

Benefits of knowing what happens after death

Tatavarthy Veera Raghava Rao



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How to meditate?

Observation of the breath

Sit in a comfortable position, with your hands clasped (locked) and legs crossed, and close your eyes. Simply focus on your natural breathing, noticing each inhale and exhale.

Even if numerous thoughts arise while focusing on your breath, let go of them and refocus on the breath. Gradually, you will reach a state of thoughtlessness, where the flow of thoughts ceases (stops), and the mind becomes empty and calm. This is the true meditative state.

Once we reach a state of thoughtlessness, we must observe various experiences related to the body, the subtle energy body (nadi mandala sharira), and soul. In this state, the cosmic energy abundantly flows into the body, cleansing the subtle energy body. This energy heals all ailments (illnesses), and as the subtle energy body is purified, our karmas will dissolve.

Everyone should meditate twice daily for at least the same number of minutes as their age.

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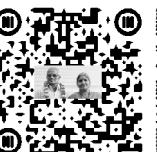
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“KABIR’S MESSAGE”

Kabir said, “**It is better to die than to live; the ones who die before death are the immortals.**”

Who dies before death? Only the soul-realised one will die before death. It means they will know about what happens after death while they are alive. If one does not know about what happens after death, it means they have no wisdom. A wise person tries to know the unseen. When alive, we can know only what is visible but the invisible is not known. Invisible means?

- ◆ After death, the physical body does not exist; the soul exists, but the soul is invisible.
- ◆ The higher worlds are invisible.
- ◆ The Masters who reside there are invisible.
- ◆ What happens there is invisible.
- ◆ The counsellings that take place there are not known.
- ◆ All the karmas (actions) performed by humans when alive are recorded in the Akashic Records, but those are invisible.
- ◆ How one takes a new birth again is not known.
- ◆ The kind of decisions taken at the time of taking birth are not known.
- ◆ Moreover, it is not known which type of karma leads a person to which world.

Not only that, the fundamental principles or laws of creation are not known, such as: 1. The principle of the soul, 2. The principle of rebirth, 3. The principle of karma, 4. The principle of evolution, 5. The principle of yoga, and 6. The principle of infinity.

Likewise, a wise person knows the laws of creation and

lives a righteous life.

While living, a person thinks, “I am the body,” and performs only body-oriented actions. But after death, it becomes very clear that “I am not the body.” The reason is, the body is left here and the family members cremate it, while the person who is the soul goes to the higher worlds with the helpers. At that time, **it becomes clear that the body which one believed to be “I” till now is not “me.”**

Then he wonders, “I wasted my entire life for this body. I acquired property, land, money, and gold. I gathered children, relatives, and many friends. I did many businesses and earned wealth. But after death, not even a single thing came with me.”

He thinks, “Do I really have to leave everything I worked for day and night for so many years? Will nothing come with me? How much I have lost! How much of my life I wasted! I wasted an entire birth!” After death he feels sorrow thinking, “I let the opportunity slip from my hands! How foolish I was!”

When I met Patriji 22 years ago, he said, “You are not the body; you are the soul.” At that time I did not understand it. But because he was a great person, I studied about it deeply. To see whether what he said was true or not, I read many books—the Upanishads, the Bhagavad Gita, and others and also listened to the messages of many great masters. Then I understood that what Patriji said is the truth.

When I thought about the question, “If I am the soul, what benefits me?” I understood that only wisdom benefits me. From that moment, I began to focus on acquiring wisdom. Patriji

also said, “What is shared gets multiplied.” I understood that if I keep sharing the wisdom I acquire, that wisdom will grow even more. From then onwards, I started sharing this meditation and wisdom.

I understood that “Patriji became such a great person because he is sharing meditation and wisdom.” I also understood that if I do these two things, I also can become a great person. From then onwards, I have been spreading meditation and wisdom.

Therefore, let us now know how the behaviour of a soul-realised person be like:

- ◆ When alive, a soul-realised person gives greater importance to the soul than to the body. That means he does not use the body for bodily comforts or bodily benefits. He uses the body for activities that benefit the soul such as practicing meditation, acquiring wisdom, reading books related to soul-knowledge, and being in the association of the wise.

There is another intention behind my travelling to different places now. One is that wisdom develops when it is shared. The second thing is: “By travelling like this, I get to meet many senior masters, and by interacting with them, I can learn many things.” I understood this. Patriji said, “You must learn from everyone.” That is why I keep learning many things from their experiences also.

- ◆ A soul-realised person uses his body only for performing services related to the soul. Every person has many resources, not just money but also time, speech, the power to work, the power to think and many invaluable powers.

“One who dies before death utilizes all these not for the body, but for the benefit of the soul.”

We are doing that only. If you observe, when I poured acid in my mouth, I was in an extremely severe condition. Yet, within a month, I started teaching classes again. My voice was also not like earlier. Still, I conducted the three-day Bhimavaram classes. Why? Because the intention was to not waste the opportunity; it must be used for the soul’s benefit at least to some extent.

Saying, “I have no strength, I have become old, I will rest comfortably,” is not acceptable. I did not come to this earth to take rest. Even in his final moments, Patriji travelled to Ladakh and returned. Everyone said, “How can you travel in such a condition?” But he did not listen. Saying, “What must be done, must be done,” he went and returned. A few days later, he left the body. That is why he is an inspiration for everyone. As long as there is patience in the body, one must engage only in actions that benefit the soul.

Therefore, one must first arrive at the confirmation: “I am not the body; I am the soul.” One must constantly remember this because everyone is living in a world of illusion. When the influence of illusion falls upon you, you go in the wrong direction and end up doing many things that should not be done. Hence, to come out of that illusion, practicing “observation of the breath meditation” is the only path.

What if one knows about what happens after death?

- ◆ Most importantly, one clearly understands that “I do not die; there is no death for me.”
- ◆ One understands that “I continue to exist even after death.”
- ◆ Because of this, there will not be any fear of death, and one does not grieve and cry for those who have died.

They understand what Lord Krishna said in the Bhagavad Gita.

Shlok|| ashochyan-anvashochas-tvam prajna-vadansh cha bhashase gatasun-agatasunsh-cha nanushochanti panditah (B.G. 2-11)

Meaning:- “Oh Arjuna! You grieve for those who should not be grieved for. The wise never grieve either for those who are alive or for the dead.”

When one knows what happens after death, their life transforms completely. Their behaviour, actions, and speech all transform. They live a right life, and they live on this earth how one must live.

Those who die before death do not waste time because they know that life on this earth is very short.

Our ancestors introduced certain rituals so that we may know what happens after death. Everything they introduced has an inner meaning. We must try to know that meaning. Look, if the Christians or Muslims die, they think that there is no more life, no more lifetimes. But in Hinduism, it is not like that.

Post death rituals were introduced to convey that "even

after a person dies, even after the body is cremated, the person still exists; there is more life; only the body is perished, but the soul remains." That is why look, when you ask, "why these post death rituals and acts of charity are performed?" People say, "If one performs all these, soul of the departed reaches higher worlds."

That means everyone must reach the higher worlds. Our ancestors introduced such rituals so that we may understand that people reach higher worlds according to the karma (action) they perform.

Therefore, we must know: What exactly are the higher worlds? What happens if one goes there? What must one do on earth to reach there? It is not enough to just perform these rituals as a tradition and leave them.

This is understood clearly after death. Especially, **they will know that the worlds they are taken to depend entirely on the karmas they have performed.** Such rituals were introduced so that we may understand all these while we are alive.

That is why Patriji said, "Nothing comes just by performing post death rituals. But if you know what happens after death and change your life accordingly, then you will reach the higher worlds such as Mahaloka, Tapoloka, and Satyaloka which are above Janaloka." He also said, "For that, one must practice meditation and acquire wisdom. One who does these reach great worlds and attain a great state." Moreover, through such practice, they also attain immortality.

Not only that, if you think, you will understand this: Not a single thing that you struggled to earn during your lifetime on

earth comes with you after death. Not a single thing will be useful to you. Positions, wealth, pleasures, none of them come. Know that the only thing that can take you to the higher worlds is soul-knowledge. Only that comes with you.

Human beings constantly think, "How shall we earn? How much shall we earn? How shall we enjoy? How grandly shall we live? Shall we see this place? Shall we go there and see that? Which pilgrimage shall we visit?" But not all these, one must first know what happens after death.

"When one knows what happens after death, it is known that "one is not the body, but the soul."

The moment one knows "I am the soul," all actions begin to change. Because of this transformation, the soul that they are immensely benefits. Let us know about what kind of benefits arise, and what changes occur in one's behaviour.

At present, most people living in this earthly world live with the belief that "this present life only is life, and there is no life after death." They constantly think, "We must earn well, enjoy well, and the more we enjoy, the greater our life is." They think that "everything I do is right." They think that all their actions, services, activities, and all that they speak is correct.

But when one understands what happens after death, not only does one know "I am the soul," but one also understands, "Everything I have done until now was completely different, even contradictory." The reason is that all those actions were done only for the benefit of the body.

If one dies before death, they will live as a soul as they will know "I am the soul."

When alive, only the body is visible. Those who are in ignorance think, "This body itself is me." But some people, due to the grace of a Sadhguru, come to know through them that "I am not the body but the soul, and after some time this body will not remain."

When the Guru says, "You are the soul; therefore live as the soul, give importance to the soul, work hard for the soul's benefit, and spend all your resources for the soul's benefit," they may know it, but they still do not fully live as "I am the soul." It means that they have not understood it.

They think, "Why is he saying this? How can he say that I am not the body?" Even when sadhgurus tell, "You entered this body only to use it temporarily; that body is not you," they still give more importance to the body because they do not understand.

But those who will know what happens after death clearly understand, "What the Sadhguru said is correct. **I am not the body; I am the soul.** Then they give more importance to the soul and begin to live as a soul.

The proof of whether you have attained soul-knowledge or not is your ability to live as 'I am the soul.' The more you live as "I am the soul", the more soul-knowledge you have attained.

If you live completely as the soul, then your wisdom has reached its peak. If you can live 100% as a soul, that itself is your final birth. If you take Patriji or anyone whom we regard as a great being as an example, this will be understood.

The powers and siddhis (supernatural powers) given to you are meant only to help you develop invisible knowledge.

Because you do not remember your past, you may think, “Perhaps I never had any powers before.”

I will tell you something that happened in my own life. About eighteen years ago, someone brought his young son to Bhimavaram. That boy was saying many things. Looking at people and telling what would happen to them. The father was telling everyone, “My son is very great.” When I saw this, I asked Patriji, “Sir, how is it possible for such a small boy to say all this? It feels very strange.”

Patriji replied, “All that is already over for you, my dear.” Then I understood: “I have already learned what I needed to learn with those powers, and now I am doing a work beyond that; that is why I am here now.” Therefore, I clearly have known that sharing this wisdom with everyone is the greatest work of all.

All those powers and siddhis are of a lower level. That is why Patriji himself says, “I don’t have any of those,” and even if he had them, he would still say, “I don’t have any of them.” His design was only this: To remove ignorance from everyone and make everyone wise. He entirely focused on that. He himself was liberated, and he took birth or rather we can say that he incarnated to help a few others to liberate.

At that point, I understood that there is no need to focus on those powers. If we keep doing what we are meant to do, nature will automatically give us whatever is needed at the right time. But those should not be used for showing off, fame, or recognition, if

used in that way, they will be lost again. They must be used only to develop wisdom. Understand this well: You can become an enlightened being only when you attain enlightenment.

Hanuman had many siddhis (super natural powers), yet he remained a servant of Lord Ram. Doesn't that mean Lord Ram was greater than Hanuman?

Lord Ram did not display any powers, whereas Hanuman displayed many. Yet, despite having so many powers, Hanuman always remained worried.

After the coronation of Lord Ram, Hanuman said to Lord Ram, "There is still something lacking in me." Then when Lord Ram imparted soul-knowledge to him, Hanuman became complete. Therefore, we must know that anyone can become complete only by attaining soul-knowledge.

In the world, whatever state a person is in, they give importance to that state.

If one is in the bodily state, they give importance to the body. If one is in the mental state, they give importance to the mind. If one is in the intellectual state, they give importance to the intellect.

After all these, one comes to the soul-state.

There are grades even among those who have come to the soul-state. Now, all of us have entered the soul-state. Each of us is at a different level, but overall we have entered the soul-state. That is why we are showing so much interest in these matters and are sincerely learning so many things.

Therefore, eventually anyone can do all these works and

live as “I am the soul.” Many people think, “I have progressed very greatly.” Some conduct meditation classes and feel proud, saying, “Oh! I am doing such a great work.”

Some feel proud while teaching classes; others engage in service on this path. These are all different stages of growth. Whatever stage one is in, one performs that kind of service. But the greatest stage on the spiritual path is to attain soul-knowledge and to teach it to others.

Therefore, develop your wisdom. The more you live as “I am the soul,” the more you have grown. Whatever work you do, do it as a soul, give importance to the soul, and strive for the soul’s benefit. That is why, whenever you do any work, you should ask yourself, “Is this beneficial to the body, or beneficial to the soul?”

Give it less importance if it benefits the body. There is a body so it has certain needs. Therefore, give less priority meaning, limit yourself to necessities. Give greater priority to the soul. When you keep doing this, finally your behaviour will fully transform into living as “I am the soul.”

When you reach that level completely, 100% it means you have attained the state of perfection. That is why Patriji said, “Give at least 50% importance to the soul and 50% importance to the body.” He said, “If you try like that in this lifetime, you will develop more in the next birth.” What I say is this: “You are not ordinary people; you have already reached a very high state. In the previous birth, you have put in so much effort for the soul. Therefore, give 75% importance to the soul and 25% importance to the body. You

will certainly reach the state of perfection in your next birth.”

