

Are you suffering???



Screen Fatigue



Money Problems



Cancer



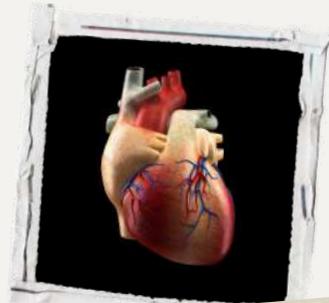
Work Stress



Diabetes



Love Problems



Heart Problems



Obesity



Infertility



Unemployment



Debt & Loans



Gut Issues



Loneliness



Metabolic Disorders



Etc. Etc. Etc.

FREE ONLINE

Practical Vedanta Course

Implementation to Get Rid of Stress, Disease & Death



Have you ever wondered why you are so different from your own brothers & sisters? 🤔

Same family 🏠

Same upbringing 👨👩👧👦

Yet different temperaments.

One sibling fears risk ⚠️

Another seeks it 🚀

One hoards money 💰

Another gives 🙌

One questions authority ❓

Another obeys it 🧒♂️



Have you ever wondered why different people are born into different privileges?

Why is one rich 💰, another poor?

Why is one intelligent 🧠, another slow?

Why is one born healthy 🍌, another born with defects ?

Is birth accidental 🎲 or governed by certain principles?

The Vedas 📖 recognize that life is not random.

Your current life is not an isolated event.

It is an extrapolation of past impressions 🔄.

Sanchita Karma 📦 — the vast storehouse of past actions, impressions, & tendencies carried across lifetimes ♻️.

What you experience in every moment —
what you receive,
what you lose,
what you attract,
what you resist —
is not arbitrary.



Have you ever wondered why different people are born into different privileges?

Even at the biological level, science speaks of gene expression.

DNA carries coded information. But only certain portions activate at certain times. That activation determines what manifests in the body.

In the same way every, experience, relationship, liking, disliking, opportunity, and obstacle, can be understood as a karmic expression unfolding.



Your present circumstances arise from Prarabdha Karma 🎯 the portion of accumulated karma selected to unfold in this lifetime ⌚.

Prarabdha Karma 🌱 is that part which has already begun to bear fruit 🍏.

It must be experienced through this body and this life.

It cannot be avoided.

It can only be responded consciously by earning supportive karma in this very life

We are labeled good or bad based on our soul's purity! 💎

If our good deeds dominate, we are labelled a “good person” 👤✅

If our bad deeds dominate, we are labelled a “bad person” 👤❌

For example:

Some people are naturally protective, loyal like dogs 🐕

Others are naturally aggressive like solitary tigers 🐅

Others are prone to hatred and revenge like snakes 🐍

You can observe this even in children 🧒

One willingly shares their toys,
while another clutches them tightly.
Temperament reveals itself early.

In Tibetan Traditions 🏔️, this recognition goes even deeper:

When identifying the successor for the title of “The Dalai Lama”,
the dominant qualities of children are carefully observed.

