way. I used to try and manage situations well, but I was still trying. Now, after Inner Awakening, I don’t try anything, but life has become so smooth! I just live like a river. I am so happy in any situation, and spending time with people is such a pleasure for me now.’

- Shannon Kim, Korea
Success and abundance
Bliss attracts fortune into your life

Can you get rich by being happy?
Yes! It is possible.

Our thoughts and energy flow have the capacity to create and attract incidents and people of the same nature into our lives. Our thoughts and energy directly affect our body, our cell structure, our decisions, our capacity to carry out those decisions, the incidents in the outer world, even the accidents that happen in our lives!

Most of the time, our actions are prompted by either the desire to gain something, or the fear of losing something. When we function out of greed or fear, we create a negative mental setup and corrupt our energy
flow. Naturally, this is going to reflect in the results of our actions.

If we can change our mental setup to one of bliss or *ananda*, we will be brimming with energy and clarity. We will experience a deep connection with the energy of all of Existence. Our decisions are free of doubt and conflict. A clear, integrated intention has the power to change even the outer-world incidents of your life. Your inner bliss has the capacity to attract outer-world fortune. When your mental set-up is driven by inspiration and joy, you automatically attract all good things to yourself.

- Nithyananda

I want to write this specifically for those who think spirituality gets in the way of making money. Less than 12 months before meeting Swamiji, I was in a deep business crisis. My dealers owed me 15 million rupees and they were not paying up. Through divine intervention, I was introduced to Swamiji and decided to attend his program. Within just 8 months of attending it, 7 to 8 million rupees of the outstanding amount miraculously found its way to me. Within a year, I collected the entire amount and also began seeing profit. I made 50 million rupees from an investment of just 7 million rupees!

– A R, Businessman, India
Effortless decision-making

Become a leader without feeling the stress

At some point, all of us have to face the challenge of decision-making. Taking decisions without dilemma is an important expression of living enlightenment.

The sages of ancient times lived a dilemma-free life with ease. How was it possible? They operated out of the ‘intuitive’ zone, where they were able to connect to the energy of the cosmos and harness the solutions that emerged from it. So decision-making was effortless.

All great scientific discoveries were made from the intuitive zone, where the solutions were simply ‘revealed’ to the scientists at certain moments. Albert Einstein says, ‘The intuitive mind is a sacred gift and the rational mind is a faithful servant.’ In the moment of revelation, it is always the intuitive mind which cognizes the solution in an instant. The rational mind is brought in only to work out the logical steps in presenting the discovery! But today, we honor the servant and have forgotten the gift. And so we
Since I met Paramahamsa Nithyananda, my life has completely changed. My understanding of life, my perception and my way of looking at the world have expanded so much. I understood that I am part of Existence and experiencing it is simply wonderful. I'm experiencing GOD as a living, present, available presence which overflows with love for all of us.

- Marie-Michelle Minfir, Health Insurance Auditor, Guadeloupe

Intuitive decision-making frees us from dilemma and stress. When we function intuitively, we are tuning in to a macro-intelligence that ensures that the best solution for all emerges effortlessly.

- Nithyananda

‘After Inner Awakening, no matter how many responsibilities I have, I don’t get stressed. I’m able to work at an intuitive level. Making decisions has become very easy.’

- Geetha A, Engineer, USA

Since I met Paramahamsa Nithyananda, my life has completely changed. My understanding of life, my perception and my way of looking at the world have expanded so much. I understood that I am part of Existence and experiencing it is simply wonderful. I'm experiencing GOD as a living, present, available presence which overflows with love for all of us.

- Marie-Michelle Minfir, Health Insurance Auditor, Guadeloupe
Freedom from past traumas

Every single thing happening in your life is directly connected to some deeply engraved memories or engrams of the past that are stored in your body. Removing these engrams is making friends with your body. This is the best way to heal. We store so much pain and suffering in our unconscious in the form of engrams. Almost all the physical illnesses in our system are expressions of these engrams.

Meditation directly attacks the root cause of the engrams and the suffering they generate, thereby healing the unconscious.

A lady doctor came to our program around two years ago. She had a tumor at the base of her spine for which she had undergone surgery three times. But again and again, the tumor was growing in the same place.

During the meditation, she suddenly started crying profusely, uncontrollably.