Therefore, know to what extent you are living as “I am the soul.” When you go to sleep at night, review the actions you performed during the day. How many actions did you do as “I am the soul”? How many did you do as “I am the body”? How much time did you allocate to the soul? How much time did you allocate to the body? Once you observe all of these, you will understand.

Therefore, if you know what happens after death in advance, a great change will occur in your behaviour. You will be able to live as if “I am the soul.” You will strive more for the benefit of the soul. You, who are the soul, will benefit immensely, and you will become immortal as Kabir said. Meaning, you will attain a state of no rebirth.

To watch Tatavarthy's zoom sessions:

a) Silence meditation from **4 am to 6.30 am** followed by messages related to soul-knowledge from **6.30 am to 7.30 am**

Zoom ID: **2413823868** Password: **RAO**

b) The above-mentioned Zoom session will also be livestreamed on **YouTube** from **6.30am to 7.30am**.

c) Those who are in the TVR & TRL WhatsApp group will receive Zoom and YouTube links, along with details about the Tatavarthy's classes. They must save Sindhura's phone number: **8555995217**

d) Those who wish to join the Tatavarthy's WhatsApp group can contact Sindhura: 8555995217, Madhu: 7893917364 or visit www.tst.org.in and click on the "Join WhatsApp Group" link.

If you die before death, “you will utilize your entire time only for your benefit. It means, for the benefit of the soul.”

Naturally, everyone comes to know about what happens after death only after they die. There is no use if you will know it then. Therefore, one must be able to know what happens after death while they are alive.

For that, if you work hard by practicing ‘observation of the breath meditation’ sincerely for a few months with discipline, and follow food discipline, you will definitely develop your intellect tremendously. Then, whatever you read or listen to will be clearly understood, and you will begin to put it into practice.

For this, you must come to Bhimavaram regularly without fail. Before meeting Patriji, I was a businessman. But now I am able to reach this level, you also can reach. Remember one thing: Nothing is impossible for anyone. What is possible for one human being is definitely possible for another human being.

Putting aside my matter, if you observe my wife, how much did she transform? Earlier, she did not have this level of wisdom; now she has acquired it abundantly. The reason is that she uses her time very effectively. Whenever she finds free time, she will meditate, read books, and travel to many places to teach classes.

Initially, she used to say, “I can’t do it; you teach!” Now it is not like that, she says, “I will only teach,” and competes with me. There is such a great transformation in her. Earlier, if asked to travel somewhere, she would say, “Where will I go? I can’t go.”

Now she travels more than me. This change surprises me.

It means this is possible for anyone. Therefore, at the very least, first develop your intellect. Those who have experientially known about what happens after death have spoken many things about it, Patriji has spoken about it, and I am also telling it. You can also know it in this way.

When you will know what happens after death, “**the way you have been living until then changes completely. You will perform only the actions that benefit you, the soul.**”

By doing all those works, you will reach very great worlds, and that will give you a lot of satisfaction. You will celebrate thinking, “Oh! I have done what I needed to do. That is why I have reached the worlds I was meant to reach.” Then, death also becomes a celebration to you.

That is why Patriji said, “For those who have this wisdom, birth is a celebration and death is also a celebration.” When you are alive, you will perform actions that benefit the soul and you will be fully prepared to depart. When the helpers come to take you, you will happily go. No matter who it is, everyone should benefit after death. Such ones are great and fortunate.

If this is understood, they will not only reach those worlds, but they will also not waste time there. They will quickly take a convenient birth thinking about what they must do next. They return to earth and try to accomplish what is remaining to be achieved. All of this is beneficial! Therefore, by leaving with the helpers, they ensure that not hundreds but thousands of years are not wasted.

Many people think, “What if hundreds of years are wasted?

What if thousands of years are wasted?" But Patriji said, "If one takes five years to complete tenth grade, it is called lack of intelligence."

Similarly, in life, many people waste hundreds and even thousands of years due to foolishness, ignorance, and lack of intellect. But those who complete their purpose quickly are great and fortunate. Neither the people here nor the things here are permanent. You must always keep in mind that "you, who are a soul have no relation with anyone or anything."

When someone says, "I faced this problem, I faced that problem," what can anyone else do? First, know who you are. **If you think about any problem as if "I am the body," one kind of opinion arises. But if you think as if "I am the soul," the real solution to it will be known.**

Everyone dies. Everyone must leave everyone and everything. This journey of life is like a train journey. The seat you think as "mine" is left silently once the destination is reached. You prepare to get down as the destination approaches.

Likewise, you should be ready to leave without fear when death comes. Patriji said, "One should always be prepared for death." What happens if you are unwilling to leave the things of this world? Those who come to take you will go away, and then your troubles begin.

If you stay seated in the train even after your destination has passed, another person who has the right to that seat will come and won't allow you to sit. Even if you want to get down, the train stops somewhere after 2 or 3 hours. Then you must catch another

train and travel back. Just see how much trouble that causes!

If you refuse to go with the helpers who come to take you, your life will be similar. You won't know what to do or where to go. How would it be if you remain seated in that seat out of attachment? Your life will be like that of a wandering soul if you remain on earth out of attachment saying, "my daughter, my son, my property." You must be like an intelligent traveller. Look at the Vande Bharat train, once the time is up, the bell rings and all the doors close. Similarly, the helpers tell for eleven days. If you don't listen, they go away, and the doorways of the soul to the higher worlds close.

Therefore, recollect the train journey. This is the journey of life; that is a train journey. In this life journey, you are living with things that are not permanent, living in an illusory world, living with what does not exist, living with those who do not exist, living with those who are not related.

Look, in a train journey after travelling some distance, you form friendships with the people sitting along with you. You share what you brought with them; they share what they brought with you. In no time, so much bond develops between both of you.

When your station arrives, should you leave them or not? If you don't leave, what will happen? Think about it! This is also the same! Along this journey, bonds are formed with the wife, husband, children, and relatives but they must be left! You cannot hold on to them saying, "they are mine." When the destination arrives meaning, you must leave them and go immediately after death comes.

If one knows about what happens after death, “all the wealth, time, energy, and life that were earlier spent only on bodily needs will instead be used for the benefit and upliftment of the soul.”

Once a person knows what happens after death, life will never be like it was before, it changes completely. Not only that, even the functions, parties, and social gatherings one attends will totally change.

The reason is this: Until then, you did everything for the body and for its benefits. But after knowing about what happens after death, one knows, “I am the soul,” they will begin to do only for the benefit of the soul.

One strives to acquire the wisdom necessary for the soul’s benefit. All the expenses, donations, and charities that they do change entirely. They do all the work that benefits the soul.

Likewise, one knows that the things one had previously ran after so desperately will not come along with them. Therefore, they reduce importance to such things. In this way, everything changes. Then one begins to think, “What is this? I have changed so much! My life is completely different than it was earlier!” Such a person may even appear mad to everyone.

That is why Kabir said, “If you die before death, you become immortal.”

If one dies before death, “their entire focus will be on what they, the soul that they are must do. It means their focus will only be on the purpose.”

This is because those who possess knowledge of what happens after death, and whose intellect has fully blossomed will be able to know it. They have the understanding that “I have come from the higher worlds.” They know that before coming from those higher worlds, they had designed, they will know that their purpose on earth is to perform actions that benefit the soul and to attain the state of an enlightened soul.

Moreover, such people will understand that after their death, the rituals performed by their children, or the offerings made to ancestors, are of no use. The worlds to which they are taken depend only on the karmas they have performed and the wisdom they have acquired. Therefore, they gain an understanding that the higher the world one reaches, the greater that they are.

Those who live with the feeling of “I am the body” work day and night to earn money only to comfort the body, and then use that money to arrange comforts and enjoy bodily pleasures.

But once a person knows what happens after death, they will understand that this is not what they are meant to do, what they need to acquire is wisdom. When will one attain that wisdom? Meaning, it is attained by whoever develops a yearning for wisdom. A sadhguru will definitely enter their life.

The same thing happened in my life also. Until I was about 53 years old, my focus was mostly on earning money. But I don’t know why, one or two years before I came to know Patriji, wherever

I went, whether to the Himalayas, Haridwar, Rishikesh, or similar places, I would always search for meditation centers and spiritual masters who taught meditation.

My wife couldn't understand it. She would wonder, "Why is he roaming around such places?" While roaming like this, one day, at Bhimavaram, in the very place where I was running my business, a woman came and said, "There is a person called "Patriji" who teaches meditation. Please arrange a class at your meditation center." By then, we already had a meditation center.

I asked only one thing: "Does he charge any money? Or does he collect money from the people who came?" She replied, "No, they don't take anything. He will teach completely free of cost." Then I said, "I will definitely arrange it." I didn't know who he was, so I asked her to introduce him. She introduced me to him on a phone call. We spoke only for a few minutes, but I don't know why, a good bond was formed.

I felt attracted to him as if I had known him for a very long time. He said, "I am in Tirupati." We had already planned a trip to Tirupati. Therefore, we went there and searched for him the very next day, but couldn't find him. Then we went to his disciple Shivaprasad, learned how to do meditation, and collected all the books and cassettes available there.

I have known many things by reading those books and listening to those cassettes. No matter how many books I have read earlier, I never found messages that satisfied me, nor did I get answers from them. But when I started reading Patriji's books, I developed a lot of interest. Most of my doubts were clarified. Then

I understood that he is the Guru I need.

I understood the truth “I am the soul.” I also knew that what I needed now was wisdom. How does one attain wisdom is:

1. One must practice intense ‘observation the breath meditation’ and follow a pure, sattvic vegetarian food discipline.
2. One must read books related to soul-knowledge.
3. One must keep listening to messages that teach soul-knowledge.
4. One must engage in service on this path.

From that time until now, we have been practicing these four which Patriji has taught. We practiced them ourselves, taught them to everyone, and even now, we continue to do the same.

Earlier, when I was earning money, even if I stayed at home for a single day or went to another town, I would feel, “I am incurring a huge loss in my business,” and I would be unwilling to go anywhere. I always stayed there only and worked hard. Similarly, after entering into this spiritual path, if I sat at home, I would go through the turmoil of a soul within saying, “I am suffering a great loss; I am not acquiring wisdom.”

I would immediately pick up my bag and set out for some place or the other. Sometimes Patriji would casually say, “Don’t keep traveling so much! You should give some rest to the body also.”

At times, Patriji would even come to our house. But even when he came to our home, I would still be in my own programs.

Once, Patriji said, “You should also learn how to cancel a program.” He said this because whenever I committed to

something, no matter how difficult it was or whatever the circumstances were, I would definitely go—I would never cancel because I felt that I should not disappoint them, and I firmly believed, “If one gives a word, one must definitely go.” In this way, I focused only on the work that had to be done and on my purpose.

When does this happen? This can be done by those who know about what happens after death when they are alive. The reason is: They know how great the benefit of attaining wisdom is. How could I, a businessman, acquire so much wisdom? How could I understand so many things, write so many books, and give so many messages? I am able to do all these works because I came to know who I am and have gained an understanding.

Our children have different interests and enjoyments, and we have different ones. They enjoy travelling, having fun, and eating a variety of foods. Our enjoyment is spending time with all of you. Teaching spiritual knowledge, reading and writing books, and releasing those books is our enjoyment.

In this way, we are able to share this spiritual knowledge with thousands and lakhs of people. That satisfaction is something unique, you can know it only by experiencing it. Everyone has different kinds of enjoyment. When you know “you are the soul,” your enjoyments and responsibilities completely change. As long as you live believing that “you are the body,” your focus remains only on pleasures and enjoyments.

When will you gain this understanding? You will understand this clearly when you engage in intense meditation

practice and allow your intellect to blossom fully. Then only you will grasp it. Patriji said, “It is okay if we have 50% intellect and 50% mind.” It means one remains half in spirituality and half in worldly life, paying attention to both. But when the percentage of the mind reduces, say to 30%, and the intellect rises to 70%, the intellect naturally turns more towards the soul. It means, interest in spiritual activities increases, while interest in worldly matters decreases, this is what Patriji said.

When the percentage changes further, detachment from worldly matters deepens and attraction towards soul-related matters grows stronger. When it reaches 10% mind and 90% intellect, more and more transformation happens. Increasing one’s practice and consciously shifting these percentages is what everyone needs to do.

By practicing intense meditation, reading books related to soul-knowledge, and listening to the messages of great masters, interest in the soul develops. Then one focuses only on the actions that need to be done for the soul. Ultimately, one will become immortal as Kabir said.

If one dies before death, “one clearly knows about in which aspects of life one is suffering losses.”

It means one knows how much of their time, money, and speech have been wasted. One also knows that they are misusing the energies of the senses and are wasting one’s life.

When these matters are understood, one can live in the right way, move closer to immortality, free oneself from unnecessary entanglements, move away from suffering, and attain a state of no birth.

You begin to see how many things you are wasting in this very lifetime. Didn’t Patriji say, “Why do you talk unnecessarily? Why idle gossip with this person and that person? Why make phone calls and indulge in pointless conversations?”

If you have free time, sit peacefully and meditate.

Your power of sight should be used to watch spiritual programs, to watch the messages taught by Yogeshwaras and not to watch serials. The number of serials you have watched in life is equal to the amount of life you have lost! Some people become so habituated that they cannot sleep unless they watch two or three serials one after another.

Similarly, some people listen to all kinds of useless talk. They use their senses for these only. Instead, listen to good messages, messages that help in attaining immortality, that lead towards liberation. Seek for such an association.

Also, life is being wasted immensely. Instead of using life for what it is meant for, it is being used for worthless things.

Otherwise, why would there be so many lifetimes? If you

observe, no matter how many years humans live, the time they devote to the soul is extremely minimal.

Likewise, people spend an enormous amount of time on their families—on their wife, husband, children, and relatives. It is unavoidable for necessities, but a great amount of time is being wasted for pleasures and luxuries.