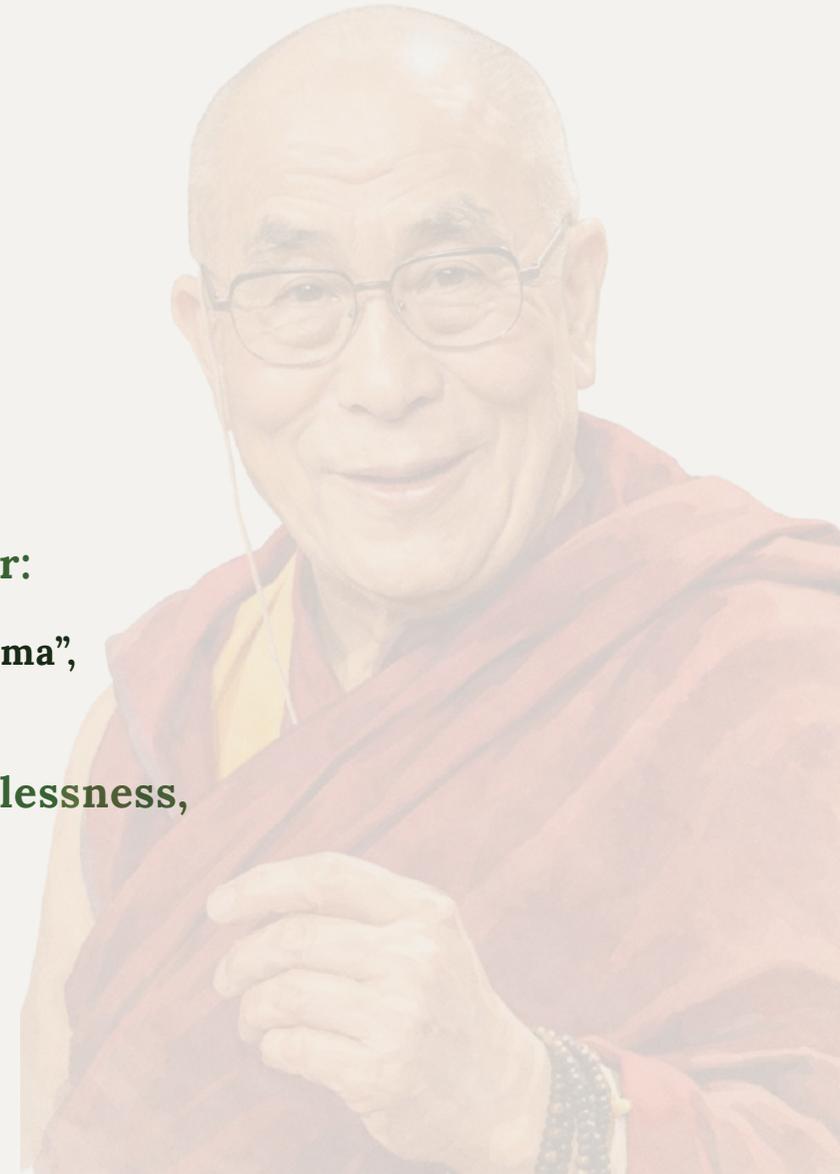
The noble qualities; unconditional love, kindness, and selflessness,
are often visible even in early childhood ❤️:

Before schooling 📖

Before ideology 🧠

Before social influence 🌐

The soul's quality is already present 💎



Are you doubting — was there a past life? 🤔

But tell me:

Do you remember every moment from yesterday?

Do you remember what you were doing at this exact time last year?

Do you remember your own birth?

Is the absence of memory proof of non-existence!?

You may not remember a past life!

But you are living the consequences of something you cannot consciously recall.

Your instincts 🧠

Your fears 😨

Your talents 🧑🎨

Your tastes, thoughts & perceptions 💭

This is Sanchita Karma, your accumulated impressions stored in your DNA 🧬.

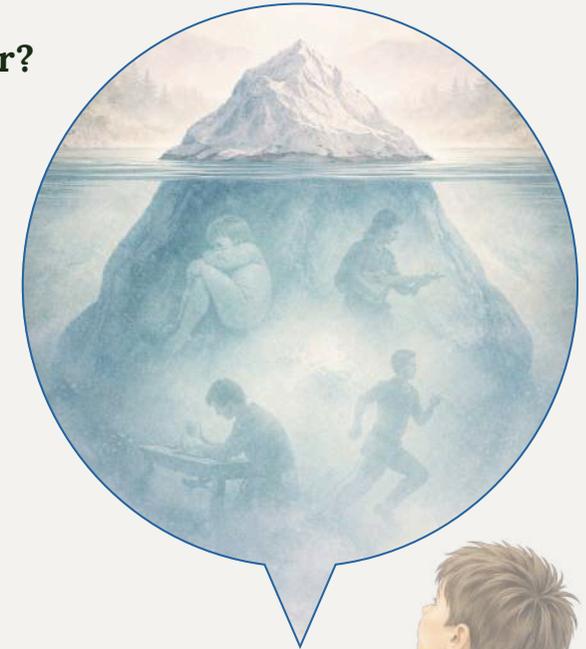
Science names it DNA while spirituality names it soul / chitta.