I asked her, ‘What happened?’

She told me, ‘I suddenly re-lived the guilt.’

At a young age, she had been physically abused by a relative, and this memory had been brought up by the meditation.
I told her that consciously re-living an emotion is a way to relieve yourself of it. It is a powerful technique.

Recently, she wrote me a letter saying, ‘After that process, the tumor disappeared within a month and never came back.’

When the engraved memories are destroyed, real healing has a chance to happen.

- Nithyananda

‘Swamiji has helped me clear the smoke… on all levels. He has given me the experience of feeling divine. After I visited Varanasi with Swamiji… (I found) my anger healing. Thank you Swamiji!’

- Sheila Gouchie, self-employed, Canada

‘After 12 years, I was still carrying the burden of my father’s death because I never accepted him as he was during his life… It was still there in me as an unresolved emotion. It is only now that I am able see this emotion clearly and handle it.’

- Clotilde Gay, Social Worker, France
Energy to fulfill your desires

Any true desire of yours carries its own energy for fulfillment.
But are all your desires truly your own?
There are so many desires which you create by comparing yourself with others! These borrowed desires only drain your energy away from your real needs. And even if you fulfill these desires, you will feel no real satisfaction – because they were not your own desires in the first place!
There are techniques to recognize your true desires. Once you recognize them, all you need to do is set your honest intention on them and align every action towards them, continuously and intensely. They will automatically get fulfilled.
Sometimes, you come and tell me, ‘I am really passionate (about something) but it is not happening.’ It means, you are using your passion only to question the system, not to align your actions to your intentions! You are using your passion to question the whole process of manifesting desires. Instead, use the passion to align your actions towards the passion. And have the patience to tackle the mind which constantly questions the system. Then you will find, things are just happening. Living this way, with abundant energy and a relaxed being, is living enlightenment!

-Nithyananda

‘Nithyananda helped me live at my peak potential! I now experience deep fulfillment at work, with family and friends, and in my social life.’

-Maggie Cohn,
Teacher, USA
There are two levels of creativity: ordinary creativity and higher creativity. Ordinary creativity is expressed when you want to be a creator for some time. It is focused on a particular task, for a particular period. Then there is something called ‘higher creativity’. This type of creativity happens when you become a free channel for the creative energy of the Cosmos itself, allowing it to flow through you, and express itself as creativity in whatever you are doing! It is effortless creativity happening every moment through you.
This is the aim of all the meditation techniques, and the mission of all the great enlightened Masters. When you start expressing higher creativity, everything you do becomes a creative act. You will be overflowing with spontaneity. You start radiating *jeevan mukti*, living enlightenment.

- Nithyananda

‘Simply being in His presence, watching his laser-sharp clarity and intelligence, has completely evolved my creativity and decision-making skills. Here, we have an ultimate visionary who is beyond the best management minds in the world and much more.’

- Shikha Soni, Business Consultant, Boston, USA

‘During IA not only you get to learn the deep Vedic truths in a simple and most scientific way but also experience it yourself! IA is not about just listening but about applying, practicing and imbibing till you start living the wonderful transformation.’

- Arpit Singhal, Investment Banker, Singapore
Courageous living

Facing your fears and living a full life

Whether we are aware of it or not, there is only one reason for all our fears: we are not able to face the ever-changing nature of life!

We are wary of life, because life is always moving, and we are terrified of letting go. We try to hold on to things, to people, to feelings, to situations – not realizing that it is impossible to hold on to anything in life.

All our fears are rooted in the fear of change or loss, which is nothing more than the fear of death, in a subtle form. Losing our possessions, our social status, our identity – all these are like daily deaths for us.

A simple change in the way we understand life and death can free
us of all our fears.

Start looking at everything that happens in your life with the understanding that change is the nature of life: it is the very reason why life is so colorful and interesting. Then you can see the mysteries of life unfold beautifully, including the ultimate mystery of death.

When you face the fear of death, you see that death is not something that happens at the end of your life. Every moment you die, and the next moment you are reborn. The old is constantly being destroyed to create space for the new.

When this understanding happens, you lose all fear. You start really living your life. You start enjoying every breath that you take on planet Earth.

- Nithyananda

‘I feel so much closer to the truth. I have no fear even of my own death.’

