

THREE TYPES OF FUTURE

Brahmarshi Tatavarthy Veera Raghava Rao



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c) All the messages of Mr. and Mrs. Tatavarthy are organized in concept-wise YouTube playlists.

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THREE TYPES OF FUTURE

Every human being has three types of future. Most people think that the life they live until they die, that is, the life in this birth, is their future. But that is only the future of this life.

However, you will continue to exist even after death, which means you will have another life. That too is your future.

Moreover, after death, you will take another birth. The life you live in that birth is also your future.

Here, If you observe, the remaining part of this life is your future; the life you have after death is also your future; and the life you have after taking another birth is also your future. Thus, every human being has three types of future.

Generally, you make many kinds of efforts to ensure that your future is good. You work very hard and acquire many things. Why? Because you want to live a peaceful life without any lack until the day you die. You want to live without any difficulty in meeting your needs. Your needs are: 1. Food, 2. Shelter, 3. Clothing, and 4. Companionship.

Here, shelter means a house to live in, food means to sustain life, clothing means clothes to wear, and companionship means a husband for a wife and a wife for a husband. With these, you strive to ensure that there is no lack in your life. Therefore, you arrange your life in such a way that you have enough income to meet your needs as long as you live.

You also make arrangements for the comfort of your body. In this way, all human beings on this earth strive greatly to ensure that their future is good for as long as they live.

But if you observe, you will know that you have two more types of future. That means, not knowing that there is a life even after death, you only try to make the future of your present life better. But there is a future after death, and there is another future that comes in another birth as well.

We all had a past life and died. After that, we stayed in the higher worlds for some time. Later, we have taken this birth now. If the present life is not good, everyone has the feeling that God has been unfair to them. Furthermore, even if your own life is good, you will feel sad if the life of someone in your family is not good. You wish for a life where everyone is well. In the same way, shouldn't your future life also be good?

Just as you think so much about making the future of your present life good, should you not also think about making the other two types of future good? For that, you must make efforts in this very life.

If you do not think about your future births, then you will have to suffer in the same way as you are suffering now.

If your future is to be good, it depends on the efforts you make now. If you neglect it now, you will have to face endless suffering in the future.

On this earth, many people, due to male ego, continue to do many things that should not be done, they commit acts of violence and subject their wives to suffering. Yet they themselves will take a woman's birth and have to undergo the same suffering. Not knowing this, they do such things in their present life. They will not know when they do wrong but when they experience the consequences, they think, "My life has turned out like this. I have

been born as a woman; that is why I am in this situation.”

Therefore, in this very lifetime, you should think about the other two types of future and strive to ensure that they are better. Not only should the future of this life be good, but the future of your life after death should also be good. So, If all three types of future are to be good, let us find out how you should live? What should you do?

If you want the future of your present life to be good, you must first develop your intellect. If you want the future after death to be good, you must acquire wisdom. If you want your next birth to be good, you must become a yogi.

If you do these three things in this life, not only will your three types of future be good, but you will also attain Satyaloka, which is the goal of your life. Naturally, when people think about passing the IAS examination, they say, ‘Oh! How is that possible? It is not possible for everyone” and stop trying. But if they make a determined effort, anyone can achieve it. In the same way, if they wish to attain Satyaloka, which is the goal of life, they think, “It is impossible for us. It is possible only for great people.” But there are people who are attaining it, right?

Sri Krishna said, “Yad Bhavam Tad Bhavati.” If you remain with the thought, “I cannot do it, I cannot achieve it,” then you will neither do it nor achieve it. But if you think, “If others can do it, why can’t I?” then you will be able to do it. You must remove the feelings of fear and inferiority within you. You must cultivate a lofty and noble attitude. Every person has the ability to achieve anything. It is only because of the thought, “I cannot do it,” that you stop making any effort. But everyone is capable of achieving

everything.

If you want the future of your present life to be good, you must develop your intellect. Because, if your future in this birth is to be good, you should be able to live with comfort and happiness in the future. Without comfort or happiness, there can be no peace. Such a life brings only difficulties. Therefore, if everyone is to have comfort and happiness, there should be no sorrow. The causes of sorrow are tamasic and rajasic qualities. Those who possess these qualities commit mistakes and sins, and as a result, they bring difficulties upon themselves. Those who have difficulties cannot enjoy comfort or live in peace.

But if such people do ‘Observation of the breath meditation,” they will gradually leave these two qualities and enter sattvic quality. When they enter sattvic quality, their intellect develops. Once their intellect has developed, they do only the things that should be done. They do not do the things that should not be done. Because they do not do the things that should not be done, they do not bring difficulties upon themselves, and they do not go through sorrow.

Such people are able to live with comfort and happiness, and their future will be good. Therefore, if everyone wants the future of this life to be good, they must develop their intellect. Those who develop their intellect in this way will experience many changes in their lives and will live in the right way.

Vidura explained how a person with intellect lives, how they behave, and the benefits they gain.

1) A person with intellect pursues their duties rather than their desires.

2) They do not crave everything, become anxious over everything, or desire things unnecessarily.

3) A person with intellect thinks only about what is necessary and sets aside what is unnecessary.

4) Before doing any work, they will know the benefit and the loss that may result from it. Even before beginning the work, they will think, “Will this be beneficial or harmful to me?” Here, “me” does not mean the body but the soul. They do not seek benefit for the body but benefit for the soul. A person with intellect remains in sattvic quality and will be able to enter into meditation.

5) They do not grieve if they lose something, do not become overjoyed if they gain something. A person with intellect does not waste time and devotes exactly as much time as each task requires.

6) A person with intellect frees themselves from womanising, lusting after men, drinking alcohol, gambling, and such habits.

7) A person with intellect does not waste wealth or money but uses them properly.

8) A person with intellect knows what is right and what is wrong. They know what should be done and what should not be done.

9) A person with intellect is able to recognise a friend and an enemy and will be able to control their enemies.

10) A person with intellect knows how to apply, where to apply and when to apply conciliation, offering gifts, division, and punishment.