Similarly, an immense amount of time is devoted to earning money. In a way, an entire lifetime is spent on it. Those who do not have money must certainly work hard to earn it, but some people continue to accumulate wealth even after they have more than what is needed. When asked why, they say, “For my children.” Even when their children have enough, they continue earning, saying, “For my grandchildren.” Like that they keep struggling for their children and grandchildren. But what are they doing for themselves, meaning for the soul? They are not knowing about it.

If you look at my life, even after having more than enough for my needs, I wasted over fifty years continuing to earn. I have known this only after meeting Patriji. That is why I immediately stopped all my businesses and stopped wasting my time.

Similarly, some people are accumulating wealth unrighteously. It means, they commit mistakes, sins, cheating, and acts of atrocities and earning money unrighteously and thereby incurring loss of a lifetime. Because of such deeds, they suffer endless hardships in future lifetimes, and are wasting those lifetimes also.

There is no need to act unrighteously to earn for necessities. Then why do people do so? The reason is attachment.

They say, “My family must live comfortably; respect and value will come with money.”

Because of many such reasons, people are committing wrong actions and are accumulating sin to earn more than what is necessary. How foolish is this! How much time is getting wasted?! If that same time will be used to develop the intellect, listen to the messages of sadhgurus, and understand what happens after death, one could greatly correct one’s life and reduce many lifetimes.

Likewise, some people are staking their entire lives for positions, name, and fame. Others are spending most of the time boasting. In youth, many are spending their lives on entertainment and enjoyment. Still others are wasting a great deal of time on functions and parties.

If we look at the life of Ramana Maharshi, we see that he gave importance to nothing except the soul. He dedicated his entire life to the soul. He used his body only for practicing meditation which benefits the soul. In the beginning, he used his speech to teach spiritual knowledge; his senses and his time were all devoted to the soul. That is why he became such a great being.

Therefore, you also should keep this in mind and at least think a little about the soul. Not only that, do not waste your life. If you develop your intellect well, that intellect itself will lead you towards the soul, no one needs to tell you. The very fact that you are showing such interest means you are already in that state. If you polish it well, many lifetimes will be reduced.

Do not waste the opportunity that has come now. If you still find yourself attracted towards the material world, know clearly

that your intellect still needs transformation, intensify your meditation practice, and if there are shortcomings in your food discipline or any other deficiencies, make a sincere effort to correct them, you will definitely succeed.

You must definitely try to become immortal, as Kabir said. Otherwise, how many sufferings are there in each birth?! Therefore, there are many like Ramana Maharshi, take such great beings as your inspiration.

Therefore, no matter who you are, developing the intellect is extremely important. For that, do intense meditation practice for some time. When the intellect develops well, it will only guide you. No one will need to wake you up in the morning, no one is needed to tell you to read books, and no one is needed to ask you to watch these videos, your own intellect will guide you from within.

If one knows about what happens after death when alive, “one will know that as long as we are in the earthly world, we remain in an illusion (maya), but after going to the higher worlds, we are no longer in illusion, we will be in reality.”

Living in illusion means that things which do not exist appear as though they exist, and then they become invisible again meaning, they disappear again—this is an illusion.

Observe this, your father, grandfather, and great-grandfather once existed, but now they do not exist. This itself is called an illusion. Likewise, whatever you see in creation exists only for a certain time and then disappears. Living in such a world, people believe, “Everything is permanent, everything will remain.” That is what it means to live in illusion.

Those who live in the earthly world do not know what truly exists and what does not exist. The strange part is even if they see it happening, they still do not understand it. That is why you see, people in this world think, “This body is me.” But does the body remain? No, it will turn to ashes. But they live as if the body will last forever. This is only called 'living in an illusion'.

No matter how many times it is explained, no matter how often gurus make one tell, people again fall back into the notion of “the body”, that is an illusion. Therefore, as long as one is on the earth, one remains in illusion; but after death, upon reaching the higher worlds, one is no longer in illusion; they are in reality because what remains then is only the soul.

While living on earth, both the body and the soul are there.

The soul is invisible, while the body is visible. Therefore, people identify with the visible body as “I” and ignore the invisible soul. Due to living in this illusion, they act contrary to what they should do as they believe, “This visible body is me.”

Therefore, they focus on bodily pleasure, bodily health, and bodily appearance. They earn for the body and spend for the body only.

But when one knows about what happens after death, it is understood that “I am not the body; I am the soul.” Because of this understanding, greater importance is given only to the soul, and one looks for the benefits of the soul. One looks for the soul’s progress in the higher worlds and engages only in services of the soul. That is why, as long as a person thinks, “This body is me,” they perform bodily services on this earth, meaning one does virtuous deeds. But once this is understood, they perform soul services it means, liberating actions.

Even within service to the soul meaning within liberating actions there are many types. All that is done on the path of meditation are soul-services only. Services done in meditation programs, participating in vegetarian rallies, supporting such initiatives, or offering financial help—all these are soul-services, but all of them are done in the initial stage. Their results are very low. One who understands this performs the highest and most supreme form of soul-service.

It means acquiring soul-knowledge, teaching that knowledge to everyone, removing ignorance from people through that and bringing transformation in their behaviour. Among all soul-

services, such services are the greatest. Because as long as people remain in ignorance, they do things that they should not do, commit mistakes and sins, invite suffering, harm themselves, and cause harm to others. If such people are made wise, they do what should be done and avoid doing what should not be done. Therefore, they benefit themselves and also bring benefit to others.

Therefore, sharing wisdom is the highest and best form of service among all. If other services yield the value of one rupee, this yields the value of a hundred rupees. One cannot attain wisdom, or their ignorance will not be gone because of other services.

People like Ramana Maharshi, Ramakrishna Paramahansa, Shankaracharya, and Patriji taught extraordinarily profound knowledge. Teaching itself is the greatest form of service.

When one knows about what happens after death, it is under-stood that everything on this earth is impermanent, and is not given importance. The things of this earth are used as a means to develop wisdom. Everyone is a soul, but they take a physical body to develop wisdom. With that body, one practices meditation, reads wisdom-oriented books, listens to spiritual messages, and engages in service.

Therefore, while taking care of bodily needs they develop wisdom. As this wisdom develops, they will know all about what happens after death.

Then, one will focus even more. In a way, it can be said that those who die before death will come out of illusion. After going to the higher worlds, there is nothing that is related to illusion, there is only reality. One will meet beings who are over there, the

messages that they give are entirely related to the soul and are beneficial to the soul. Even the decisions that one takes are only about the soul.

Until then, one thinks, “These are my children, she is my wife, he is my husband.” But after reaching the higher worlds, one knows, “All have come from different worlds; all are one.” It is understood that nature has arranged all these only because they are necessary. Therefore, one tries to develop wisdom while taking care of necessities.

Likewise, the worlds one is taken to after death depend entirely on the actions (karmas) one performs. One knows and decides, “Because I performed sinful actions, I came to certain worlds; next time, I should not commit sinful actions again.” By performing virtuous actions, one reaches worlds like heaven and thinks, “Oh! It is because I performed virtuous deeds that I was able to reach these worlds.”

Likewise, when a person who has acquired wisdom reaches the higher worlds meaning, the worlds above Janaloka he thinks, “Oh! I have been able to reach such a great world now only because I have acquired wisdom while I was on earth.”

That means, while living on earth, one should not do sinful actions or virtuous actions, but only do soul related actions. Among those, one should especially acquire wisdom that yields the greatest results. Only then, it is understood that they will be regarded as great in the higher worlds.

Therefore, if they are in the earthly world one gives importance to what does not exist but after knowing what happens

after going to the higher worlds, they give importance to what exists. The more wisdom one acquires, the higher the state one attains. That's why, focus on wisdom. The more your wisdom develops, the more your births are reduced; if wisdom is not developed, the number of births continue to increase.

To attain wisdom, one must practice 'observation of the breath meditation', follow food discipline, and read wisdom-oriented books. If you wish to expand your field of wisdom, you should also keep writing down all the wisdom-related aspects in a book.

Therefore, know this: As long as you are in the earthly world, you remain in an illusion. If you will know about what happens after death, you no longer live in illusion but, in reality. You will do what must be done, you attain what must be attained, you will progress magnificently, and as Kabir said you become immortal.

If you know about what happens after death, you will know that “only the wisdom you have acquired benefits you.”

You will know that to attain a great state in the higher worlds, one must develop one’s wisdom. This is because, after going there, a person with wisdom is given greater value and respect, whereas a person without wisdom is not given much importance. Whereas on earth, the person with wealth will be respected and valued, and those who do not have wealth are looked down upon.

But after going to the higher worlds, even if someone possessed billions on earth, even if one was like Mukesh Ambani, if they have not attained wisdom, they are regarded as insignificant. There, no one is concerned about how much we possess on earth. Respect is based on one’s actions and not based on wealth.

Therefore, when one “dies before death,” one knows that to attain a higher status in the higher worlds, and to gain respect and value there, one must develop wisdom. So, those who know about what happens after death give greater importance to wisdom, try to acquire it, and make the necessary efforts for it.

However, most people in the world are not focusing on wisdom and are not knowing its value. Their focus is always on family life, children, grandchildren, and money. The reason for this is a lack of an understanding about what happens after death.

When anyone knows about life after death, "they begin to give much importance to spending time with soul-relatives and show interest in interacting with them."

Naturally, a person spends more time with the blood relatives meaning, they talk to and interact with relatives of the body with great interest whether they meet them in person or speak to them on the phone.

But when one knows about life after death, interest in the soul develops. Then, if they meet or receive a call from meditators, they may talk for hours with great interest it is the same even while travelling on a train. Whatever they do, their conversations tend to revolve around soul-related talks.

When the understanding of "I am the soul" arises, such an interest naturally develops and it should in fact develop! This growth itself is living as the soul, and it is a great transformation. If you notice these qualities within yourself, it is considered as though you are living as "I am the soul." Similarly, interest in attending family functions reduces, but one will go to attend spiritual programs and meditation gatherings with so much enthusiasm.

The more you progress on this path, it is considered that your wisdom is that much developed. As the wisdom develops, suffering correspondingly reduces. In a way, one begins to show greater interest in spending time with and talking to soul-relatives rather than blood relatives.

If one understands what happens after death, one will know that even the people in one's family, those whom one thinks of as "my wife, my husband, my children" are not "mine."

Why because, just as one comes to know "I am the soul," one also understands that those whom they consider as their own are also souls. Just as we have come from some world and have taken a body, they also have come from some other worlds and have taken bodies.

It is understood that just as we depart when our work is completed, they are also the ones who depart in the same way once their work is done.

Therefore, attachment towards wife, husband, or children reduces, and obsession with wealth fades away. As a result, one does not commit mistakes or sins for the sake of family, does not earn unrighteously, and does not accumulate sins. All of this will greatly help one to move towards immortality.

Likewise, when one knows about what happens after death, if something happens to family members or relatives-whether they move away or even pass away, one does not cry or suffer. Instead, they offer whatever help is needed, serve them, and take care of them by providing whatever is required.

As there is no attachment towards anyone, they will go along with the helpers who will come after death, they do not become wandering souls and save a great deal of time.

If one knows about what happens after death, one will know that there are not only the present wife and children, but that there have been many wives, husbands, and children even in earlier lifetimes.

Naturally, people think that the present wife only is "the wife," the present husband only is "the husband," and the present children are only "the children." But when one will know about what happens after death, it becomes clear that there were many wives, husbands, and children in the previous life times also.

If we want to understand this clearly, we will know it if we know about what happened in the Mahabharata, in the case of Abhimanyu. In the Mahabharata war, Abhimanyu was trapped in the Padmavyuha formation and died. When Arjuna returned from the battlefield, he came to know about this.

Arjuna then wept (cried) uncontrollably over the death of his son Abhimanyu and even accused Sri Krishna saying, "All this happened because of you." At that point, Sri Krishna sent Arjuna with his subtle body, to the worlds where Abhimanyu was there.

Seeing Abhimanyu there, Arjuna greeted him. Abhimanyu asked, "Who are you?" Arjuna was surprised and replied, "I am your father." Abhimanyu then asked, "Which father are you?" Arjuna was stunned. At that moment, Arjuna understood that his bond with Abhimanyu had ended. He returned to Sri Krishna, narrated what had happened, and again was ready for war.

From this, one can know that everyone has had many wives, husbands, children, mothers, and fathers. All this is known only because of knowing what happens after death. As a result, attachment and obsession towards all of them dissolve.

If one knows about what happens after death, one will know that “nothing one has acquired will come with them after death.”

By knowing about what happens after death, one will know that “whatever one has earned, whatever one considered 'mine,' the people one thought of as 'my people,' positions, status, titles, awards, or even the highest jobs—no matter how great they may be, will not come along and will be of no use to them, the soul which goes up.”

One will know that whatever was earned with hard work and was accumulated—money, wealth, properties, lands—things one thought were “mine,” do not belong to them and will not come with them either.

When one knows about what happens after death, **“interest in accumulating wealth reduces, and one lives satisfactorily with what one has.”** Therefore, always be satisfied with what you have. If your eligibility improves, everything will come to you automatically, even without you trying. If you act out of greed and do things that should not be done without recognising this, you will lose even what you have. Therefore, live satisfactorily with what you have. You will be very satisfied and you will lack nothing in life if you limit yourself to necessities.

That is exactly what has happened in my life. After meeting Patriji in November 2002, I stopped all my businesses. In February 2003, my wife met with a fire accident, and we had to spend lakhs of rupees on her treatment. Not only that, I sent my children away and gave them whatever I am meant to give them—money and

property. Looking at the situation then, the assets were worth crores, but financially, in terms of liquid cash, we had very less.