- Suchitra S., Research Engineer, Singapore

‘There is a feeling of deep relaxation from the inevitability of death. This arises from the certainty that both in life and in death, the Master has placed me in the zone of enlightenment.’

- Niranjan G., Software Engineer, USA
Liberate yourself from the mind!

Do you know that the mind is not a solid thing, as you imagine? What you call ‘mind’ is no more than a constant flow of thoughts, where each thought is being swiftly replaced by the next.

You hardly have any control over what thought is going to enter your mind next - because thoughts themselves flow in an illogical, chaotic manner.

But we give too much respect to this chaotic mind! We base our whole life on the dictates of the mind.

For instance, we start connecting a few thoughts that run through our mind, and start giving profound meanings to them. If you believe that your whole life has been suffering, you unconsciously collect and connect only the painful incidents of your life, which strengthen your belief that life is suffering. This is called creating a ‘pain shaft’ – making an imaginary connection between disconnected painful incidents, which gives the impression that life itself is painful.

Sometimes, very rarely, you believe life is joy! Then you connect all the joyful incidents and
start believing that life is joy. But whether you create a pain shaft or a joy shaft, please understand that both are not true, because the shaft itself does not exist outside of your imagination!

When we learn to disconnect or ‘unclutch’ from our thoughts, we become free of the play of the mind. We start living in the moment, without preconceived ideas.

When you live above the play of the mind, you are living enlightenment. Then you will suddenly see that your whole life becomes so effortless! Then you will attract new and different situations, people and incidents in your life.

There are only two kinds of life: living thoughts and living enlightenment.

It is your choice!

-Nithyananda

‘Before I came here I was trying to live my life on my beliefs. Now after Inner Awakening, I realize that no matter what belief the mind shows, I can always function from a full space.’

- Geetha A., Engineer, USA

‘I was having sugar allergy for a long time. When Swamiji explained how our thoughts about diseases create diseases, I felt that I was creating this problem for myself. I just came out of the class with a resolve to drink a coffee with lots of sugar. And I did it! Nothing happened. Since then I have incorporated sugar into my diet again after 8 years!’

- Clotilde Gay, Social Worker, France
Life is a romance!

Every moment is auspicious, because it is a gift from Life!

We are constantly trying to understand Existence with our own logic. We forget that Existence is beyond our logic!

Often, many things happen in our life which we cannot understand with our mind.

At such times, if you look into the incident sincerely, you can see that whatever is happening is actually auspicious. What needs to be taken away from you at that moment is taken away; what needs to be added to you is being added to you.

But because we cannot understand or cope with some sudden changes, we may feel pain during the process.

Once you understand that logic cannot measure or express the truth of Existence, you start enjoying everything without judgment. This may sound very difficult at first, but it is not. Once you experience the sweetness of flowing effortlessly with life, you
will understand that life is causeless auspiciousness.

You can also look at it another way. You can say life is causeless chaos. Then you become a materialist. You continuously abuse and disrespect everything.

Either the whole of Existence can become a miracle for you, or it can become a curse. If you look at it as causeless chaos, life becomes a curse. If you think it is causeless auspiciousness, your life can become a daily miracle!

- Nithyananda

‘Now I have a strong belief in Existence… I feel that everything will be ok for me. I have this idea that there is something that will take care of me all the time.’

- Shannon Kim, Korea

‘All I needed to know about my life has been answered in these 21 days. Now every moment I feel intense joy and happiness for no reason at all. What a liberation!! This truly is living enlightenment...’

- Ravikumar S, Research Engineer, Singapore
Living in ecstasy

Having a deep connection with Existence

God designed this world with only one purpose – to make you experience His love.

Just like a lover wants to bring the moon and the stars for his beloved, the Divine brings you the moon, the stars, the whole sky and beyond. All He wants to see is a smile on your face and a blissful overflowing in your being, as you enjoy these wonderful gifts He has made just for you. There is no other purpose to life. It is a straight and simple universe inviting you to play with It and experience the joy of pure romance with It.

Even what you think of as your problems and suffering are nothing more than a hard hug from life! Life is simply revealing itself in one more way to you, but when you resist, you experience that dimension of life as suffering. If we look without judgment, we can see the truth of this.