11) A person with intellect respects elders and the wise,

maintains friendship and association with them.

12) A person with intellect speaks carefully.

13) A person with intellect does not lie, make promises, and never goes back on their word.

14) A person with intellect knows that silence is more valuable than speech. They greet those who come to their home with kindness, remain cheerful, and do not become angry.

15) A person with intellect does not give un-necessary advice unless the other person asks for it.

16) A person with intellect never insults anyone under any circumstances.

17) A person with intellect responds only as much as is necessary, and accepts only as much as is necessary.

18) A person with intellect remains balanced in sorrow and joy, honour and dishonor, and gains honor. He continuously develops his spiritual knowledge.

In this way, Vidura explained the qualities and behaviour of a person with intellect. If you are able to live as Vidura described, the future of your present life will be good. We all think that we will be well if we have wealth, but it is not wealth that we need; we need intellect. We must develop our intellect. Only then there will be happiness and peace in this life.

The Second Type of Future

Naturally, people think about the future of their present life, but they do not think about the future of the life that exists after death. Likewise, they do not think about the future of their next birth.

However, if the future after death is to be good, you must progress from the world in which you now live to a higher world. The lives of those who attain the higher worlds are glorious. To reach those higher worlds, you must acquire wisdom while you are still on Earth. If you do not think about the future of life after death, then after you go there, you will be asked, "What did you accomplish?"

However, those who want all three types of futures to be good should do what is necessary to make their present future better, while at the same time making efforts in this very lifetime to ensure that the other two kinds of future are also good.

Now let us know how life in the other world becomes better when you acquire wisdom.

When you reach those higher worlds, you will have a counselling session with the residents of other worlds. They will question, "My dear, what did you do? What did you accomplish?"

But those who practice 'Observation of the breath meditation' and acquire wisdom while living on earth will attain even higher worlds than those they had previously reached. Then the residents of those higher worlds who counsel them will warmly congratulate and praise them, saying, "My dear, you worked very hard while you were on earth you acquired wisdom and attained

the higher worlds." The lives of those who receive such praise are glorious there. The reason is that they will have the company of those who have acquired wisdom. In that way they share wisdom with those who dwell there.

Children from ordinary families are admitted into ordinary schools because their parents cannot afford the fees charged by corporate schools. There, they will have the company of children from ordinary families. Naturally, in such families there are quarrels, conflicts, and harsh words. As a result, those are the kinds of words commonly heard among them. But if children are admitted to corporate schools, they have the company of children from distinguished families. They learn many valuable things, develop good habits, and study well.

Similarly, those who acquire wisdom while on Earth and attain the higher worlds have the company of rishis, maharishis, yogis, and others like them. They engage in discussions on wisdom and learn new things spiritually.

At present, you are acquiring such spiritual knowledge by attending the Soul-Knowledge Training Camp held on the 1st, 2nd, and 3rd of every month and by participating in the Zoom sessions held every morning. You are in the association of the wise, learning many things related to spiritual knowledge, and clearing your doubts. It is the same in the higher worlds.

There are no physical bodies there. The spiritual knowledge acquired there is stored within the soul. Afterwards, they are born again on earth. Since they have to acquire greater spiritual knowledge and gain further experience on earth, they decide what kind of birth to take, in which region to be born, and

whether to be born as a man or as a woman, whom they should marry, and what kind of children they should have and, they are born on earth.

Patriji said, "Naturally, those who are born as Christians or Muslims are in their early births." Therefore, many of them eat meat and consider it to be right. After being born into those religions and learning what they have to learn, in their next birth they are born as Hindus into an elevated family and develop an interest in spiritual knowledge.

That is why Patriji, was born into the Hindu religion, into a Brahmin family in Andhra, and travelled throughout the world, sharing spiritual knowledge in this birth. Many people were drawn to him. He knew that many people in this region have a keen interest in spiritual knowledge. Therefore, we have all learnt spiritual knowledge through Patriji, and we are striving to share that spiritual knowledge with everyone. As you continue to acquire spiritual knowledge, you will notice that your sorrow gradually diminishes. By developing spiritual knowledge in this way, life in the higher worlds becomes much more glorious. That is why it is said that, if we want our life in the higher worlds to be good, we should acquire spiritual knowledge.

In this world, there are two seeds: 1.Karma and 2. Akarma (non-action). Naturally, human beings become entangled in worldly enjoyments, commit sins, and remain entangled in bonds because of these, and they do not know how to attain liberation. For all such people, spiritual knowledge alone is the solution.

Just as burnt seeds never sprout, when spiritual knowledge reaches its peak, that is, when one attains Brahma Jnana, there are

no further births. No matter how much one tries, burnt seeds will never grow into a plant. Likewise, when Brahma Jnana is attained, it burns away sins, and one is no longer caught in the cycle of repeated births.

To acquire this knowledge while living on Earth, you must practice the three spiritual gems taught by Vasishta. These are: 1. 'Observation of the breath meditation', following a sattvic vegetarian diet, 2. Reading books related to soul-knowledge, and 3. Being in association with those who teach soul-knowledge. Along with these, Patriji taught us one more thing: The service you render on this path. This includes supporting the wise, teaching the spiritual knowledge to others, acquiring spiritual knowledge yourself, and sharing that knowledge with everyone. You are now doing all these things. As you continue to do them, your spiritual knowledge gradually develops unknowingly. As a result, the life after death will be glorious.

Everyone thinks about life while they are alive, but they do not know that life continues even after death. Some even ask, "Why do we need spiritual knowledge?" But life on Earth is very short, whereas life after death is eternal and far greater.

If you observe, 60 years on Earth are considered as 60 days in the higher worlds. Therefore, we should strive to make the eternal life after death a good one, and for that we must acquire spiritual knowledge. That is why Patriji says, "Earn enough on Earth to meet your needs, and devote the rest of your time to develop your spiritual knowledge."