After entering this path, expenses related to services increased—conducting three-day classes, their maintenance, travel to many places for spreading meditation, and also the natural necessities. Because of all these, expenses went up and I faced some difficulties. After four years, a large amount of money was again required to print these books.

In a way, during that period I faced financial hardship. Even then, I lived with miserliness, limiting myself strictly to necessities. Until 2012—almost ten years—despite continuous difficulties, I did not attempt to return to business and earn money again. I don't know why, I continued travelling on this path, spreading this wisdom, and participating in this service.

At that time, when we wanted to give a donation to Kadthal, I would save money for three to four months and give it to my wife. When it became one or two lakhs, she would take it and hand it over to sir. Such was our situation then, but because of the service we did, perhaps due to the virtue earned, from 2013 onwards many changes occurred. Even without doing business, our financial condition improved greatly.

Therefore, be satisfied with what you have and do not fall into greed. If you have you are worthy—if you have the eligibility—things will come to you automatically in one form or another. If, out of greed, you do things that should not be done just to “earn something,” even what you have will be lost. You receive only in proportion to your eligibility. According to the

eligibility, you are born into such a family and you are living in that family. Therefore, be satisfied with what you have.

If you spend what you have for the sake of the soul meaning for you, you will definitely benefit. This has happened in my life. In my entire life, the only period when I lived very miserly was during those ten years. Before that, I had never lived like that. I considered it as a test by nature.

Whatever money I had, I spent it on soul activities and services to the soul. There were no entertainments, luxuries, or anything of that kind. Therefore, instead of using wealth for material pleasures, it should be used for the upliftment and benefits of the soul. It means, it should be used for soul services.

Programs by the Tatavarthy's that will be broadcasted on YouTube:

a) Channel name: **Tatavarthy Veera Raghava Rao**

This channel has 2,000+ videos featuring messages from Mr and Mrs Tatavarthy.

b) PMC has also launched a YouTube channel for Brahmarshi Tatavarthy Veera Raghava Rao.

Channel name: **Brahmarshi Tatavarthy Veera Raghava Rao.**

c) For messages from trainees who have trained under Mr. and Mrs. Tatavarthy, watch the Tatavarthy Spiritual Trainees YouTube channel.

d) You can also go directly to the YouTube app, type Tatavarthy Veera Raghava Rao in the search bar, and watch all the Mr. and Mrs. Tatavarthy videos.

When one knows about what happens after death, “they won’t give importance to all that which does not exist and give priority only to what all that lasts.”

When one knows about what happens after death, it becomes clear that everything one has done so far, achieved, acquired, earned, accumulated, boasted (to show off) about, or rejoiced about—none of it remains, none of it will come along, none of it is useful; all the hard work will be wasted.

Before I met Patriji, I also believed that this body is permanent, that the pleasures of the body are my pleasures, and that whatever benefited the body benefited me. I felt proud seeing what I had earned. The moment I met Patriji, he told me that the body for which I worked hard for 53 years was not me.

Patriji is like a compass for all of us. Just as a compass always points toward the north, Patriji showed us our destination. He taught us what to do and what not to do, how to behave and how not to behave, how to speak and how not to speak, in an understandable way.

Before Patriji entered our lives, our lives were in one way; after his entry, they changed completely. Earlier, we were living a meaningless life, but now we are living a meaningful life.

Patriji said, “Even if the body turns to ashes, the soul remains.” It means, I understood that what exists is the soul and the body does not exist. I am someone who thinks deeply about everything; I am not one who believes blindly. I do not blindly follow something just because it is a tradition. When elders say

something, I would think about it a little. Likewise, when Patriji said it, I began to think. I knew only a little; he knew so much more. I have always believed that when such great beings said, the first thing to do is to put them into practice.

So I understood that what exists is the soul, and what does not exist is the body. That's why, I studied a little. I felt, "Why should I work so hard to acquire something that will not even come with me?" I know that I was earning that money unrighteously. I felt, "What is the point in acquiring wealth that doesn't last through unrighteous means and by making mistakes?" and immediately gave up all my businesses.

Now, even if I do not earn, nothing is lacking for me or for my family. So thinking why should I continue to work hard? Is it for things that do not last? Is it for this body? I completely closed all of them. I thought only about the soul which exists, and gave importance only to the soul. I started acquiring what benefits and uplifts the soul.

I gave up all unrighteous deeds, sinful deeds and unjust deeds that harm the soul. Also, once I have known how much benefit I attain by spending what I have for the upliftment of the soul, I stopped wasting money unnecessarily on bodily benefits, pleasures, and the body, instead I began using it for service to the soul.

We are using whatever wealth we have to develop wisdom which benefits the soul. That is why we have been able to reach this level.

Therefore, we began performing only those actions that

benefit the soul, meaning liberating actions.

Earlier, our habits and likes were those that benefited the body. Now, the habits and likes we have are those that benefit the soul. Therefore, you also should live satisfactorily with whatever has been given to you. Spend at least some portion from what you have for the benefit of the soul, for service to the soul, and for the upliftment of the soul.

You should not waste your time. Your speech should also be in such a way that they benefit the soul. There is no need to be impulsive, angry, stubborn, or egoistic. Do not forget that “everyone is the same.” They may be in ignorance, while you are developing wisdom. Even if they act impulsively, you should not act impulsively; even if they become anxious, you should not become anxious.

Therefore, if you know about what happens after death, **“you will give importance to what remains after death, and reduce the importance to what does not last.”**

If such changes are visible within you, then no matter what kind of life you have here, and no matter what circumstances you are in, after leaving the body you will reach wonderful worlds, and you will have a wonderful future.

But when on this earth, you may feel, “What? my life changed like this! Why does it feel completely different and even opposite compared to earlier?” To others, you will definitely appear like a mad person.

If one knows about what happens after death while they are alive, they will know that “many of the expenses made for the body are a waste.”

While living, people think that all benefits gained by the body are “the benefits gained by me.” But **after death, one will know, “I am not the body; I am the soul.”** It is known that whatever was earned through hard work for the body and for bodily benefits does not come along, and that it is of no use at all to me, the soul.

Everyone is working very hard and earning money. The earned money is being spent only for the body and its necessities depending on their financial status. There are those who spend thousands, and there are those who spend even crores.

When one knows about what happens after death, they will know that all of this was a waste. The expenses that they make will change. They begin to use whatever wealth they have for the soul, for the benefit of the soul, and for acquiring soul-knowledge.

If you consider me, I used to earn well. With the understanding I had at that time, I believed that “by doing virtuous deeds, I will get material pleasures and can enjoy them with the body.” With that mindset, I used most of my money for services related to the body and organized such activities. We maintained a free homoeopathy hospital. My wife gave free training to women in handicrafts for 25 years. In this way, we used to do some services.

After meeting Patriji, he said, “You are not the body; you are the soul.” That surprised me. Then he said another thing. They say, “Service to humanity is service to God,” but he said, “Service to God is service to humanity.” He said that service done to the human being means, service done to the body does not benefit the soul, service done to the soul benefits the human being.

When one knows about what happens after death when they are alive, “one naturally begins to perform soul-services.”

The moment we knew that we should do soul-services, both of us stopped the services that benefited the body and started three-day soul-knowledge training classes, which benefited the soul. The money that was earlier spent on bodily services is now being spent on soul-services. Earlier, we used to spend some money on entertainment, but after understanding this, we started spending that money on acquiring wisdom. We have known that entertainments done merely to please the mind are of no use.

I have always been very stingy when it comes to expenses because I was of the belief that instead of wasting money unnecessarily, it is better to use it for some virtuous work or for the welfare of the world. That habit continued even after entering this path.

If you look at my footwear, it costs less than 100 rupees, and I use them only. Footwear costing Rs.3,000 or Rs. 4,000 also exists. But my thinking is this: “They will last only as long as these cheaper ones. Why waste Rs.3,000 or Rs. 4,000.” If that money is used for the welfare of the world, the result of that will benefit me even more.”

Similarly, if you look at my clothes earlier, they were faded and worn out. When I went to teach classes wearing such clothes, people would initially think, “Is this person going to teach a class?!” But after listening to the subject, by afternoon they would feel, “Oh! This person has a lot of subject and can explain it well,” and they would start to trust me.

Later, I understood that if you are going to teach classes, even the dress code should be appropriate. As they say, “First impression is the best impression.” So, now I follow this myself and tell everyone the same. I changed my approach thinking, “if people should listen to us, our dress code should also be good.”

Similarly, when I travelled by train, I used to travel only in the sleeper class, even though my assets were worth crores. Why such stinginess? Because I would think, “Instead of spending that money on travel, if I save it, I can give books for free in the classes or offer good discounts on books.”

I have known that using money for the benefit of the soul benefits greatly after death. Therefore, I used to spend money for the needs of the soul. How all the expenses made for the soul’s benefit actually help us will be understood after death when the helpers are taking us to higher worlds.

Think about it: How does it feel to live in a big palace or a grand building? And how does it feel to live in a small hut or a tin shed? Likewise, reaching the lower worlds after death is different, and reaching the highest worlds is different. One goes to the lower worlds based on karma, whereas those who possess soul-knowledge and have performed services that benefit the soul reach the highest worlds.

Those who reach the lower worlds are reborn only according to their karmas, whereas those who reach the highest worlds are given the choice on the kind of birth they want. They can choose whether to be born as a woman or a man, rich or poor, and in what kind of family they wish to be born. Then they will complete their lifetimes much more quickly.

Therefore, those of you who have come onto this path should understand this clearly and use the time, wealth, energy, speech, and whatever resources you have for the benefit of the soul, the upliftment of the soul, the growth of the soul, and for attaining soul-knowledge and become immortal as Kabir said.

Those who die before death will know that “the life that is happening now is not permanent.”

Believing that “this life is permanent” and thinking that “whatever I have earned and accumulated will remain with me forever,” people are committing many mistakes, sins, atrocities, and crimes. They are doing things that should not be done and are behaving against the creation. As a result, they are also experiencing hell in the future.

Look, some political leaders accumulate so much wealth that even they do not know it. No matter how many crores they earn, there is no satisfaction. They struggle to protect and hide it here and there. Even after acquiring so much, they do injustice to their own people. Why are they doing all this? Because they believe that the present life is permanent.

Therefore, anyone must know: This life is not permanent. What exists in this life is not permanent. Nothing here comes along with us. Not only that, one must also know that whatever people ran after so desperately will not come with them.

The one who understands this will know about what comes with them and gives importance to them. What comes along after death are impressions (vasanas), tendencies (samskaras), actions (karmas), and wisdom. The one who knows that nothing other than these will come along with them after death gives greater importance to what comes along and reduces importance to what does not come along. It means, one limits themselves to necessities.

After entering this spiritual path, one must control desires, reduce obsessions, and avoid wasting time, energy, life, and speech

on things that will not come along.

Many people completely waste the opportunity given to them, it means they let it go uselessly, completely wasting it. Some others misuse it, meaning they engage in actions that cause loss. Only because of wasting and misusing, a human being needs to take so many births .

But those who make proper use of their life benefit in life, succeed, and can become great. Those who engage in actions that give importance to the soul and contribute to the upliftment of the soul are considered to be making the right use of their life.

Some people spend their entire lives earning wealth and finally leave the body. Not a single thing they earned through a lifetime of hard work comes with them. When they reach the higher worlds and are asked, “What have you earned?” there will be nothing. If they truly had engaged in activities that benefited the soul, they would have made proper use of their birth.

Now, the more effort you put in for the soul and for the soul’s benefit, the more you are considered to be making use of this lifetime. It means you are considered as though you have fulfilled the very purpose for which you came to this world. You are now on the yogic path. Even Lord Krishna has said that this path is very great.

Among all kinds of people who perform various deeds, a yogi is greater. The reason is that a yogi strives for the benefit of the soul, whereas others strive for bodily benefits and mental benefits. They may break records, win awards, become famous, or attract many people. But even without breaking records or receiving

awards, one who continues on the yogic path is much greater.

We are all doing that only, but please remove a little fear. I observe that many people have been coming to Bhimavaram for months, but they sit somewhere at the back, listen to everything, do everything, but do not introduce themselves and avoid meeting me.

Similarly, they join the Zoom, they log in, but they do not turn on the video and do not try to speak. If you are afraid, who loses? Without the guru pointing out, how will you come to know your small shortcomings and mistakes? How will you correct them? Therefore, first get rid of fear then you will achieve twice as much as you are achieving now. Those who spoke courageously have now shined.

Even when I was with Patriji, I would think, “I should not make mistakes, I should not displease him.” The strange thing is, no matter how much I tried, somehow he would find me and I would get scolded. But how can one grow without making mistakes?

Many people think, “They have already progressed, so it doesn’t matter for them; I have not yet progressed, that’s why I am making mistakes.” On one occasion, Patriji said, “People make mistakes according to the level they are at.”

Patriji could see the mistakes in everyone. The reason is that there is no one who does not make mistakes. A person at ‘A’ level makes mistakes at level ‘A’; a person at ‘F’ level makes mistakes at level ‘F’; a person at ‘Y’ level makes mistakes at that level. In this way, people make mistakes according to the level

they are at.

Patriji would tell the small shortcomings of Shirdi Baba, Sathya Sai Baba, and Ramakrishna Paramahansa. It means, at whatever level one exists in creation, one makes mistakes appropriate to that level. Therefore, there is no need to be afraid of correcting such things. One should not carry an inferiority complex or a feeling of low self-worth thinking, “I am making mistakes.”

You have come to correct your mistakes, not to hide them. When you take refuge in a sadhguru and behave fearlessly in front of them, they work for your growth. They are there to help you develop your wisdom. Your suffering disappears only when you develop the wisdom.

Why do you hesitate to develop the wisdom that removes your suffering? Therefore, you must know that “this life that is happening now is not permanent.” You must also know that “whatever you are striving so hard for will not come along.”