By nature, each of us has as much bliss energy inside us as a
nuclear reactor! All we need to do is allow that energy to flow beautifully through the body-mind. Just remove the dead blocks of ego that are now in the way of the laughing, gurgling river of bliss flowing through your being.

Every moment is a gift from the Divine. The only way to offer your gratitude for this gift is to be intensely alive in this moment, living and radiating enlightenment.

- Nithyananda

‘To some he is a friend, to some he is a guru... I personally had a doubt whether God really exists ...after meeting Swamiji I feel I don’t need God, God is right here.’

- FD

‘I am blessed by Existence to live in total ecstasy. Negative emotions of fear, worry do not exist in my dictionary anymore. I am totally liberated. No words to express the courage, sense of liberation and bliss I experience. In eternal gratitude to my Sadguru for showering me with the ultimate gift. I do not ask for anything more.’

- Anjula Jackson, Housewife, USA
Healing presence

Healing self and others by awakening your energy

Every one of us has the potential to be a healer!

Each time you speak healing words to someone, or take a moment to help someone in need, or contribute to a worthy cause, you are already helping to heal the world.

Healing is nothing but helping another person regain a state of physical, mental and emotional well-being. Spiritual healing is one specific, scientific way to heal people in body, mind and spirit, by harnessing the universal or cosmic energy.

Cosmic energy is different from, say, electrical energy. It is not a blind force, but a conscious energy that knows where to go and what to do. When you heal someone, the cosmic energy simply flows through you and takes care of the rest.

Spiritual healing does more than keep your body free of disease. It helps you live with abundant energy and a beautiful blissful feeling at all times.

To heal yourself and others, you don’t have to do much. All you have to do is open yourself to the abundant energy of the cosmos. This energy is a tremendous healing power. Once you are initiated as a spiritual healer, you continuously feel the cosmic
energy flowing in you. You are continuously in touch with your deepest being. That is why I say, Nithya Spiritual Healing is a two-in-one technique. For the person receiving the energy, it is a healing process. For the healer, it is meditation and bliss!

Put simply, spiritual healing is no more than conscious, concentrated love. It is that energy which automatically heals others. So whether you are an initiated healer or not, if your presence, your words and your touch spontaneously make people feel relaxed and well, you know you are radiating the healing power of *jeevan mukti!*

- *Nithyananda*

‘I used to think I need certain things in my life in order to be healthy. Now I realize that the vast potential for health is already with me. I need to just open up for the energy to pour into my cells for healing. There were many habits that also just seemed to drop by themselves, like coffee, wine, eating non-sattvic food etc.’

- *SJ*

‘With daily Nithya Dhyaan and healing, my blood pressure and sugar levels are both under control.’

- *MR*
In Existence, there is nothing such as a separate, individual identity!
Even if we don’t always experience this in our everyday life, we are all intimately connected at the deepest level.
As we work with deeper and deeper layers of ourselves, we begin to see this truth.
At the level of the physical body, each individual is distinctly separate. For example, if you eat a fruit, only you enjoy the fruit; even a person sitting right next to you cannot taste it.
When you move to a subtler layer like breath, you find that the same air moves in and out of everyone’s body; many people can share the fragrance of the same flower.
At the level of the mind, you may think you
are separate, but we are all constantly relaying and receiving thought signals without our awareness! Our emotions also affect others without our having to say a word. As we go deeper, we find that we are increasingly connected to the collective consciousness. At the deepest level of the being, we are all just part of the one Whole.

All the suffering you experience, whether it is physical pain or mental suffering or spiritual bondage, is born only out of the idea of being a separate being. Once you become aware that you are part of the collective consciousness and there is no one standing against you, you experience a deep relaxation and liberation.

- Nithyananda

‘After Inner Awakening for the very first time in my life I truly experienced what it is to be alive. I have so much energy now. I’ve been able to handle more responsibilities than I used to in the past. Life is so much easier after attending this program. If I have any problem, the solution simply comes to me.’

- Joanna Szczecka, Yoga teacher, Canada

‘I feel a sense of belongingness and purpose – like a river coming to the ocean. It feels like home!’