You may not remember the script 📖! 🧠

But you are acting it out through RNA translation / Chitta Vritti.

In Tibetan Traditions 🏔️, this recognition goes even deeper:

Reincarnated ones — *Tulkus & Karmapas* — are traditionally recognized by their ability to identify artifacts, events, people & memories from a previous life.



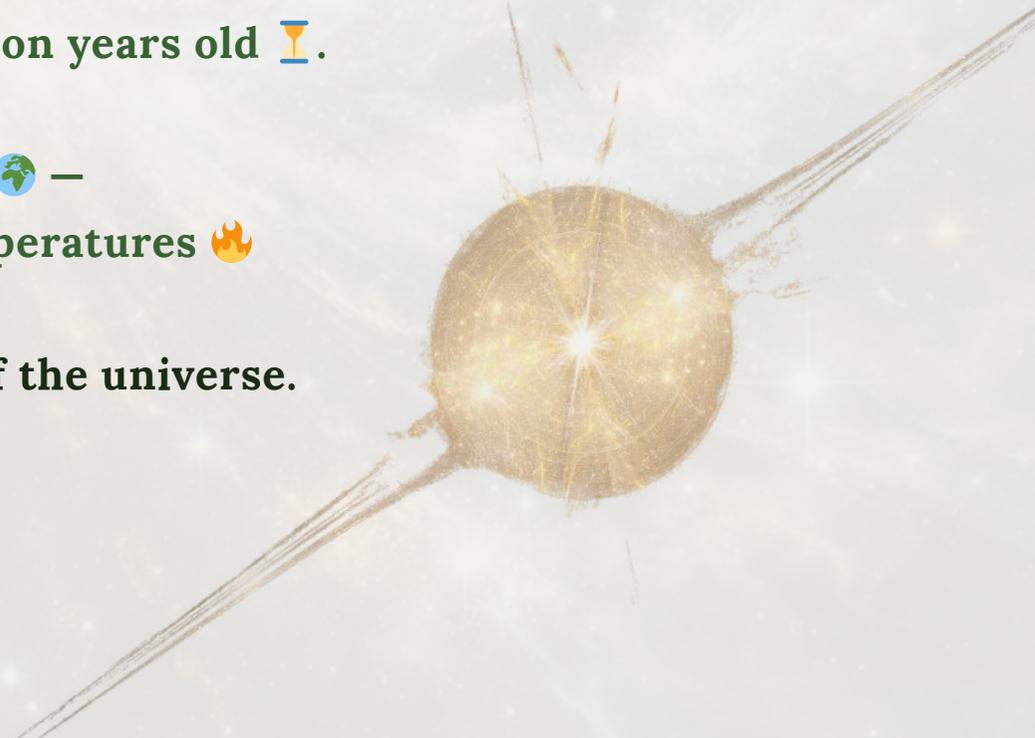
How old are you — really?

When scientists at CERN ask “How old are you?”, they are not referring to your birthday 🎂.

They are referring to matter that your physical form — your hardware and software, body and mind — is made of.

According to modern cosmology, the observable universe is approximately 13.8 billion years old ⌚.

Everything we see — galaxies 🌌, stars ⭐, planets 🌍 — emerged after the huge explosion of extreme temperatures 🔥 about 13.8 billion years ago ⌚ called the Big Bang 💥, the cause of the creation of the universe.



The first moments

After the Big Bang 🌟, thousands of years passed ⏳.

Hydrogen, the first element, formed from high temperatures and quantum fusion 🔥.
Then helium formed. Millions of years were required to form the elements of today.

We are now playing with those same elements in the science of everything 🔬.
When massive stars exploded as supernovae, those elements spread across the universe.

You are a microcosm of the macrocosm,
made of the same elements as the cosmic body.

Your body today is made of those
very elements that first formed in the universe 🌟.