If one dies before death, one will know that “the higher world is my real world, and the earthly world is the other world to me.”

Everyone is living as though this earthly world only is their real world. That is why they are trying only to become great ones in this world. If they accumulate wealth on earth, they feel, “I am a great person.” Like this, each person thinking in a different way is striving to become an expert, a specialist, or a great figure in their chosen field.

Because they believe, “I am the body, and this earthly world is my world,” they think that bodily pleasure is only their pleasure. They give the highest priority to comfort the body and to earn money. That is why anyone devotes most of their time in their lives only to earn money. Even if some people already have more than what is needed, they continue to earn more.

Some people, after retirement, not knowing what to do, till they have patience, will take up private jobs again thinking, “The money will be useful for something or the other.”

Some strive to become great in sports and games, some think that attaining a high position itself is respect, some aim to become directors or actors in the film industry, some want to become great ones in singing. Likewise some attempt daring feats just to enter the Guinness Book of Records. It means anyone seeks fame and greatness in this earthly world.

Why are they doing all these? Why are they working so hard? It is because they believe that this earthly world is their real world. Some even commit actions that should not be done—mistakes, sins. Thinking, “I am the body and I must enjoy,” they

kill and do violence against animals and birds. As a result, they experience hardships.

They even try to earn money through wrong and unrighteous means. Why are they doing such deeds? It is because they believe, “This body is me, and this earthly world is my real world.” But when they will know about life after death, they will clearly understand: **“I am not the body; I am the soul. This earthly world is not my real world—the other world is my real world.”** Not only that, they will also know that the earthly world is only a **other world** to me.

When this is known, many changes take place within them. Because the people in India often think, “Let me earn well in the foreign countries and bring that money back to India, buy property and land, and live comfortably” and they try for it.

That is why, even if you go to America, Australia, England, or the Arab countries—no matter where you go, and even if you have been living there for many years, for 20 or 30 years—you still feel, “This is a foreign land; my homeland is India.” Therefore, you try to settle well in the home country.

Similarly, as long as one believes, “the earthly world is my own world,” one tries to become great on earth. But when one understands that the other world is one’s own world, you will try to become great in the other world.

That is why, look, people generally do not prefer to buy property in every country they visit. Similarly, when you understand that this earthly world is another world, you no longer give importance to acquire or do anything here. Whatever you accumulate or obtain here will not remain. You understand that

you cannot take even a single thing with you.

Then, they will try to acquire the wisdom that can be taken along. They understand that the more wisdom one has, the higher the world one reaches, the higher the state one reaches, and one is praised as great being there. It is understood that whatever exists on this earth is not permanent—everything has to be left, everything will pass away.

That is why, when one knows about what happens after death, one's services and deeds change. It is also known that no one who is here is mine. Therefore, they will live with them but they won't develop attachment. When anyone goes to a foreign country, they may have everything and take care of everything, but they will be with a feeling of "this is a foreign country."

Those who know about life after death live with a feeling of "the earth is the other world." They understand that real greatness is what is achieved in one's own world, the other world, not the greatness that is here on earth. They understand that how many ever might be there, they do not exist. The one who rejoices looking at them is very ignorant.

Likewise, when one thinks, "the higher world is my own world," they think that the upliftment of the soul is my responsibility. They do not try to become great on earth, but they try to become great in the upper worlds. They think, "The more wisdom I acquire, the greater I can become there."

Patriji also put in so much effort to become even greater. By teaching this wisdom to everyone, he continuously tried to develop his own wisdom and worked very hard. He had fully utilized the opportunity that he had got on earth.

Similarly, whether it is Ramana Maharshi or Shirdi Baba, no matter whom you take, all of them worked only for the soul. Therefore, everyone should know: “The higher world is my real world; this earthly world is the other world to me.” Therefore, there is no need to feel sad that someone has something, no need to have jealousy, no need to compete with others, but compete only in acquiring wisdom. Competing for wealth is unnecessary. Just check whether you have enough for your necessities or not? That is enough.

While earning enough wealth to meet your needs, completely focus the time and the opportunities you have on the activities that benefit, uplift, and lead the soul to the highest worlds. Do all that needs to be done for that. There is no use if you become great on earth.

You do not need to feel sad thinking, “We are less than others on this earth.” You can feel proud since you are acquiring wonderful wisdom. On earth, only the one who has money is great, but in the higher worlds, the one with wisdom is great.

The reason is this: An ignorant person does not know why a difficulty has arisen? Why does it happen? He does not know what to do when difficulties arise. But a wise person knows everything and will be confident and courageous. Therefore, everyone must definitely know: “Your own world is the other world, not this earthly world.” Then all your deeds change.

If you live in this world like Ramana Maharshi or Patriji, and then depart to the higher worlds, you will attain a very elevated state and experience great happiness. You will definitely think, “I am very fortunate.”

When one knows about what happens after death, it is understood that “life on earth is very short.”

Look, every day we eat three meals, but for the one who has died, an offering of pinda (offering to the deceased) is offered only once a year. Through this practice, our ancestors conveyed that a year on earth is equivalent to one day in the higher worlds. If one lives for 100 years, we think, “OH! he lived for one hundred years!” But for a being in the higher worlds that is just 100 days.

While living on earth, everyone feels, “There is plenty of life ahead,” but life is very short! By the age of sixty, people retire, lose strength, and become prone to illnesses. Half of youth is spent in sleep, some of the remaining time goes into earning, and some into meeting basic necessities—food, clothing, and shelter. Also, see how much of life is gone in doing the household work and cooking? Think about it!

Raising children, educating them, and shaping their lives takes enormous time. After doing all these, what remains is very little time. If even that little time is wasted on entertainment and outings, when will there be time to become immortal? When will you do what you came to do? Who are you really? Why did you come to this earth? What did you come to earn? You must think about all these.

Many think, “What is there anyway? Live happily for some time and then leave.” Remember: No one came to earth to leave. This is known after dying. You came with a design. You, the soul, must reach Satyaloka, that is your goal. Only then you become immortal. You have come to this earth to acquire the wisdom

required for that.

How hard must one work to acquire wisdom in this extremely short span of time that one has? How much effort should one put? How much should one focus? Tell me, how much does one lose if they focus on the remaining things even after entering the path of meditation and the path of wisdom?!

I observed Patriji. He never wasted time; he was always trying to develop his wisdom further. Does he lack wisdom?! He himself said, “Even Lord Shiva is still meditating to develop wisdom, then what are we?!”

Generally, gurus teach spiritual knowledge to those who come to them, but Patriji travelled from place to place teaching spiritual knowledge. He took the Buddha and Shankaracharya as his role models.

While travelling from village to village and participating in programs, he would use his free time to correct the ‘Dhyan Jagat’ magazine and books. Also, he prepared and delivered one message every single morning for an entire year. All this was only to make people wise. When we feel a little tired, we think, “We can take a rest for a couple of days.” But he never rested. He knew the value of time.

Patriji said, “**If one lives on this earth according to the design, then only one has lived; otherwise, one is as good as dead!**” Therefore, I took him as my role model. He worked extremely hard. Even when his patience declined and he could not walk on his own, he would still walk with other’s support and complete the work he had to do. He possessed extraordinary

intellect and immense wealth of wisdom, and his only work was to share it with everyone. His aim was to make everyone wise. For that, he worked day and night. He used to visit our house also. When he returned in the evening, he would be so exhausted that he would simply lie-down on a bed as he was tired. Yet, despite such exhaustion, he never stopped doing what he had to do. That always surprised me. That is only my inspiration.

When I saw how hard he worked, I felt, “Shouldn’t I work at least a little? Why should I waste my time?” That is why I sent all my children out, stopped my businesses, and even gave up the positions I held. Later, even when positions were offered to me in this PSSM society, I did not accept them. I am walking on this path only.

Patriji put in immense effort to spread this wisdom. You observe, he did not have the money, but he travelled by flights. In his final days, he even got the opportunity to travel in a caravan. Why did that happen? Nature supported him! His work was that great. That is why I am also doing the same work.

Therefore, remember: Many people think, “There is still a lot of life left; we will see later, we will do it later.” What will you do later when old age arrives, patience diminishes, and the senses lose their power? What will you achieve? What will you attain? Therefore, try to achieve immortality—the life’s purpose when everything is available. As Kabir said, die before death, develop the wisdom of the other worlds, and work hard. Do not waste the time by taking care of family life, try to acquire wisdom.

If one knows about what happens after death when they are alive, “they will peacefully go with the helpers who have come from the higher worlds after death and will not become ‘wandering souls’ meaning, ghosts.”

“Therefore, not just hundreds, but even thousands of years of time can be saved from being wasted.”

If one dies before death, they understand that “I am not the body; I am the soul. They will know that those they considered “my people” are not theirs, that whatever they thought was “mine” is not theirs, that everything they did earlier was meaningless, that all that is happening is similar to a dream, and that until now I lived in an illusion. They will know about what all should not be done and what must be done.”

By knowing all this, attachments, obsessions, and desires dissolve. They do not worry about dying. They will know that death is not something terrifying but something beneficial. They can know that birth is as beneficial as death.

They understand, “I have left this body only to gain new experiences, to learn new lessons, and to take on another new body.” Therefore, after leaving the body, they calmly go with the helpers who come to take the soul that they are without thinking about anyone.

Those who acquire wisdom do not worry. They go along with the helpers and then engage in whatever needs to be done next. But those who grieve with attachment and refuse to go saying, “I will not go,” cause the helpers who came to take them to return.

The soul-doorways that were opened to take them upwards get closed. Then they become ‘wandering souls’ and remain on the earth. There will be no one to take them, no one to show them the way, and they will not know what to do. As a result, they waste hundreds of years, suffer greatly, and incur immense loss.

As the years pass like that, they begin to think, “My condition has become like this?!” So why did all this loss happen? It happened because they did not know what happens after death. Believing that “only what exists here is real,” thinking “all these people are mine,” thinking “everything I earned is mine,” and thinking that they are “my children, my wife, my husband” and thinking about them they are unable to leave and are suffering immense loss.

For those who have the wisdom that “I am the soul, not the body,” death is a gain, not a loss. But those without wisdom will have sorrow.

Many people think, “If I die, everything ends, right? There will be no more problems!” But this itself is the biggest problem. They do not know who they are, why they came, where they came from, or what they are supposed to do after death. Everything appears confusing for such ignorant people. Even though the helpers give them 11 days of time, they do not go along with them. They don’t know how much they are losing.

Some people say, “If I have illnesses, what do I do with wisdom?” They do not know the value of meditation. Some think that meditation is only for physical or mental benefits, but they do not know that meditation is meant for acquiring wisdom. They also do not know that “without meditation, wisdom does not arise,

and without wisdom, sorrow does not end.”

Only when a person understands the greatness of wisdom, they focus on wisdom and a deep yearning to acquire it arises within them. But by acquiring wisdom, one does not only gain in life but also gains after death. They will know what should be done and try to do it. They will know that even death is beneficial because of the actions they have performed.

Therefore, they do not feel sorrow about leaving the earth. They are always ready to leave the body at any time. A wise person will be just like one who remains prepared by packing for a train journey. If a minor illness arises or some difficulty occurs, they think, “If there is some work for me to do, I will stay; otherwise, I will depart, leave this body, and take a new one,” but they do not fear.

Because the ignorant do not know these things, they may become wandering souls and waste time on the earth. But the wise, through meditation and the acquisition of wisdom, save immense time and reduce many lifetimes. Those who do not know think, “They are mad! Why do they sit with their eyes closed all the time, leaving all their work?”

But many people spend lifetime after lifetime working hard only to earn money, wasting all their time. If they had used that time to acquire wisdom, many of their lifetimes would have been reduced!

Therefore, do not spend your time earning money, spend it on acquiring wisdom. With that wisdom, you will calmly depart with the helpers to higher worlds after death. Without wasting this precious time, do what must be done and become immortal as Kabir said.

If one knows about what happens after death, it is known that “the worlds that one reaches depend entirely on the actions (karma) one has performed.”

Look, from the moment people wake up in the morning until they go to sleep at night, they keep doing many deeds, they talk, and live as they please. But they do not know the consequences of their actions or what are the results of those actions. That is why, when elders advise them about something, they respond, “It’s my wish.”

If they are told not to eat non-vegetarian food, they say, “Who are you to tell me?” If they are told that something they did is wrong, they say, “Don’t I know? Who are you to teach me?” But if they know about what happens after death, they will understand that **“whatever comes with them is only the result of the actions they themselves have done.”**

Because when a person dies, the soul leaves the body, and the body is cremated. At that time, two helpers come from the higher worlds and take him upwards. While being taken, he asks, “Where are you taking me?” Then they reply, “Based on the actions you performed on the earth, we will take you to the world you deserve.”

If a person has committed sinful actions, they are taken to the corresponding worlds; if they have done virtuous actions, they are taken to the worlds related to those virtues. Then it is understood that **the worlds that one is taken to depend only on one’s own actions.** At that time, he keeps on asking many doubts because the entire situation is surprising.

Leaving the body, seeing the body being burned, and being taken away by helpers—all of this feels confusing. Such a situation

was never imagined, he never thought this would happen, and so he is surprised. He will be asking many questions.

Some people ask, “Is it a sin to eat chicken or goat?” When they eat it, they do not know that it is a sin. Everyone eats it, so they also eat it. Likewise, they will know that if one commits sinful actions and then goes to the higher worlds, one has to face hell-like conditions. Not only does one suffer there, but even after returning to the earth, one has to undergo many hardships.

Then they understand that “whatever will come with them is only the result of their own actions.” They also understand that neither the wealth nor the riches they accumulated will come with them.

Earlier, whenever some hardship came, they would feel sorrow and think, “My life has become like this! What have I done that God is making me suffer?”