‘I have been given an opportunity to watch him (Swamiji) blessing people, and even when I am not the one receiving, I start to feel it energetically!’
Top 10 reasons to attend Inner Awakening

- Spend 21 days in the presence of the master!
- Experience meditation in a strong energy field
- Free yourself from guilt and emotional pains
- Awaken your energy centers and experience bliss!
- Discover your true desires and awaken the energy to fulfill them
- Improve your capacity to take decisions without dilemma
- Discover the purpose of your life
- Be fulfilled in the inner world and successful in the outer world
- Heal yourself and the world!
- Live and Radiate Enlightenment!
Deeper Truths of Inner Awakening

Listening to and reading the Master’s words cleanses the conscious mind, solving your mental problems and calming your emotions. His wisdom inspires your seeking and encourages you to grow.

Practicing the meditation techniques cleanses the unconscious mind and guides you in your spiritual practice.

Both technical knowledge and techniques lead to the psychological experience of the truth. They can be followed anywhere.

But to receive the ultimate experience and let it settle physiologically in one’s body, one comes to the Master and gets initiated into jeevan mukti.
Darshan: a vision of Divinity

The word *darshan* literally means ‘sight’ or ‘vision’ of Divinity.

When the disciple is ready, just the sight or vision of the enlightened master inspires the transmission of spiritual clarity.

In truth, *darshan* is not a physical phenomenon, as the process is not bound by space. If you happen to read the words of a Master, and it causes a ‘click’ (a powerful transformation) in your life, you have indeed had the *darshan* of the Master, even if you have never met him before!

What is significant here is that *darshan* can neither be given nor taken; it just happens. Just as the flower blooms naturally when the sun rises, *darshan* happens spontaneously.

The power of *darshan* is beyond logic and simply cannot be estimated by our mind.

In some people, *darshan* may have obvious effects like tears, laughter or instant spiritual clarity. In others, there is no apparent effect at that moment, but a silent process of transformation would have been initiated within. So during *darshan*, the only thing to remember is to remain open and flowing, and welcome one’s own unique experience as a gift from the Divine!
‘When we come in touch with his incredible presence, he just transmits this tremendous energy, and it stays in us, inside our very being.’

- Mathieu Richer, geologist, Canada

‘After attending energy darshan, I had a strong experience, what Swamiji calls ‘satori’... when he touched my third eye, I closed my eyes and had a vision of the entire cosmos which was in me. This vision stayed with me for a long time.’

- Alain Garnier, accountant, France
The word *upanishad* is of tremendous significance in the master-disciple relationship. It means ‘simply sitting with the Master’. Unlike *darshan*, *upanishad* is a physical sitting, but just as in *darshan*, the process is one of communion rather than communication.

The Master may speak elaborate truths on life and death, but the essence of the teachings transpires in the profound silence between his words. Even if the Master is not overtly teaching, the disciple is learning, just by being in the Master’s presence and imbibing his body language. Through words the Master can only give you what you can relate to with your mind, through verbal associations. Only through silence can he actually take you to the state you have not experienced before – beyond the mind.

*Upanishad* happens every moment in the presence of an enlightened Master. It is a simple communion, in a loving ambience, between the overflowing fullness of the Master and the trusting receptivity of the disciple. The disciple is not doing anything; the Master is not doing anything. The Master is just being himself and the disciple is open. At every instance of *upanishad*, the disciple has a chance to glimpse a dimension of *jeevan mukti*.

This is one of the secrets which was understood and widely practiced in Vedic India: the transmission of the Truth through a medium other than words. If you allow the Master, his silence penetrates your very core. His energy can transform your very being. It soothes your restlessness and heals you physically, mentally, emotionally and spiritually.
‘We spend a long time sitting with him… It is difficult to explain, but it is as if he raises us to another dimension through his simple presence, as if angels were coming down from heaven all over.’

- Liliana Zamarron, geologist, Mexico

‘This morning, I understood something very clearly: my being is pure silence.’
Deeksha: the transmission of the lamp

If we say that *darshan* happens by the grace of the Divine, *deeksha* happens by the direct grace of the Master.

*Deeksha* or initiation is the process wherein the Master prepares the disciple to receive, hold and radiate the truths he has received during *darshan* and *upanishad*. Very often, people have intense spiritual experiences in the presence of the enlightened Master, but when they leave his presence, the experiences fade away. This happens because their body and mind are unprepared to hold the tremendous energy of transformation. For a disciple with *vitarka* (openness and trust), the Master’s presence can directly work on the obstacles created by the body-mind and hasten the process of transformation.