Whenever wonderful programs related to soul-knowledge take place, many yogis and yogishwaras support them. Naturally,

everyone thinks that God exists only in a temple. But the gods are everywhere; they are present in all places. They continuously watch over the residents of the earth.

They do not spend their time eating three meals a day and sleeping as you.

You may wonder what the gods, who are present everywhere, actually do. They observe countless souls like you who live in countless worlds, and watch over all their activities.

The constant endeavour of the residents in the higher worlds is to guide these souls who remain in ignorance, towards spiritual knowledge. Their sole aim is to make you wise beings. You should understand this.

Those who conduct programs related to spiritual knowledge and teach spiritual knowledge on Earth receive the support of the residents of the higher worlds. They assist in every possible way. They help those who work with purity of intention, free from selfishness and personal desires.

Naturally, when you decide to organise major programmes on this path of spiritual knowledge, you may feel fearful. But once you begin the work with courage and determination, you yourself will wonder how even such a large program was completed. You will be filled with amazement and think, "How wonderfully it was completed!"

If you observe, because the program you have undertaken is related to spiritual knowledge, the inhabitants of the higher worlds help you accomplish it. On the other hand, if the programme is not successful, understand that there is some selfish motive within you. Know that you don't have faith towards that work.

The residents of the higher worlds always help according to your need. You receive neither more nor less than what is required. Once you begin the programme, they complete the work through one person or another.

However, you must have the faith that you can make the event successful. If you have even the slightest doubt or hesitation, they will not pay attention to you. Consider this: Some people wish to come to Bhimavaram, but they give up, saying there are difficulties at home. But if you have the conviction, "I can go. This is a noble endeavour. I must go there to acquire spiritual knowledge. I will certainly receive permission," then favourable circumstances will surely arise. Such circumstances are created by the residents of the higher worlds.

Remember, the enlightened souls are always watching over you. If your intention is truly pure, and your heartfelt aspiration is, "I must acquire spiritual knowledge and share that knowledge with everyone," then many insights will unknowingly arise within you. It is the residents of the higher worlds who inspire those insights.

Since many years, Both me and Mrs. Rajyalakshmi is conducting the Bhimavaram and the Zoom classes. The spiritual knowledge taught in one class is never repeated in another. The reason that we are able to share something new every day is that great souls and yogis bring that to our awareness intuitively. You should know that we receive spiritual knowledge according to the situation and circumstances. What is taught there is not taught by us; it is conveyed by great yogis through us. If you listen to such spiritual knowledge with great attention, write it down, study it, reflect upon it, and put it into practice, it will not take you many

years to become enlightened. Within just a few months, you can acquire a great amount of spiritual knowledge.

First, you must give up the sense of inferiority and the negative attitude within you. This negative attitude has become deeply rooted in your mind. If you think, "I cannot do that work. I am a woman. I do not have that much courage," and entertain even the slightest doubt or hesitation; it will take not just years but many lifetimes to attain spiritual knowledge.

Therefore, you should always remain in the belief that "we are souls" and teach the classes with courage. Only then will the residents of the higher worlds extend their support to you. We ourselves are examples of this. Never forget that whenever you selflessly teach these classes to everyone, the support of some yogi is always with you.

If you observe, Patriji himself told about this many times. He shared that even a great master like Osho experienced the walk-in of a great yogi's soul. As a result, during his final days, he delivered many extraordinary, effortless, and astonishing messages.

Patriji also said that one Maitreya Buddha entered his body. He said that this transformation took place within moments.

Patriji further said that such transformations can occur after a minor accident, an illness, or an operation. From the moment such a transformation takes place, remarkable changes become evident in a person's messages and in the spiritual knowledge they impart. However, not everyone is able to recognise such changes. Those who can recognise them are fortunate.

This process always takes place throughout creation. The departure of one great master does not bring this endeavour or

this process to an end. Whenever there are those who are worthy, these works continue through them. Everyone is equal to the residents of the higher worlds. However, every individual must have sincerity, determination, faith, and trust in learning spiritual knowledge.

You should take every message of Patriji with the utmost seriousness. You should not be interested in other matters. You must free yourself from attachment to worldly life. In this way, you should develop greater interest in spiritual knowledge, strive to live selflessly, and make welfare of the world your goal. When you are able to live in this manner, you will grow into a truly great person within a short time. The transformation within you will amaze you. That is why you should never take our words lightly.

At present, we are knowing about the second type of future. We are knowing that we must acquire spiritual knowledge. In order to acquire that knowledge, we are following the three spiritual gems taught by Vasishta and are practicing what Patriji taught: "What is shared is multiplied." We are acquiring spiritual knowledge and striving to share that knowledge with everyone. In other words, we are all practicing these four tasks. However, to know how far our spiritual knowledge has progressed, let us learn some of the teachings given by Madam Blavatsky.

Let us know the behaviour of those who have attained soul-knowledge through some of her teachings. The teachings and messages of such great souls are immensely beneficial to us. They help us understand the state we are in, how far we have progressed, and how much spiritual knowledge we have acquired.

Blavatsky's Messages of Wisdom

1. One who has attained wisdom knows that another person's suffering is no different from one's own. The suffering of the world becomes their suffering.

2. Such a person does not eat meat which stimulates animalistic tendencies, nor does one consume alcohol which creates negative magnetic vibrations.

3. One is not influenced by external circumstances but lives according to one's inner being. (One does not act out of concern for what others may think but only considers whether one's actions are right or wrong.)

4. One knows that inner behaviour is more powerful than outward behaviour. (Rather than following the dictates of the mind, one lives according to the guidance of the inner soul.)

5. Even the deep love one has for one's children, spouse, and loved ones is completely free from selfishness. In other words, there is no selfish attachment in family or blood relationships. (Such a person is free from the three attachments, that is, free from attachment to spouse, wealth, and children.)

Shankaracharya also said, "Oh brother! Who is your wife? Who is your son? This worldly life is exceedingly strange. To whom do you truly belong? Where have you come from? Oh brother, reflect upon this truth. Such inquiry will completely dissolve all your illusions and attachments.