Because now I am travelling to many places and meeting many people. They may not openly say it, but almost everyone has some problem, some difficulty, some suffering. There is no one without them. Some struggle with physical problems, some with family issues, and some with financial troubles. Those who cannot bear it ask, “What should I do?”

Then I ask them, “Do you eat meat?”

They reply, “No sir, I don’t eat now. I gave it up long ago—five years ago,” or “I stopped ten years ago.” Then I ask, “How old are you?” They say, “I am 50 years old.” Then I ask, “You say you stopped ten years ago, and now you are 50. so, didn’t you eat it for 40 years?” They complain, “There is pain here, pain there.” Then I tell them, “When you cut a chicken’s throat, doesn’t it feel pain? You are experiencing exactly what you

did.”

I say this so that at least then they will know: “**What I am experiencing now is nothing but the result of my own actions.**”

Some people don’t tell this and say, “Just meditate, it will be cured,” or “set an intention (sankalpa), it will be cured.” But how will it be cured? What has been done must be experienced, right? If they say that, will there be any transformation in those people? How will they stop doing sinful actions? They will change their behaviour only when they understand the mistake they are committing.

When an understanding that “What I am experiencing now is the result of my own actions” arises, they don’t feel sorrow even when difficulties come. They will know, “I am experiencing what I myself did.” Because of knowing that they feel, “I am now repaying the debt that I borrowed earlier.” They will happily experience the hardship. It does not feel that painful to them; it becomes lighter. If they patiently wait for some days, the karma gets over and they come out of it.

It means, when one knows about what happens after death, “**one comes out of sorrow more easily.**” Likewise, if one practices meditation intensely and gains energy, one develops the capacity to tolerate and withstand that hardship and pain. There is no need to fall at anyone’s feet for help. Those who die before death, meaning, those who know about what happens after death, do not need anyone to explain these things to them; they themselves will understand everything.

Another important point is this: Those who are facing hardships will suffer for a longer period if they commit major sins,

whereas if they commit minor sins, they will suffer for a shorter time and come out of it sooner. Remember this one thing—no hardship is permanent. Whatever difficulty arises is not permanent. If you bear it with patience for some time, you will come out of that hardship.

Even if there are quarrels at home, illness, financial difficulties, whatever may happen—just have a little patience.

If you come to Bhimavaram every month and intensely practice meditation, you will gain command in practice. After returning home, you will be able to sit in meditation for hours.

Therefore, do intense meditation practice and build your energy. That will protect you like diamond armor. Look, a person who is not used to injections gets very anxious when mentioned about injection. Two or three people may have to hold him to give it. But some people get the injection silently without saying a word. After one injection, if they are told, “We will give one more,” they calmly say, “Okay, go ahead.” It means the one who cannot tolerate screams and cries; the one who can tolerate remains silent. Similarly, if you develop your energy, you will be able to withstand any difficulty that comes.

Recently, when I accidentally drank acid thinking it was water, I was in the ICU in Bhimavaram for a day. There itself, one woman was unable to bear the pain and kept crying continuously saying, “oh dear! Ah!” The nurses scolded her, saying, “You are disturbing everyone.” Did I not have pain? Of course, I did. But I had the energy to tolerate it, so I bore it calmly. Therefore, whoever it may be, when one knows about what happens after death, they do not feel sorrow when difficulties come. They will experience it happily thinking, “A debt I incurred is now being repaid.”

If one knows about what happens after death, one will know that “there is no benefit from the rituals performed after death.”

Everyone wishes to become immortal, that is, to attain a state free from rebirth. But no matter how many births one takes, as long as one lives with a feeling of “I am the body,” they cannot become immortals. Only those who can live as “I am the soul” become immortals. Who can live like that? Only those who die before death can live like that.

Such people will understand that the soul should attain higher worlds after death. To attain higher worlds, one must acquire wisdom while living on earth through the body that has been given. Therefore, many changes take place within them when all these are understood.

Some people who lack money think, “I have nothing.” But remember this: Everyone has been given things worth far more than money—the body, time, speech, energy, intellect, and lifespan. Those who die before death use all these for the benefit of the soul, for the soul to attain higher worlds, for the soul’s upliftment, to become great and they acquire wisdom.

Until then, they were engaged in deeds that benefited the body. Once this is understood, they will engage only in deeds that benefit the soul. They will know that there is no benefit of performing post-death rituals or the donations made on those occasions. Therefore, they do not perform useless post-death rituals. This is also told by Patriji in the 18 guiding principles.

If one knows about what happens after death, **one will**

know that post-death rituals are of no use. One knows that the worlds a person is taken to are determined only by the karmas he performed during his lifetime. But, it is not by the post-death rituals performed by their children, nor by the offerings of pinda that they made help them reach the highest worlds.

Even the charity done by the children at that time does not benefit the departed. Charity is good, but Kabir clearly said: **“The hand that performs the karma is the hand that experiences its results.”** It means the results of karma come only to the one who performs the actions. They do not go to the person for whose sake the actions are being performed.

Therefore, one knows that only the meditation practice, service, and the wisdom acquired for one's own soul while alive can lead to higher worlds. One also knows that post-death rituals are of no use.

Information available on Tatavarthy's website:

Website address: www.tst.org.in

- a) Details of programs conducted under the guidance of Mr. and Mrs. Tatavarthy and Google Maps location are available.
- b) All books by Mr. and Mrs. Tatavarthy are available in PDF format for free download in Telugu, Kannada, Hindi, and English languages.
- c) All the messages of Mr. and Mrs. Tatavarthy are organized in concept-wise YouTube playlists.
- d) Summaries of Mr. and Mrs. Tatavarthy's messages are provided in the form of quotations.
- e) The gallery of Mr. and Mrs. Tatavarthy is also available.

For registration of a 3 day free meditation and soul-knowledge training classes held in Bhimavaram on the 1st, 2nd, and 3rd of every month, contact Sindhura, 8555995217.

If one knows about what happens after death, one will come to know one's life design.

It means, when a person knows about what happens after death when they are alive, their entire life undergoes a transformation. Their behaviour, actions, speech, way of thinking, everything changes. All these changes greatly benefit you, the soul. Until then, one may have worked only for the body; but once one will know, “I am the soul,” they begin to work for the soul. As a result, the soul is immensely benefited.

Those who enter this spiritual path experience a clear change in their behaviour. The more your behaviour changes, the more you are progressing at a soul level.

When all your actions are 100% done as if you are a soul, when you give priority to the soul and limit yourself only to the basic necessities of the body, it is considered that you have grown greatly on the spiritual path.

If you observe Patriji's life, his behaviour, you will see that he always lived as “I am the soul.” Living in this way is only spiritual growth. Whether it may be due to past-life impressions or the result of meditation practice done in the previous lifetimes, the fact that you have come onto this path means you must continue to develop your wisdom and should be able to know your life design. When you will know about what happens after death, you will also know your life design.

While telling about Vivekananda, Patriji once said that Vivekananda was not a disciple of Ramakrishna Paramahamsa; rather, Ramakrishna Paramahamsa was Vivekananda's disciple. To

fulfill his life design after coming to earth, Vivekananda needed a guru who would remind him about that design. Therefore, Ramakrishna Paramahamsa was sent before him with the purpose of reminding Vivekananda about his design. That is why Vivekananda was drawn to Ramakrishna, knew his life's design through him, and went on to shake the entire world at a very young age. This is also why, even though Ramakrishna Paramahamsa was the guru, he did not travel or spread the message as extensively as Vivekananda did.

Now, my life design has been revealed to me through Patriji. Most importantly, I was conveyed through Patriji that, "I am not the body; I am the soul." Therefore, I, as the soul, began to use this body only for the benefit of the soul. Therefore, whoever it may be, one should use this body entirely for the soul, just like Ramana Maharshi did.

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If one knows about what happens after death, they will know: “Nothing is separate. Everything is the same. Everything is me.”

Any human being takes birth for the sake of the benefits gained after death. Before birth, human beings exist in the higher worlds—subtle worlds. As long as they are there, they think only about attainments over there, about becoming great in those worlds. Through the senior masters present over there, they will know about what must be done for the soul's benefit. After knowing it, they prepare a life design accordingly and then come to the earth.

The strange thing is that they forget all of it once they come to earth. They do not even know that higher worlds exist. When in those higher worlds, they clearly know that “I am the soul.” But after coming to earth and taking a body they forget that they are the soul, that they came from higher worlds, and they even forget the deeds that they had decided to do.

After taking a body, they get completely caught up in family, society, and community. Believing that “this only is right”, they think that earning money and enjoying pleasures is life.

They do not know that they are the soul, nor do they know that to become great in the higher worlds one must acquire wisdom. Even if they live their entire life, they do not pay any attention to the soul at all. Such people are what yogis call “soul-murderers.”

But those who acquire wisdom while living on earth understand that “I am not the body; I am the soul.” They will know, “They the soul, they have come from the higher worlds to acquire wisdom,” and “after gaining that wisdom, I will leave the body after some time, and return again to the higher worlds.” They will

know about what exists there, what happens there, and everything related to those worlds.

They will know about what happens after death when they are alive. Once this is known, the way they live on earth changes. Then, they attain many benefits as souls. Earlier, with the notion of “I am the body,” they thought “everything is separate.” Gradually, the opinion that “everything is one, everything is me” arises.

This is because bodies may appear different, but when one understands that no one is the body and everyone is the soul, the truth “everything is one, everything is me” is understood. As a result, their behaviour changes profoundly.

Earlier they thought, “She is a woman, I am a man; mine is one caste, theirs is another; ours is one family, theirs another; mine is one religion, theirs another; I belong to this country, they belong to another.”

Also, they developed attachment to their own people while considering others as “different,” leading to hatred, deceit (fraud), humiliation, hostility (ill will), and acts of revenge. As a result, they lived in suffering and hardship. Why did this condition arise? Because they lived with the belief that “everything is separate.”

Likewise, people live with the notion, “I am a human being; that is a chicken, this is a goat, that is a fish.” With the idea that “as a human I should enjoy,” they kill these beings to cook and eat them. Even if they do not kill them directly, by eating them they are becoming a cause for their killing. Therefore, they also have to experience that sin.

When such violence is committed, it may feel fine at that time, but when the result of that sin has to be experienced, life

becomes extremely miserable and full of suffering. They then think, “Why has my life become like this? Why am I suffering so much? What sin did I commit?” The reason is that while eating chickens and goats, they think, “I am eating food,” but there is no feeling that “it is a sin.”

In a five-star hotel, the food is served beautifully on a plate. Just looking at it makes the mouth water. If they are hungry, the craving becomes even more stronger. They keep thinking, “When can I put all these pieces into my mouth?” Putting them into mouth and biting them they think, “How unfortunate those people are who don’t eat this!”

Some people mock vegetarians, saying, “Who eats grass? Everyone eats pulao!” If someone eats rice and lentils, they ridicule them saying, “Are you eating plain lentils?”

But remember this: Today, meat-eaters may feel pity for vegetarians, but after some days, there will be a situation where vegetarians will feel pity for meat-eaters. Insane (mad) people! They think that they are enjoying life, but for how much ever pleasure they think they are enjoying, they will have to go through difficulties of ten times more. Now, news on YouTube says that the number of vegetarians is increasing worldwide and that the trend towards meat-eating is changing.

Why do they eat like this? Because of the belief that “they are different,” and because they do not know that “I am a soul, they are also souls, all souls are one.” They eat because they do not know that everything is a fragmented soul that has emerged from the same enlightened soul or the same source soul. Look, if you take water from the ocean and pour it into ten glasses, the water in all ten glasses is the same, isn’t it?

In the same way, all souls that have emerged from the enlightened soul or the root soul—whether they are birds, animals, insects, worms, or human beings are all parts that have separated from the same enlightened soul. Patriji said that the root soul or the enlightened soul continuously creates all these souls like a rain. After creating them, it sets a goal for them, saying, “You must grow to this level; you must become like Me.”

It is only for achieving that goal that we the souls are taking birth after birth.

In the course of evolution, after passing through births in all kinds of life forms, they finally enter human birth. A human being has intellect. From the time one enters human birth until reaching the present level that we are at, one takes more than 350 human births on an average. At this stage, one takes the refuge of a sadhguru. Through him, one practices meditation, gains wisdom, and knows, “I am not this body; I am a soul.”

Then one starts thinking deeply. Moreover, one starts thinking about “What should I do now to benefit?”

Those who once lived with the feeling that “everything is separate” gradually begin to move into the feeling of “everything is me; I am everything.” The change happens little by little, and with it, there is a profound transformation in behaviour also.

When this change takes place, they no longer do what should not be done; they do only what ought to be done. All such deeds greatly benefit the soul after reaching the higher worlds. They attain an elevated status and reach the highest worlds. One knows about how great a state they have attained and how great worlds one has reached only after going there.

Anyone goes abroad, earns a lot of money, saves it in the

bank, and then returns to their homeland. With that money, they buy land, construct fine buildings, and live comfortably. They feel, “Because I went to another country and earned well, I am living so comfortably now.”

In the same way, when one comes down from the higher worlds to this lower world—Earth—acquires wisdom here, and then returns to the higher worlds. Upon reaching the higher world, they know, “It is because I acquired wisdom that I have reached such a great world.”

If one knows about what happens after death when alive, one will know that “**nothing is separate; everything is me.**” If there is this understanding, jealousy, hatred, and envy towards others disappear. Such a person loves everyone and lives with the feeling of oneness. Everyone must reach that state.

When everything is one, one must live as one—how can there be division when there is no “other”?

Here, there is no woman and no man, no this caste and no that caste. These are nothing but births taken for the sake of gaining experiences—nothing more! Understand this: When another birth comes, everything changes.