During Inner Awakening, participants receive five *deekshas* from Swamiji, each of which can bring about transformation in a different dimension of life:

- **Nithya Dhyaan Deeksha** (Initiation into Life Bliss): for physical health, emotional well-being and mental wellness

- **Nirvikalpa Samadhi Deeksha** (Initiation into Unclutching): for an engramless mental set-up that ensures stress-free living

- **Bhava Samadhi Deeksha** (Initiation into Living in Ecstasy): for a fulfilled life with vibrant relationships and a deep connection to the Divine

- **Jeevan Mukti Deeksha** (Initiation into Living Enlightenment): for a blissful, enlightened life and a healing presence in the world

- **Ananda Samadhi Deeksha** (Initiation into Radiating Enlightenment): for becoming a powerful source of bliss that can trigger spiritual growth in others as well
Every habit, addiction and emotion we have creates a neural-energy pattern in the brain. The repetition of these attitudes creates an unconscious pattern that manifests outside as a replica of the inner world. If we repeatedly use the same thoughts every day, we activate always the same parts of the brain: the ‘mechanical part of the brain’. We attract in the outside world those frequencies with which we resonate internally. Through the repetition of the same patterns, we create a personality in response to the physical or emotional pains we have suffered in the past, and continue to reproduce the same sufferings in the present.

‘I have been thinking about all of the things the initiations have done for me and how life has changed since. I used to feel as though my life was an overgrown garden: full of weeds and not allowing new growth and potentiality. Now my garden has been cleaned... it is a well-prepared ground for bliss.’

- Amandine Dupuis, graphic designer, France
Inspiration on the path

No matter how many people he works with, the beautifully combines various techniques and processes to reveal all your hidden dimensions.

First, the Master shares technical knowledge or intellectual understanding in the form of concepts and truths, clearing your doubts and inspiring you to explore the truth further.

Then, we apply the techniques relevant to this knowledge. They provide you guidelines to follow which cleanse your unconscious mind and prepare you for the process of initiation.

Technical knowledge and techniques are elements that can be received and practiced at home, when you listen to or read the Master’s message, or practice the meditation techniques.

But the process which is the essence of the Inner Awakening Program is initiation, which requires the presence of the Master.

Along with technical knowledge and techniques, the Master’s support, energy and grace inspire and guide the disciple on the path of Living Enlightenment.
‘Swamiji’s grace and tenderness for all of us is a revelation… I’m witnessing unconditional love in action for the first time in my life.’
From time immemorial, wise men of all cultures have pondered deep this simple yet intangible question of what is within us. ‘Who am I?’ has been the refrain of many sages. Many dedicated their lives to this search, and did find the answer. Their answers were experiential.

The scriptures of all great religions are the expressions of these wise Masters which convey their experience of enlightenment and help us reach the same realization.

The Masters moved on. Nonetheless, the scriptures persisted over time, and their words remained as written and conceptual testimonials of the truth. Their core meaning was altered down the ages, the whole mental set-up of civilization changed and the right understanding of the truth was lost over time.

What we understand today of the scriptures is very different from what actually happened at the time.

Scriptures lost their live testimony, which was the presence and body language of the Master who directly initiates the disciple into the Truth. When they are alive, the Masters themselves are the embodiment of these scriptures. They are their very walking expression!

Masters appear again and again on planet Earth only to reconfirm these truths and ensure that they are experienced by others as well.
‘He explains the scriptures in such a simple way that even without the religious background, I could easily comprehend. And he made it entertaining too! I was hooked.’

- Martyn Williams, Executive coach, Canada

‘When He speaks, I feel the Truth resonate within me.’
‘To me, the most amazing thing about Swamiji is his sincerity and tenderness for all of us. His sheer intensity and mature commitment mixed with utter innocence, sense of humor, generosity and complete practicality. These are all clicks for me - so deep, so real...’

He makes you feel like you’re the only person here...
'Everything is done out of deep love and compassion – only for the growth of the being. Each being is unique; only someone who has gone beyond the play of the mind can see through the countless plays of the mind and correctly guide one on the path to transcending the mind – only a Master can show the way to master the mind!

It is amazing to see how the Master can function in so many dimensions! He is the ultimate blend of East and West – the richness of the Vedic tradition and state-of-the-art modern technology!'