6. One will not give importance to the body or to external surroundings. (Such a person is detached from worldly objects and deeply interested in the soul.)

7. An ordinary worldly life does not bring satisfaction. (No matter how many achievements one attains in the material world, there won't be satisfaction.)

8. One regards this life as a stage and oneself as merely playing a role. (One knows that life is like a dream or drama and that one has come here only to learn life lessons.)

9. Whether pleasures are present or absent, whether there is peace and comfort, one remains unaffected. (One knows that they are not the body but the soul through direct experience.)

10. One lives not for oneself but for the world in which one lives. (One gives priority to serving others.)

11. One has no interest in worldly desires, positions of authority, worldly affections, or worldly responsibilities. One must know that all worldly things are impermanent, they don't remain, and do not belong to us who are the soul.

12. One does not act according to external circumstances but according to one's inner being. (Such a person does not prefer loneliness but lives in solitude.)

13. The distinctions between oneself and others, as well as jealousy and hatred, are completely absent. (One abides in the state of "I am everything, and everything is me.")

14. One is completely free from the ego of "I" and the attachment of "mine" (such a person is free from the feelings of "me" and "mine".)

15. One makes no distinctions of status or rank. One regards every human being as equal and every living being as important and behaves accordingly. (One who has known that

everyone is one.)

16. One possesses a sense of moral responsibility, practices righteous deeds, will possess a simple nature and a good heart (deeply interested in soul related services).

17. One will be able to influence others through their character (removes the ignorance of others through their spiritual knowledge).

18. One knows that true growth in spiritual knowledge comes only by taking refuge in the Divine, that is, in the soul. (Teaches everyone that taking refuge in Truth is taking refuge in the Divine.)

19. One has no interest in practices such as hypnotism, mesmerism, magnetism, vandalism, black magic, animal magic, or similar occult arts. Even if one possesses such abilities, one does not display them. (One uses them only for the upliftment of their soul and never for self-glorification.)

Now let us discuss one of the messages of Madam Blavatsky.

"Those who have attained soul-knowledge live not for themselves, but for the world in which they live."

This single statement contains profound meaning.

Here she says, "not for themselves, but for the world in which they live." Here, "for themselves" does not refer only to the individual. It also includes one's wife or husband, children, relatives, friends, one's earnings, and the work one does, as well as many other such concerns.

Furthermore, some people struggle only for their position, reputation, recognition, personal advancement, personal comfort,

or personal greatness.

They devote a great deal of time in their lives to these pursuits.

However, in this message, Madam Blavatsky teaches that all the resources one possesses- one's time, wealth, speech, actions, abilities, and skills - should not be used for oneself, that is, for one's own body, but for the benefit of the world. Here, there are two expressions, "for oneself" and "for the world".

Those who possess spiritual knowledge use their time not for their own benefit but for the benefit of the people in the world. They live for the sake of those around them. They do not live for their own gain, comfort, or happiness, but for the comfort, welfare, and happiness of the people in the world.

If we look here, one such person was Gandhiji. That is why he became a Mahatma. Mohandas Karamchand Gandhi became a Mahatma because he lived not for himself but for India and for the people of India.

However, today we are engaged in work even greater than the work done by Gandhiji. Gandhiji thought only about India, whereas our Guru, Patriji, lived not only for the people of every nation in the world but also for all living beings and all forms of life. How great his life was! He dedicated his entire life to non-violence. He made immense efforts to stop the violence inflicted upon all living beings. He devoted himself tirelessly to this cause throughout his lifetime, he devoted all his abilities and capabilities to that very purpose.

Furthermore, our Guru, Patriji, worked tirelessly with the aspiration that everyone should attain soul-knowledge, that

everyone should attain liberation, and that everyone should be freed from sorrow. He worked hard day and night without any concern for his own comfort. Every day, he travelled continuously for the sole purpose of teaching spiritual knowledge.

He dedicated his entire life to the world. From the moment Sadananda Yogi came into Patriji's life, Patriji paid no attention to his family, personal comfort, wealth, or worldly pleasures but devoted himself to the effort of teaching spiritual knowledge to all of us.

Whatever Madam Blavatsky had taught, Patriji himself put all of that into practice throughout his life. Likewise, both of us have taken Patriji as our role model. Setting aside our own family life, we are living for the world. We have set aside our own comfort and happiness, striving for the welfare of everyone, with the aspiration that everyone should grow, that every individual should become wise, and that everyone should reach the same state that we have attained.

Naturally, in this world, there are four types of paths in teaching people: conciliation, offering gifts, division, and punishment.

Patriji used these paths to help everyone become wise. Some people understand as soon as they are told. Some listen only when spoken to firmly. Some understand through their own intelligence, while others respond when spoken to gently. I have observed Patriji teaching in this way.

Likewise, both of us, in one way or another, are striving to help everyone understand, we are making every effort to help

everyone raise to the same level as ourselves. We are living not for ourselves, but for the world.

Normally, people travel abroad for pleasure and entertainment. However, both of us are travelling across different states and countries to teach and share spiritual knowledge.

A soul-realized person always strives to serve everyone in the world.

There are many forms of service. They include making everyone intellectual and wise, helping them become non-violent and service-minded, and enabling others to benefit through them. All such activities are service to God and soul services.

Service does not mean providing others with everything they need. It means bringing about a transformation within them and shaping them into a Mahatma, a yogi, or a Yogishwara. It means preparing them to live like them.

Both of us are trying to shape all of you in this way. We are doing this not for ourselves, but for the world. Those who live in this manner have reached their final births and have drawn close to liberation.

However, all of you remain occupied with the responsibilities of your family and children and stay away from such activities. Then, when will you attain liberation? You must undertake such work in this very lifetime and reduce the number of future births.

You may wonder how all your responsibilities can be managed. However, while attending to the needs of your family, you should at least use your free time for the welfare of the world.

When you are able to live in this way, in response to your purity of intention and selfless attitude nature will create favourable circumstances in your life. In other words, nature will support you miraculously.