Patriji once said, “If you are born as a Hindu in India and hate Muslims, if you hate Pakistanis, then in your next birth you will be born in Pakistan as a Muslim. You will have to be born as the very Muslim whom you hated.”

If you observe here, after being born as a Muslim, you again end up hating Hindus. The very Hindus whom you loved when you were a Hindu. They become the ones you hate in the next birth. This is very strange. Therefore, when people know about what happens after death, their behaviour changes profoundly. They know, “Everything is one; everything is me.”

When one knows about what happens after death, it is known that “this life is like a dream.”

Everyone thinks that the present life is real. But when one “dies before death,” it is understood that the life lived for 60 or 70 years was nothing but a dream. Until then, one believes, “I earned so much, I have a wife, a husband, I have children, I have relatives—this is all real.”

When one knows about what happens after death, one is surprised and thinks, “All these years I thought this was real. I believed they were mine. I committed many mistakes and sins for them, worried so much about them. Was all this just a dream?!”

Think a little, what is a dream? As long as you are dreaming, it feels completely real; everything seems to be actually happening. The moment you wake up, nothing remains. Then you think, “Was all that just a dream?!” There are many things in dream, but nothing now!

Some dreams feel as if they lasted for years; they leave us amazed. Some dreams are pleasant, and we believe they are real but the moment we wake up, everything disappears.

In the same way, it is understood that present relationships, what exists now, and what is happening now are not real. Because when one knows, “The wife I have now is a wife in the dream, the husband I have now is a husband in the dream, even the son is only a son in the dream,” one will be joyful; otherwise, if anything happens to them, they will become anxious.

At night, while dreaming, it feels real. The moment you wake up, it means when you open the eyes, you understand that it was a dream. But, what happens during the day is understood to

be a dream only after death, or if one dies before death, or when the third eye opens. It is because this dream-like life is mistaken to be real that people commit mistakes and as a result, they are suffering.

Many people think, “I have earned so much,” but if they know that this is an earning within a dream, they will not acquire wealth through unrighteously because while gaining feels pleasant, losing it brings unforgettable sorrow. Those who know that this life is like a dream live satisfactorily with whatever they have and limiting themselves to necessities do not suffer. Suffering arises because of these attachments and because we think, “All this is real.” One relaxes if they will always live with a feeling of, “I am dreaming; all this is a dream, not real.”

Naturally, the moment one dies, helpers arrive and say, “Come, let’s go.” Then the person asks, “Should I leave my family and all my wealth?” They reply, “You have no relation with them—come.” Out of attachment, the person cannot leave the wife, children and says, “I won’t come.” Then the helpers knowing that the person lacks experience and is believing that all of this to be real. They say, “Alright, stay in that illusion,” and they leave.

But if one understands that all of this is a dream and goes along with them, there is no problem. If one refuses to go and remains there, one becomes a wandering soul. Such a person goes home, tries to speak with the wife, children, and friends, but they do not bother. Like that, after sometime (some days or years), they will know: “I have no relationship with anything.” Then it is understood that “All this is like a dream!”

Those who know that “this life is dream-like,” when they are alive only will focus on wisdom and acquire wisdom. Dream-like means it appears to exist, yet nothing remains. This does not mean abandoning one’s wife or children—responsibility remains responsibility! But one should never forget: “This is like a dream.” One must know that nothing is permanent.

Why do dreams occur?

Everyone will be dreaming. Some dreams bring happiness, some bring sorrow, and some cause fear and anxiety. People who hold superstitious beliefs, some bad dreams create a lot of worry. They think, “Oh no! I had this dream—what is going to happen?” If a pig appears in a dream, they consider it inauspicious; if a deity appears, they think it is a good sign.

Therefore, let us understand a little about what exactly are dreams, and why do they occur? In the waking state (jagadavastha), the body and the sense organs function. In the dream state (swapnavastha), the body and the sense organs do not function, but the mind keeps working. During sleep, the mind recaps all the events that happened in the waking state. Meaning, it imagines them. Those are called “dreams.”

Dreaming is an arrangement made by nature. And nature does nothing without a reason. Whatever nature arranges is for our good, for our benefit. Patriji said, “Nature helps us greatly through dreams. Through dreams, nature teaches us two very important life lessons:

1) The raw truth, and 2) The ultimate truth.”

1) The raw truth: It teaches us that “this entire life that is happening is like a dream.” Those who believe that “this is all real” will be

excessively sorrowful and excessively happy.

Look, when children study well, parents feel elated; when they don't study properly and fail to get good marks, they feel disheartened. If the child fails, they feel as if they themselves have failed. But if they understand that it is a dream and the child has failed only in a dream. They think, "Oh! he has come here to learn some lessons, and he is learning."

For some of them, the father earns well and gives a lot of wealth to his children. When they grow up, one child increases that wealth and prospers, while another wastes it and loses even what is there. Parents grieve about the one who loses everything saying, "His life is ruined like this!"

They do not know that "this is happening in a dream and is not the reality." Knowing all these only is wisdom. When one acquires wisdom, one neither feels sorrow nor celebrates; they learn lessons from.

Some people, hoping to make easy money, invest in bitcoins or shares. They lose their money, fall into debt, and when they cannot repay it, they sell their properties. Some keep borrowing until they get the debt, sell their gold, and then sell all valuables that remain at home.

Some people, due to bad habits—such as alcohol, prostitution, or gambling—lose everything and sell off their properties. Why does it all vanish so easily? If a father gives wealth worth crores, why did the children have to sell them? The reason is their own actions. There were people who gambled crores during recent elections, became bankrupt, and sold their properties.

Even after losing all their assets, even after everything is

gone and they are buried in debt, do they die without food? No, they do not. They may face troubles, but there will not be any shortage of food. Nature teaches lessons, but it does not put anyone in a situation where there is no food. In one way or another, their necessities are met. People around them may think, “He once lived like a king—how did he end up in such a state?” Why did that condition come to him? It came to teach him a lesson. Earlier, he may have done injustice someone, and that person suffered greatly because of his actions. Should he not experience the same in return? That is why he is going through it now. So, no matter how much hardship comes, one must know that it is immensely useful for the growth of the soul.

You had a dream in which you were sentenced to three or six years in prison. While undergoing that punishment, some trouble broke out in the jail—some rowdy was kicking you, and even the police were harassing you. You were suffering terribly, thinking, “What is this hell? My life has become like this!” And then suddenly you woke up. Immediately you thought, “Oh! Was all of that just a dream?! Haven’t I been punished?! Haven’t I undergone any difficulties?!”

Nature has arranged dreams to convey this: The pains and hardships you experience in your present life are also like a dream. That is why you should know that “all that is happening is a dream.” That’s why you must not be disheartened by difficulties and not get overwhelmed by pleasures. This and that both are dreams.

This is the plain truth taught by nature. When does one know it? Those who “die before death” know it; those who possess

this wisdom know it. Otherwise, it is known naturally after death—or by those who have attained the third eye.

Many things happen in life, but all of them are dream-like. If this is understood, whatever may happen, you will not grieve or suffer. Some people say, “It sounds good to think of it as a dream, but right now I cannot bear these hardships.”

Look, even in a dream, when hardships occur, you cannot bear them; you feel as if they are real. But once you open your eyes, you think, “What was that? Was it all nothing? Did I not face any pain, difficulties really? Didn't anything actually happen to me? Didn't I experience anything?”

Similarly, even when hardships arise in life, after death, one knows that it is nothing. A man is sentenced to life imprisonment. By “life imprisonment,” it means he must undergo 18 years of punishment. He died in two years, aren't the remaining 16 years automatically cancelled? One person borrowed crores of rupees and then died—what is left to repay? There is nothing to repay. What remains to repay in a dream? The punishment does not exist; nothing exists.

Just as, on waking up from a dream, nothing remains, in this daytime dream also, once one is dead, nothing that is happening remains. You will understand: “This is a dream.”

That is why a wise person neither collapses under hardships nor gets elated by pleasures. There are many things that are meant for us to know in the arrangements made by nature. That Enlightened Soul, the Source Soul, did not create us and abandon us. Nature teaches us many lessons through dreams, through events, through gurus, through books, and through

messages.

But thinking, “this is all real,” and constantly thinking about experiencing pleasures and comforts, people do what should not be done and fall into suffering. When one knows, “this is not real,” one does not commit sins. When one knows, “this is all just a dream,” one no longer grieves thinking, “He is so great, I could not achieve that; he built a mansion, I could not.” One will instead know: “That also is a dream; this also is a dream.”

2) The Ultimate truth: In the Upanishads it is said, “Yad drsyam tan nasyam,” which teaches that whatever is seen is perishable. Look—many things appear in a dream, but the moment you wake up, not a single thing remains. Nature teaches us this profound secret of creation through dreams.

Whatever is visible will perish; nothing is permanent. The 8.4 million kinds of living beings are all born, grow, and will perish at last. Among those 8.4 million life forms, the human race is also included. You will understand this if you look at your fathers, grandfathers, and great-grandfathers. Who is there? All have disappeared. They were visible once; now they are not there.

How many people have lost a wife, lost a husband, or lost children while they are alive? Till yesterday they were there; today they are not there. Why is nature teaching this lesson? Because people live under the illusion that “all this will remain.” They say, “Everything is permanent! This is mine, this is ours, these are my people,” but nothing remains.

Some think, “Alright, it won’t last, but we live as long as it does.” There is nothing wrong with living and experiencing life, but do not commit mistakes or sins for it. Do not earn unrighteously

or act against the laws of creation. But, because this is not understood, people earn unrighteously and later are experiencing dreadful consequences as a result.

It is not a problem if one works hard for what exists, but why earn unrighteously for that which will disappear? Why accumulate sins? Think about what exists. Use this perishable body to know and attain what exists. Then what exists? The soul exists; wisdom exists. Dreams are to know this only.

Patriji clearly stated that dreams are designed to teach the raw truth and the ultimate truth that exists in creation. The reason is that those who are foolish and those who lack the intellect think, “All this is real! All this is permanent!” They believe “I will exist forever,” think, “These are mine, mine,” think, “All these people are my own,” and keep dividing—”They are different, these are different, those animals are different, those chickens are different, those goats are different” and, because of this, they are doing many actions that should not be done.

These dreams occur from the time of being born. But people are unable to grasp the raw truth that “everything that is happening is a dream,” and the ultimate truth that “whatever is visible will perish.” From this, one can understand how good the human intellect is functioning. That is why we keep saying, “One must expand the intellect; wisdom must arise.” Those who try for this are great ones.

A person who earns lakhs or crores is not great. A person who understands these two truths in life and lives accordingly are great. Such a person attains a very high state, becomes one who has known what must be known in life, and one who has achieved

what must be achieved. Nature tries to teach, train, and communicate in many ways. Therefore, we can learn from many things.

Patriji often said, “We can learn from children, from nature, from all living beings, and from villagers.” Dattatreya said, “I learned from 24 gurus.” Meaning, he learned from 24 kinds of beings in nature.

One must learn lessons from the difficulties, losses, and humiliations that come in life. The more lessons one learns, the more one progresses. Only by learning in this way a human being can become a God (Madhava). That is, one who is capable of co-creating a universe. For that, immense experience is required.

To manufacture even a mobile phone, one must possess a great deal of technological knowledge and learn many things. Then imagine—how much intelligence would be required to co-create a universe? Is creating a human body a simple matter? With our ears, we are receiving sounds coming from outside; with our eyes, we are seeing external objects; with our nose, we are perceiving smells; with our mouth, we are speaking. How much technology is involved in all this!

A human being is born as a small child and, as the years pass, keeps growing, undergoing many changes. After reaching maturity, sexual activity takes place and children are born—it is a whole process! But can a man-made doll do all this? It cannot. A doll remains exactly the size in which it is made. If you make a child-robot, it remains a child-robot permanently—none of these transformations occur, right?

If you craft hair on a doll, will it grow? No, it won’t. But

if a human being's head is shaved, the hair grows back again. How surprising is the technology present in nature?! To grow to a level where one can create 8.4 million species of life—that is what becoming the enlightened soul means. Until then, one has to keep taking births. How much must one learn for that?

We often think, "I have already learned so much," but where is it ever sufficient? No matter how much we learn, there is always more to learn. This is an extraordinary creation. Therefore, both intellect and wisdom are absolutely necessary. That is why I say: "Do not stop meditation, do not stop coming to Bhimavaram, and make full use of this great opportunity that you have received."

We are not concerned about everyone. We, the souls have taken this birth only to keep growing further. Once we take birth, we learn lessons and we must learn! So, provide guidance to those you think of as "your people," but do not pressure them, do not force them. After another 50 births or 100 births, they themselves will learn.

We should focus on knowing and learning. We should not get trapped in this illusion and think, "This family is mine, these properties are mine, this wealth is mine, these positions are mine, this job is mine," and think, "That itself is life! That itself is great!" We should not get immersed in all that. These dreams occur to make us convey: "Whatever you see will eventually disappear. Do not run after it."

Through dreams, nature is rendering us another good. It is:

3. Through dreams, nature is fulfilling the unfulfilled desires:
In life, there are many unfulfilled desires. People feel unhappy and

disappointed thinking, “I don’t have money, I don’t have a car, I don’t have a good job, I don’t have a beautiful wife, I don’t have a good husband, I don’t have many pleasures, I don’t have jewelery, Others have these things, but I don’t have them, He has a good position, but I don’t, I haven’t received any awards.” They think, “It would be nice if I had all these,” but not everyone’s desires get fulfilled.

Therefore, for people who feel sorrowful due to such unfulfilled desires, nature fulfills them through these dreams and gives them some relief. You might think, “But dreams last only for a short while!” You think that real life is much longer. But just as a dream lasts only for a while, real life also is only for a while—it is not very long either.