- Priya Iyer, Design Engineer, India

How he reveals secrets, yet allows mysteries to remain mysteries… a combination of mysticism and authenticity, expressed with great laughter.'
Why 21 days?

For any idea to become an experience in you, it takes at least 21 days.
With any truth, the first seven days will be the understanding period.
The second seven days will be the practicing period.
The third seven days will be the experience – the miracle period!
Each truth you will be contacting in this program can trigger powerful processes in you – emotional, mental, sometimes even physiological. We need to give time for these processes to settle in you! It takes time for the complete transformation to happen.

For any idea to become an experience in you, it takes at least 21 days.

**Understanding period:** With any new idea, the first 7 days will usually be the understanding period, when your old way of thinking continuously rises up to resist the new understanding.

For example, suppose you are introduced to a truth, ‘If I am non-violent towards everybody, the whole world will be non-violent towards me.’

The first 7 days, your typical response will be, ‘No, no, even if I try to behave that way, how can I really forgive everybody? And if I do that, won’t everybody start exploiting me?’ All kinds
of doubts! During this period, you will not be able to really carry that non-violence in you. You need more technical knowledge, greater clarity about these great truths.

**Practicing period:** The second 7 days will be the practicing period.

You become ready to give the new understanding a chance. You tell yourself, ‘Alright, if I carry hatred inside, I am the one who is going to suffer. So let me forgive them.’ You honestly start the practice, living it inside and outside. At this point, various techniques can help you focus and integrate your practice.

**Miracle period:** The third 7 days will be the real experience – the miracle period!
Here you will really see the miraculous results of your practice. For example, suppose you are facing a really serious problem with somebody - but you decide to meet him with this same deep non-violent mood. Your very presence, the very strength of your non-violence, suddenly turns that person around and everything goes well. Suddenly, he becomes relaxed and respectful towards you!

When you see these kinds of miracles happening in your life, you will have the strength and courage to continue practicing these truths.

As you keep practicing them, you will have more miracles in your life. It becomes a virtuous circle.

In the understanding period, you need more technical knowledge. In the practice period, you need techniques. In the miracle zone, you need the Master’s support, energy and
blessing. Only when you go through all these three stages and start experiencing the virtuous circle, are you initiated into jeevan mukti, living enlightenment. After that, there is no fear of return.

In these 21 days, you will live with this one thought of jeevan mukti, so that it becomes a direct reality and a real experience in you.

- Nithyananda
Satisfaction survey

An Inner Awakening program was completed on 22\textsuperscript{nd} December 2009 at Nithyananda Dhyanapeetam, Bengaluru, India.

A survey questionnaire was provided to all the participants at the end of the program. The anonymous survey consisted of multiple questions related to physical, mental, emotional and social dimensions of day-to-day living. The goal was to assess energy levels, conscious living (living in the present), clarity in decision-making and emotional responses before and after attending Inner Awakening.
The results were as follows:

Energy levels after Inner Awakening program:
77% had higher energy levels and 19% had the same energy levels

97% said that they were more aware of their thoughts. 94% also had a more positive outlook to life.
81% of participants who responded to the survey had noticed a decrease in thoughts per second (TPS). 17% felt it was too early to tell about TPS.

66% reported improved self-confidence levels after completing the program. (At least 1 grade improvement on a graded scale of 1-5.)
62% said that they had noticed a positive change in their emotional responses such as anger and fear.

74% reported that they were able to handle difficult situations better after attending the program.
98% rated the program as being good to excellent (scale of 1-5).

99% of the participants said that they would recommend the program to others.
Conclusions

Among the people who completed the survey, the results showed clear benefits in all dimensions of day-to-day living, including physical, mental, emotional and social aspects. It also showed a high level of satisfaction with the program.
Once the inner lamp is lit, there can be no return to darkness. Once Inner Awakening has happened in you, every moment brings a new awakening!

- Nithyananda
Paramahamsa Nithyananda is a rare living incarnation who is on a mission to re-establish the science of inner bliss in every individual. He offers enlightened insights on everything from management to meditation, from relationships to religion, and from success to sannyas.

His authenticity, broad appeal, sense of humor and ability to make the Vedic wisdom both practical and enjoyable have made his teachings relevant across societal, cultural, language, age and gender barriers.