Soul-knowledge training classes are held in Bhimavaram on the 1st, 2nd, and 3rd of every month. During those three days, people acquire a great amount of spiritual knowledge and practice meditation. However, some are unable to attend because they do not receive permission at home. Such people should think, "I am going there to acquire spiritual knowledge." When they remain confident nature will certainly support them.

Likewise, if you attend the morning Zoom classes every day, a great transformation will take place within you. You should never think, "We do not have time." You must make proper use of the time available to you. You should share with everyone the good things you know and listen attentively to the spiritual knowledge taught by the gurus.

As Madam Blavatsky taught, those who have attained soul-knowledge live not for themselves but for the world in which they live. Let us all live in the same way, acquire spiritual knowledge, and make our future after death blissful.

"One who has emerged from ignorance lives for the world. One who remains in ignorance lives only for themselves. Remember: If you strive for the world, the Lord of the world will strive for you."

If you care for the world, the Lord will care for you, because the world itself is Him. When you live for Him, He will take care of you. Everything will become favourable without any

effort on your part. It will be like unexpectedly finding what you were searching for, and all your work will be accomplished.

That's why you should use your free time every day on this path of spiritual knowledge.

When you do the four things taught by Patriji, your spiritual knowledge will develop without you knowing it. As your spiritual knowledge develops, nature will help you know everything intuitively, which means that no one will need to tell you. That itself is nature's support.

Therefore, when your intentions, actions, and words are all directed towards the welfare of the world, the residents of the higher worlds will support you.

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The Third Type of Future

We have known that human beings have three types of future. We have also discussed that, for the third type of future, that is, the future life in a subsequent birth, to be good, you must become a yogi in your present life. Then, who is a yogi?

Only one who practices yoga can become a yogi. Patanjali Maharshi clearly stated yoga as the following: “Yogah citta-vrtti-nirodhah.”

This means that only those who restrain the thoughts of the mind can become yogis. Let us now know what is meant by thoughts of the mind.

The human mind can be divided into four parts: 1. Mind, 2. Intellect, 3. Thinking mind, 4. Ego. The mind generates intentions and alternatives. The intellect makes decisions regarding them. The thinking mind always keeps thinking. The sense of “I” and “mine” is ego.

There is only one way to restrain the activities of the thinking mind. It is the “Observation of the breath meditation” taught to us by Patriji. Anyone who meditates daily and brings the activity of the thinking mind, that is, thoughts, to an end can become a yogi.

Let us now know more about the thinking mind.

On one occasion, Patriji asked everyone present with him, “Of the four parts of the mind, which one causes the greatest harm?” No one was able to give the correct answer. After waiting for a while, Patriji himself answered the question. He said, “The thinking mind, which always keeps thinking, is what causes us the greatest

harm.”

Why does the thinking mind cause the greatest harm? The thinking mind keeps thinking whenever you have free time. As a result, you lose a great amount of energy and become powerless.

This is because, among all the senses in a human being, the greatest amount of energy is lost through the activity of the thinking mind.

The actions performed by a person who possesses energy are remarkable, and such a person lives a great life. The actions of a person who lacks energy are ordinary, and such a person lives an ordinary life. From this, we can tell that the thinking mind causes the greatest harm.

Those who develop their energy by practicing “observation of the breath meditation” can withstand any difficulty or loss.

When we all practice “observation of the breath meditation”, we remain connected with the soul. The soul is God. Therefore, if you focus on God for two to three hours every day through “observation of the breath meditation”, you can attain God, free yourself from sorrow, and acquire immense energy.

Those who acquire such energy can devote more time to meditation. Therefore, when you are not attracted to the things within creation and are able to focus on the soul, which is God, you become immensely powerful.

When you do meditation with music, the mind remains active. This means that your thinking mind focuses on the music rather than on the soul. As a result, you lose your energy and won’t

be able to remain in the meditative state for a long time.

By developing your energy, you can gain many benefits:

1. You can accomplish great deeds and live as a great person.
2. You can live in the present moment.
3. You can put everything that you intend into practice.
4. You will give up laziness and idleness.
5. You will live with a loving nature.

For example, in our Puranas, the bones in Dadhichi Maharshi's body were extremely powerful and strong because of the immense energy he possessed.

Following Brahma's advice, the gods approached Dadhichi and asked him to give the bones of his body for the welfare of the world so that they could defeat the demons. With the help of Vishwakarma, they made the Vajrayudha from Dadhichi Maharshi's bones. Indra and the other gods then used it to defeat the demons.

Here, we can understand that Dadhichi Maharshi's bones were so strong because of his meditation power and that the energy he possessed was extraordinarily great.

That is why Patriji advised us to make the body powerful. Energy is the Vishnu principle and the soul principle that pervades the entire universe. It is called energy or consciousness. That itself is the truth.

One who is unable to attain energy becomes powerless. Only one who practices yoga and attains immense energy becomes a great yogi.

A yogi is greater than everyone else on Earth. That is why Lord Sri Krishna told Arjuna to become a yogi through this following verse in the Bhagavad Gita:

**Shlok|| Tapasvibhyo dhiko yogi jnanibhyopi mato dhikah
Karmibhyascadhiko yogi tasmad yogi bhavarjuna
(B.G.6-46)**

Meaning: A yogi is greater than a tapasvi, one who practices chanting and austerities. A yogi is greater than a learned scholar who acquires knowledge from books and teaches it to others through discourses. A yogi is also greater than those who perform daily and occasional rituals, as well as sacrifices and other ritualistic practices. Therefore, Lord Sri Krishna said to Arjuna, “Oh Arjuna, become a meditation yogi!”

Arjuna possessed weapons and was skilled in warfare, but he lacked soul power. That is why Lord Sri Krishna told Arjuna to become a yogi!”

What you must understand from Lord Sri Krishna’s teaching is that, by practicing “observation of the breath meditation” intensely, you can restrain the activities of the thinking mind. Through this, you can acquire immense energy in this very lifetime and make your future birth grand and glorious.