Once, while I was speaking with Patriji, he said, “Buddha was born 2,500 years ago. I was with Buddha as Ananda. Now I have been born as Patri in a Brahmin family. From then till now, I have taken a total of five births.”

Then I said, “Only five births in 2,500 years? Shouldn’t there have been many more births?” He replied, “For us, 2,500 years seems like a long time, but in the higher worlds it is counted as less than a crow’s drop in the ocean.”

Therefore, what we need to know here is this: People think, “A dream lasts only for a short while, but real life is very long.” But this real life is also only for a short while. **“That is the night dream - This is the day dream.”**

All of us are fragmented souls separated from the Source soul (Mulatma) or an Enlightened soul (Purnatma). That means we are parts of them. In a way, they are us, we are not separate. As

Patriji said, “**We are not humans who have come from the divine world to the earth for divine experiences; we are divine beings who have come to have human experiences.**” That means everything is He, right? Why would one hurt oneself? Do you ever intentionally hurt yourself?

This arrangement in creation exists only to give them some relief when people churn within themselves, suffer because of unfulfilled desires.

How do dreams occur?

Let us know how these dreams occur. Dreaming is a natural state of the mind. It is the state that occurs in the intermediate state between wakefulness and deep sleep. When the senses are unable to use their powers of perception, the mind begins to recollect the memories and unfulfilled desires that lie dormant (sleeping) deep inside. These are called dreams.

In other words, when the sense organs are not in a position to perceive what is happening in the external world, and the conscious mind is at rest, the hidden desires stored in the mind resurface through recollection. These are called dreams.

Unfulfilled desires remain hidden in the mind. That is, they stay buried deep within the mind, in the subconscious state; they do not disappear anywhere. They wait for an opportunity to be fulfilled. For example, a person may have the desire to buy a car, but does not have enough money. That desire stays inside. Even if it does not come to mind every day, it surfaces now and then.

When one falls asleep, as the conscious mind relaxes, the desires that are stored in the subconscious mind resurface during

the dream state. You begin to recall them again. At that time, everything feels as if it is truly happening. These are called dreams.

In other words, a person may not be able in real life to earn that much money, buy such cars, build such buildings, run such businesses, or attain such positions. But those who worry with the thought, “It would be good if I had all these,” are temporarily given relief by nature through dreams where these desires appear fulfilled. They are relaxed while dreaming. What a wonderful arrangement nature has made! How good is this!

You have brought certain karmas to experience and accordingly, you got such a life. If you keep sitting worried over unfulfilled desires, you will not do the work you are meant to do, nor will you gain the wisdom you are meant to acquire. Many people think, “I must earn money so that my desires are fulfilled,” they are working day and night for that. When desires are not fulfilled, they are committing mistakes, sins, and actions they should not do. For such people, and specifically to provide relief from unfulfilled desires, nature has made this arrangement of fulfilling them through dreams.

“Types of dreams”

There are many types of dreams. Apart from the common good and bad dreams that we usually experience, there are two more types of dreams.

1) Dreams that indicate future events: Many people say, “I get to know things a little in advance.” At times, dreams that indicate the future act as guidance for us.

2) Dreams that create intense fear: Because of disappointment, extreme sorrow, or deep fear, terrifying dreams may occur. Elders

say that frightening dreams can come when a person is extremely tired or suffering from severe indigestion.

That's why, when you learn something good from a dream, there is no problem in knowing them; you can even put them into practice. For these, one must possess some intellect also. Therefore, dreams are meant to benefit human beings, not cause loss to them, and we should learn from them also.

Thus, dreams teach us three things: 1) Everything that is happening is like a dream, 2) Whatever visible is bound to perish and 3) Some unfulfilled desires also get fulfilled through dreams—even if one cannot experience them in real life, one experiences them at least in dreams.

There is no use of knowing that “this life is like a dream” after death. Also, not everyone can acquire wisdom instantly. To acquire wisdom, one needs intense discipline, determination, effort, and so much sincerity—only then wisdom arises. Even attaining the third eye is not easy; one must rise to a very high level like that of Lord Hanuman. Only those who reach such a great level attain the third eye.

Those who “die before death” know that “**whatever is happening, is like writing on water.**” What happens to writing on water? In a short while, it disappears. Similarly, everything that happens in life does not last—it passes away. Therefore, understand from this that “whatever is happening is only a dream, not real.”

We should not commit mistakes or sins, and we should never deviate from righteousness about this unreal life. We are being born, and throughout life we work day and night, doing many things and are earning in various ways. Do whatever you

may—ultimately, everyone will depart. That means all of this also is just a dream! Can we show today what happened in childhood? No, we cannot, right? Similarly, it is known that whatever we see and do now is also a dream after death.

When one wakes up from sleep, nothing remains. They say, “Was it all just a dream?!” Likewise, when one attains soul-knowledge, one knows that “the entire life being lived is a dream.” Or, when the third eye opens, it is known that “everything that is happening is a dream.” Therefore, a soul-realised person knows that all life is like writing on water. This raw truth is understood.

Here, Vedanta teaches: “Even if one dies, one does not die.” Vedanta also teaches, “Yad drsyam tannasyam”—whatever is seen is perishable. Patriji said many times, “Even if we die, we do not die.” We think that we have died, but we still exist even after death. When this is understood, there will be no sorrow for anyone. Therefore, remember: There is bliss in dreams, and there is bliss in life also. Know that we should not commit mistakes or sins, nor ruin our lives for this dream-like life. Nature warns us that we must acquire the knowledge that comes with us.

If one knows about what happens after death, it is understood that “this entire world is a stage.”

If you think, you will understand that the whole world is like a theatrical stage. On this stage, all of us are actors. Just as actors exit the stage when a play ends, we also exit this world when we die. This is exactly what Shakespeare said. He said, “All the world is a stage. We are all mere actors, destruct and fume, do our part and then depart.”

That is, Shakespeare compared the world to a stage. On this stage, we are role-players. Each of us plays a different role—the role of a wife, the role of a husband, the role of a rich person, the role of a poor person, the role of a politician, the role of a worker. Like that, everyone plays their own role. There is a lot of hustle and bustle, we do many activities, but in the end, each person completes their role and quietly exits the stage.

Some people are like guest artists. They come in the midway and leave in the midway. Similarly in life, some people leave soon after birth, some leave after growing a little, some leave after growing old, and some even leave soon after marriage. People leave in different ways.

Just as a play has all kinds of roles, in life also each person comes by choosing a particular role. As they don’t know this, people are suffering a lot. If you are a wife now, you are playing the role of a wife. If you are a husband, you are born as a man and are playing the role of a husband, that’s it! You are not the real husband, nor the real wife.

But sometimes, the actors performing in this drama can

even bring tears to the eyes of the audience—they play their roles with such intensity and involvement. Similarly, you also should play your roles by thinking, “This is only a play.”

If you say, “He is not my husband,” and fail to play the role properly, the director will remove you. Therefore, as long as you are on the stage of this play, you must live through those roles. A wife should be like a wife, a husband should be like a husband—one must do justice to the role. Therefore, in that way, everyone should perform their own part in their own play. There is no need to grieve thinking, “My role is getting over!” You will again get another role in another play.

Likewise, there is no need to cry thinking, “Life is coming to an end!” As Patriji said, “You don’t die, even if you die.” He also said, “Birth is a celebration, and death is also a celebration!” Everyone knows that birth is a celebration and they even celebrate it. But how can death be a celebration? Many do not understand this—but death also is a celebration!

Why? Because you were born to achieve certain things in life. You achieved what you wanted to achieve. You did what you had to do in that role. Then why do I need it? The purpose of that role is over. Therefore, you take up a new role and return again to this stage—the world. What is there to grieve about?

Instead, think like this: “Oh, this time I’ll get to play a different, new role!” Think further—when old age arrives after everything that needed to be done is done, you cannot do much, right? All the senses lose their power. Your grip over the body weakens. What can you do by having such a body?

If you observe further, many elderly people become confined to a bed, dependent on others, surviving only if someone else feeds and cares for them. Instead of living such a miserable life, if one departs, they get a new body—and then see how magnificent that life is! The mother takes a good care, provides everything the child needs, and looks after everything even without being asked.

When such a wonderful life is going to come again, there is no need to grieve about leaving this life. One who knows and understands that “this is not the end; an even better and greater life is coming” feels it as a celebration. That is why Patriji said, “Death is a celebration!”

No matter what, one must definitely not forget that “this entire life is like a play.” If this is remembered, one will relax a lot, will be able to face any hardship, and does not grieve or suffer over anything. All this is known when one knows about what happens after death.

If one knows about what happens after death, it is known that “the earthly world is night, and the higher world is day.”

Those who live on this earth without knowing what happens after death are, in a way, living contrary to creation—against the nature.

Because for those who know what happens after death, know that the earthly world is night and the higher world is day. This may sound surprising! We think, “How can the earthly world be night?” Because, when a thing is there, but not visible, we call it night; when a thing is visible, we call it day. Even though there is light on earth, if one is unable to know the soul, then for them it is night! Because, even if the soul exists, they are unable to know it. So, it is considered that they are in darkness. In a way, it can be considered that everyone on earth is in night!

You may ask, “How can we see the soul that is inside the body?” Even if you cannot see the soul while it is in the body, when a human dies the soul leaves the body but it is not visible. Helpers come from the higher worlds to take that soul, but they are not visible, and their conversation is not heard.

Even if they are right beside you, you do not know they are there. Why can’t you see them even though they exist? Because of the darkness. Similarly, Patriji said that at night, when people enter deep sleep, the soul leaves the body, moves around, and then re-enters the body. In this way, souls come out every day and take rest. There are even people who wake up at night. Are they visible to any of them? No, they are not visible, right?

Similarly, when they reach the higher worlds, there are many beings there. After death, when one goes to the higher worlds, those worlds become visible—what exists there is visible, who is present there is visible. But none of this is visible on earth. Therefore, the earthly world is night, and since everything becomes known in the higher worlds, they are considered day.

We all think that we are “living in light,” but when the understanding that “I am the soul” arises, we will know that “until now, we were living in darkness.” Moreover, one is able to know the soul when the third eye opens. For such people, even life on earth feels like a day.

When one knows about what happens after death, everything is understood in reverse. As nothing is seen and known here, people think that only what is visible on earth is real, giving importance only to these visible things, they do things that should not be done, living with the belief that these are only permanent. Such a life is a life of darkness.

These physical eyes do not have the power to know what is invisible in this creation. Therefore, to know all these one must practice intense ‘observation of the breath meditation’ and attain the divine eye—the third eye—or leave the body, or at least acquire wisdom, or at the very least blossom the intellect.

If there is nothing, nothing can be understood, and no transformation occurs in life.

Coming to me, earlier, I used to run businesses and earn a lot of money and think that I was doing something very great in life. After I met Patriji, he told me, “You are a soul!” Many people

hear such words but they will ignore, they will not believe, and they ask to show it.

But I did not leave it so easily. I studied so much. After studying the Upanishads, the Bhagavad Gita, the Puranas, and the works of many great masters and yogis, I understood that what Patriji said was the truth. To be honest, at that time I had not practiced much meditation, but my intellect was working. I understood everything Patriji explained, and my life changed immediately.

Until then, I had earned money for the sake of the body. The moment I knew this, I stopped pursuing wealth and started pursuing wisdom. I began doing only those activities that benefit the soul. I stopped giving importance to the body, gave up positions, distanced myself from friends, and even sent my family members out.

Until then, we were engaged in services meant for the body. I was running a homeopathy hospital, which I closed. My wife had been providing free training to about 200 women; we stopped that also. Both of us understood, “We are not bodies; we are souls. These services benefit the body, but they do not benefit the soul.” That’s why, we began to use our time, resources, speech, and energy only for the soul. Why did such a profound transformation occur? Only because the intellect functioned well.

If you use your intellect and keep listening to the messages of great masters, you can grasp many insights from them. That is why Patriji said, “Not just meditation practice (sadhana), but also reading books (swadhyaya) and association of the wise (sangatya)

are necessary.” He said, “For five lifetimes I have been enlightened, learned many things, and written many books.”

His intention was this: “The wisdom that exists in creation is infinite. If even Shiva continues to meditate and deepen his wisdom, how can we think that we have become great or that we know everything? We must keep learning.”

Therefore, know this: When you go to the higher worlds, you will be surprised—” What is this? When I was on Earth, nothing was visible! Are there so many worlds? Are there so many beings in these worlds? Are there so many beings?” How is anything visible in darkness? It is not visible. An ignorant person can’t know or even cannot know any of these. A wise person, however, knows all of these. That is why wisdom is compared to light, and ignorance is compared to darkness.

When I say, “Acquire wisdom—wisdom is extremely important!” Many people do not take it seriously. They ask, “What can we do with wisdom?” But a soul-realised person “dies before death” meaning, they will know about everything that happens after death.

If something exists but is not visible, it is night. If it is visible, it is day. Therefore, for those who die before death, it is known that “the earthly world is night, and the higher world is day.”

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If one knows about what happens after death?

- ◆ They understand that “I do not die; there is no death for me.”
- ◆ They know that “they are not the body, but the soul.”
- ◆ One will utilize their entire time only for the benefit of the soul.
- ◆ One will understand that life on earth is very short.
- ◆ One will know that “the worlds they are taken to depend entirely on the actions (karmas) they have performed.”
- ◆ One will know that “many of the expenses made for the body are a waste.”
- ◆ One will know that “nothing one has acquired will come with them after death.”
- ◆ One will know that “only the wisdom that one has acquired benefits them.”
- ◆ One will know that post-death rituals are of no use.
- ◆ One will come to know one’s life design.
- ◆ One begins to give much importance to spending time with soul-relatives than with blood relatives.
- ◆ It is known that “this life is like a dream.”
- ◆ It is understood that “this entire world is a stage.”

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