Therefore, as Patanjali Maharshi taught, all of you must restrain the thoughts of mind and become yogis in this very lifetime. A yogi may appear ordinary but is immensely powerful and great.

Let us know the answer given by Lord Krishna when Arjuna asked him, “What happens to a person who practices yoga but dies before completing the practice?”

**Shlok|| Prapya punyakrtam lokan usitva sasvatih samah
Sucinm srimatam gehe yoga bhrastob bhijayate
(B.G.6-41)**

Shlok|| Athava yoginam eva kule bhavati dhimatam

Etad dhi durlabhataram loke janma yad idrsam

(B.G.6-42)

Meaning: Such a person who deviates from the spiritual path (yogabhrashta), one who leaves the body before completing the practice of yoga, reaches the worlds of the virtuous after death, spends many years there, and is born into the home of a pure and prosperous family.

Otherwise, one is born into the lineage of wise yogis. Such a birth is extremely difficult to obtain in this world.

Therefore, death does not cause any loss to those who practice yoga. Even death brings benefits to a yogi. That is why we have said that, for the next birth attained after death also to be beneficial, one must practice yoga.

Thus, we have discussed that, for one's future in this present life to be good, one must develop the intellect. Similarly, for one's future life after death to be good, one must acquire spiritual knowledge in this very lifetime. Likewise, for the future in one's next birth to be good, one must strive to become a yogi in this very lifetime.

“Why would a swan look towards small ponds when it has found Lake Manasarovar? Likewise, when a human being attains Ishwara (the soul), why would one look towards anything else? One remains immersed in that state.”

When a swan finds a lake like Manasarovar, why does it need small ponds?

Where are those small ponds, and where is Lake Manasarovar?

Even our filtered water cannot be compared with the water of Lake Manasarovar.

When you look there, the water is hardly visible; the bottom can be seen clearly. “The water of Lake Manasarovar is so pure.”

Everything the swan needs, including pearls, is found there. Therefore, once a swan finds Lake Manasarovar, it does not look towards small ponds.

For a human being, Ishwara means God, that is, the soul. Once one attains the soul, what else is there to look towards in this world? One remains absorbed in that state and does not come out of it. This is called the ‘state of samadhi.’ “The state of Samadhi is the state in which God is attained.”

The very nature of God is bliss. You have heard the word “bliss”, but you might never have actually experienced that bliss.

There are three things that human beings can experience:
1) Comfort 2) Happiness 3) Bliss.

Human beings are able to experience comfort and happiness, and they remain satisfied with these two alone.

However, people do not attain bliss, and ordinarily they cannot attain it either. But if they make an effort, they can attain it.

“Comfort is related to the body, happiness is related to the mind, and bliss is related to the soul.”

Human beings have five sense organs: 1) Eyes, 2) Ears, 3) Nose, 4) Skin, 5) Tongue.

When the mind receives satisfaction through these sense organs, it is called comfort.

For example, when the food is very tasty and you eat until your stomach is full, you say, “I feel very satisfied.”

Likewise, watching a good film gives pleasure to the eyes, listening to good music gives pleasure to the ears, pleasant fragrances give pleasure to the nose, and cool air from an air conditioner gives pleasure to the skin.

To experience many such pleasures, people earn money and arrange all these comforts for themselves. They work day and night to earn money. They build houses, decorate them, make the rooms look elegant, install air conditioning, prepare beds with thick mattresses, arrange every comfort inside, switch on the television, hold the remote in their hands, and say, “Ah, what a comfort!”

It is for this kind of pleasure that they undergo so much hardship. They think that having comfort is enough. However, no matter how many comforts one may have, if some worry arises, it is as though that comfort does not exist at all.

Even after arranging everything and lying down, a person suffering from a migraine cannot fall asleep. At such a time, what is the use of having all these comforts? He thinks, “It would be good if I did not have this headache.”

When he sees someone sleeping peacefully under a tree, he feels, “He is more fortunate than me.” A person with diabetes cannot eat sweets even when they are available at home. This means that, even when comforts are available, one may still be unable to enjoy them.

Human beings have many desires. What are desires related to? Desires are related to the mind.

There is happiness when one gets married, happiness when one builds a house, and so on. Happiness and pleasure both are temporary.

For example, a child passes with first-class marks. In that happiness, he jumps with joy, distributes sweets, and says, “I am very happy.” However, if he later fails to secure admission to the college to which he applied, that happiness disappears.

Both pleasure and happiness are related to the body and mind. Bliss alone is related to the soul. Human beings have many forms of pleasure and happiness.

However, there is only one situation in which a human being can attain bliss.

That bliss is indescribable. It must be experienced, because its greatness cannot be expressed in words.

A woman and a man experience it during copulation, but that bliss lasts only for a moment. It is not permanent; later everything is normal.

No matter where a human being searches, what one searches for, or what one searches in, nothing provides lasting satisfaction. A person who owns a bicycle wants a motorbike, and one who owns a motorbike wants a car. A person who owns a car

wants a bigger car. One who owns a bigger car wants a separate car for each family member. People want a house, then a large house, and then a bungalow. No matter how much they acquire in this way, they remain dissatisfied.

A swan may wander through countless lakes, yet it never feels truly satisfied. But when it finds Manasa Sarovar, it experiences complete satisfaction.

Then the swan does not move away from that place or look towards anything else. Similarly, no matter how many kinds of pleasures, happiness, and momentary bliss a human being experiences, one remains dissatisfied.

However, when a human being attains God, that bliss is limitless and indescribable.

Ramana Maharshi attained that very bliss. He sat beneath the Shiva temple at Arunachalam and gradually entered the 'state of samadhi.'

Why? When one is with God and experiences bliss, nothing else is needed. No matter what one acquires in life, none of it can be compared with that bliss.

While Ramana Maharshi was in the state of samadhi, anthill gathered on his body. However, because he was immersed in bliss, he did not notice them or feel any pain.

Later, someone happened to see him and said, "What happened? Why has he remained like this?" They then cleaned him up and reportedly struggled a lot to bring him back to a normal state.

He experienced true bliss. What more could he need?

He has attained true bliss even though he had no suit, shoes,

air conditioning, building, or car. All of us have been passing through many births and are still searching because we have not attained true bliss. Once one tastes that bliss, one cannot leave it.

Those who remain in the meditative state need nothing, because they receive immense energy in that state.

They continuously receive the limitless energy that sustains the body. We do not know that meditation provides so much energy. That is why we eat food, even though the energy obtained from it is very limited.

Remember, “Meditation means taking in the essence.” Eating food also means leaving aside the waste and absorbing the small amount of nourishment—the essence. Once you understand this, even if someone tells you to give up meditation, you will not give it up.

Those who remain absorbed in meditation do not need even ordinary bodily routines. Through meditation, you receive the same energy that carries out nearly 200 functions within the body, which enables the senses to work and keeps the body functioning.

Consider Mummidivaram Balayogi. He remained seated for 40 years. Yet, when one looked at him, he appeared healthy and well-nourished, like someone who ate four meals a day.

Just as a swan finds Lake Manasarovar, these people found God. What more do they need? Even if one takes another 100 births, God is ultimately what one must attain.

Until it finds Lake Manasarovar, the swan continues searching. Once it finds Lake Manasarovar, it does not need

anything.

When a human being finds God, what more does he need? That God is the soul, and it is to attain that soul that we practice “observation of the breath meditation.”

Meditation is not for curing diseases, gaining benefits, or having experiences. We meditate to attain God. Once God is attained, there are no more births, no sorrow, and nothing else remains. If one meditates, they have to meditate like this.

Just as a swan is satisfied upon finding Lake Manasarovar, we also should be satisfied after experiencing that bliss in meditation.

Until one reaches the ‘state of samadhi’, one continues to take birth. With just a little sincere effort, this very birth can become the final one. Many births are not necessary.

What need is there for pleasure and happiness? Before that bliss, all these are insignificant. What if one has wealth and money? Ultimately, one must leave everything. Yet people rejoice.

They commit mistakes to acquire them and spend their entire lives pursuing them, but they do not devote even a little time to God.

What Are Blocks?

A block means an obstruction or an obstacle. When something interrupts a path that is naturally flowing smoothly, it is called a block. For example, when water is flowing normally through a pipe and suddenly stops, we immediately say that there must be a block somewhere in the pipe. To make the water flow smoothly again, we either remove the obstruction or make an alternative arrangement.

Similarly, when trees fall across a smooth road due to rain or wind, the road gets blocked. Everyone then says that the road is blocked. The obstruction is removed with the help of a JCB, after which the journey continues smoothly.

In the same way, when a life that is progressing smoothly, comfortably, happily, and pleasantly is disturbed by an illness, hardship, or problem, an obstacle arises in that happy life. Such an obstacle is called a block.

Then why do these blocks arise in life? They arise because of certain misconceptions. Because of these misconceptions, people do one thing when they should be doing another, and they do things that should not be done. As a result, they do not obtain the results they expect, difficulties arise, and life does not proceed smoothly.

What should be done to prevent difficulties from arising in life? In other words, how can blocks be prevented? Misconceptions must be removed. Once these misconceptions are removed, people will do what ought to be done. Life will then proceed smoothly, and spiritual progress will also take place.

Therefore, let us know some of the misconceptions, i.e.,

blocks that human beings experience either in worldly life or on the spiritual path.

Misconceptions in Spirituality

1. Although one is the soul, one lives with the misconception, "I am the body."

2. Although the soul is God, there is the misconception that an idol is God.

3. There is the misconception that God exists only in a temple.

4. Although good actions bring good results, there is the misconception that good things happen only when one performs ritual worship, prayers, or namaz.

5. When one is the soul, and the soul is divine, is one not God themselves? Although the Vedas declare this truth as "Aham Brahmasmi", there is still the misconception that "I am a human being, and God exists separately."

6. Although not only they but everything is the same consciousness, and all have been created from the same God, there is the misconception that everyone apart from themselves and their family is separate.

7. Although all are forms of the same Divine, there is the misconception that others belong to a different family, caste, religion, region, or country.

8. Although the Vedas declare, "Sarvam Khalvidam Brahma", meaning that all are forms of the same Divine and that everything is one, there is the misconception that bowing at the feet of others means that they are superior and the other is inferior.

9. Not only that, although all living beings are different forms of the same God, there is the misconception that human beings, animals, birds, and aquatic creatures are all separate.

10. There is the misconception that eating meat or eggs gives strength.

Not only that, there are also these misconceptions that non-vegetarian food alone is tasty, that one can work effectively only by eating non-vegetarian food.

11. There is the misconception that one is not a human being if one does not eat meat, that meat is the natural food of human beings, and that God created birds and animals solely for human consumption.

12. There is the misconception that diseases are cured only through medicines.

13. Although we ourselves are responsible for the realities of our lives, there is the misconception that someone else is responsible for them.

14. Although the good and bad events in one's life occur according to one's own karmas (actions), there is the misconception that God is responsible for everything. That is why, when something good happens, people say, "It happened through God's grace." When it does not happen, they say, "God is not showering His grace." When something bad happens, they say, "I do not know why God has given me only difficulties."

15. Although what is written on one's fate is determined by the actions one has performed and has chosen from the performed actions, there is the misconception that Brahma has written it.

16. Although one is all-powerful, capable of achieving anything, capable of uplifting oneself, and responsible for doing so, there is the misconception that someone else will come to help, rescue, protect, and uplift oneself.

17. Although one must strive for one's own liberation, there is the misconception that someone else will grant them liberation.

18. Although there is no "I" or "mine" in this creation, and everything is the same consciousness, there is the misconception that, "This family life is mine, and all these people belong to me."

There is the misconception that everything one has earned belongs to oneself. There is also the misconception that, "I possess so much, I have earned so much, and I have risen to this position."

19. Although nothing on Earth is permanent, there is the misconception that everything will remain.

20. There is the misconception that life lasts only until death and that there is no life after death.

21. Although everyone is a soul that has come from different worlds, there is the misconception that, "These are my people, my children, my husband, my wife, my mother, my father, and my relatives."

22. Although the principles of creation are great and must be followed, there is the misconception that customs and traditions alone are great and that only customs and traditions should be followed.

23. Although there are many things to be known in this creation, there is the misconception that "I know everything." Only what I know is correct, and only what I know is right."

24. Although one is powerful, there is the misconception that one is powerless.

25. There is the misconception that nothing exists beyond what is visible.

26. There is the misconception that no one is watching the mistakes and sins one has committed.

How can people with so many misconceptions, that is, blocks, live in the right way? How can they overcome problems and difficulties? How will they live with pleasure and happiness in worldly life? How will they progress spiritually? How will they acquire soul-knowledge?

To remove such misconceptions, that is, blocks, one must grow spiritually, develop the intellect, and acquire soul-knowledge.

For this, one must practice 'observation of the breath meditation' and follow a sattvic vegetarian diet.

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.

Right Parenting

Today, many parents are deeply worried about their children. Some children do not listen to what they are told. Some do the opposite of what their parents tell them, while others argue over everything. They also demand whatever they see other children possess. Because of such behaviour, many parents face considerable difficulties. This is why parents often ask, "How should we raise our children?" They also want to know what they should do to guide them onto the right path. Therefore, let us know how to raise children properly.

1. Above all, your behaviour should reflect the behaviour you expect from your children.

2. You should live in the same way that you want them to live.

3. You should value the same things that you want them to value.

4. To raise them properly, you must first become wise. This means that you should do meditation and teach them to meditate as well.

5. You should care for your elderly parents now in the same way that you would like your children to care for you in your old age.

6. Don't teach them fear; teach them to be adventurous.

7. Do not make them physically strong; help them become energetic.

8. Teach them that everything is one and nothing is separate.

9. Teach them to love rather than to do violence.
10. Teach them to show compassion towards living beings rather than cruelty.
11. Teach them to protect the weak rather than causing them suffering.
12. Do not merely teach them moral values; teach them to put those values into practice.
13. Do not merely provide for them; also pay attention to their behaviour.
14. Teach them not only perishable education (kshara vidya) but also imperishable education (akshara vidya).
15. Teach them to give rather than to receive.
16. Teach them not only to earn but also to serve.
17. Teach them not merely to worship and pray to gods, but to regard them as role models and follow their teachings.
18. Teach them not merely to desire, but to make sincere efforts.
19. Help them develop the discretion between the eternal and the temporary.
20. Do not shape them into someone like Veerappan; shape them into someone like Vivekananda.

What Can Be Accomplished from Home?

Nothing is impossible for a human being. Even while remaining at home, one can achieve great things. One can accomplish remarkable work, become a great person, inspire many others, guide them onto the right path, and help shape their lives properly.

One can also make significant personal progress, practice meditation, acquire spiritual knowledge, free oneself from karma, and reach the higher worlds. All these can be accomplished while staying at home.

Nothing becomes an obstacle for those who are determined to work. Wherever they may be, they continue their efforts without difficulty. In some ways, a person working from home may be able to achieve even more than someone working outside. One must know that there are no limits to what can be accomplished.

Many great thinkers made discoveries and created new inventions while working from home. Through their efforts, they brought immense benefit to the world.

Consider how many works William Shakespeare wrote and how much valuable knowledge he shared with the world. Likewise, Viswanatha Satyanarayana wrote "Veyi Padagalu", right?

Saying, "I cannot do it," is meaningless. Many great people, such as Tyagaraja and Annamayya, practiced while

remaining at home and attained greatness. Therefore, parents should develop the understanding that anything can be accomplished from home and teach the same to their children.

Similarly, many people who reached great heights in education achieved their goals by studying from home. Likewise, how many works are all our Pyramid Masters doing while staying at home? How much meditation are they practicing? How much spiritual knowledge are they acquiring and teaching?

Similarly, people such as Annie Besant, Blavatsky, and Leadbeater wrote many spiritual books while staying at home and established the Theosophical Society.

Therefore, remember: when your hands are fully occupied with work, that is, when you practice meditation every day while staying at home, you will have a sound sleep, good health, peace of mind, discernment in the intellect, and spiritual knowledge and contentment within the soul.

18 Guiding Principles for Pyramid Masters

- 1) One must do the right meditation, which means practicing “Anapanasati Meditation” and teaching it to everyone.
- 2) One must read the right spiritual books and encourage everyone else to read them as well.
- 3) Everyone should regularly share their meditation experiences and the spiritual knowledge gained from books with one another.
- 4) One must do Full Moon Meditations regularly and encourage everyone to do Full Moon Meditations.
- 5) Observe silence as much as possible.
- 6) Make use of pyramid energy whenever possible.
- 7) Forget medicines and doctors. Everyone should heal themselves through the power of their own meditation.
- 8) Do not eat non-vegetarian food. Even eggs are prohibited. Even within a vegetarian diet, moderate eating is right.
- 9) One must live in harmony with nature. Go frequently on trips and treks in forests and natural surroundings.
- 10) There is no special dress or external religious identity in spirituality. Religious marks, forehead marks, and similar symbols should not be worn.
- 11) Provide meditation training to children from an early age.
- 12) No one should remain as a disciple; everyone should shine as a master.
- 13) There should be no giving or receiving of money in meditation training.

- 14) Not idol worship, but worship of the soul is the path to liberation. Masters who are alive should not be worshipped.
- 15) Everyone should solve their own problems by using their soul power.
- 16) While living as householders and attending to their own responsibilities, everyone should attain liberation.
- 17) Pyramid Meditation Centres should be established in every village and town.
- 18) All Pyramid Masters should put their meditation experiences in book form and publish them.

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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