Carbon in your cells 🧪

Calcium in your bones 🦴

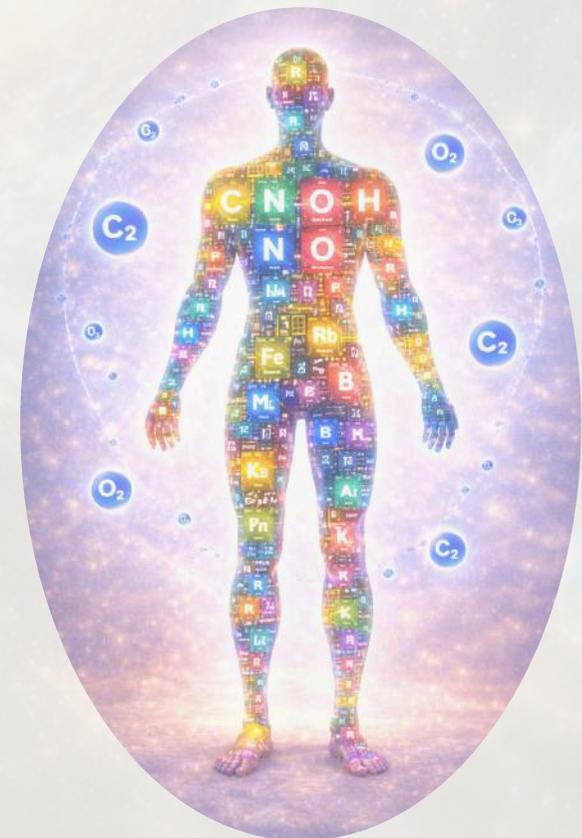
Iron in your blood 🩸

Scientifically speaking 🔬:

You are not 40 years old.

You are 13.8 billion years old.

That is not spirituality. That is astrophysics 🌟.



Before the Big Bang: What does science actually say?

Modern cosmology describes the early universe as beginning in an extremely high-energy, highly uniform, extremely hot and dense state – the Big Bang 🌟🔥.

It is an explosion of a moment of inertia / dormant egg which emerged from singularity. The field of duality / pinda was born out of the explosion from this dormant egg / anda.

Time 🕒, space 🌌, matter 🧪, and energy 🔥 were created.

As expansion occurred, cooling followed ❄️.

Differentiation began which led to the emergence of fundamental forces:

Gravity 🌀

Dark matter ●

Dark energy 🌌

These are fields of duality / disorder / entropy ♾️

When scientists speak of a singularity, they do not mean “nothingness.”

They mean a point beyond which our current physical theories cannot reliably describe conditions.



Spiritual description of the undifferentiated state

In spiritual traditions, this undifferentiated state is described as:

Unmanifested potential ●

Pure equilibrium ⚖️

Undivided wholeness — Allah 🕌, Paramatma 🕉️, Holy Spirit ✝️

In Sankhya philosophy, this is called Purusha — unchanging stillness.

When equilibrium is disturbed, manifestation begins 🌅.

Purusha — the cause, from this, where the three gunas are in perfect balance ⚖️,

Prakruthi is formed, where nothing is permanent & everything is ever-changing.

Where everything is subject to birth 🌱, bloom 🌸, decay 🍂 & death 🪦.

Formation of galaxies and our cosmic lineage

Over billions of years, gravitational fields shaped spiraling galaxies.

One such galaxy is the Milky Way 🌌.

Within it, a relatively modest star ★ formed — our Sun ☀️.

Around it, planetary matter condensed 🌍.

Earth 🌍 formed approximately 4.5 billion years ago.



Why Earth is unique 🌍

What makes Earth unique is not mystical – it is structural ⚙️:

Protective magnetic field 🌀

Atmosphere 🌫️

Ozone layer 🌞

Liquid water stability 💧

Temperature range within narrow limits 🌡️



These conditions allowed chemistry 🧪 to become biology 🧬.

You may have observed in your kitchen,
how mold 🦠 forms on bread 🍞 only under specific environmental conditions.

Likewise, life emerged on Earth 🌍 when the conditions were exactly right!!!

In Earth's early oceans 🌊:

Simple organic molecules formed 🧪

Self-replicating systems emerged 🔄

Single-celled organisms developed 🦠

From elements of universe to life on Earth

Over billions of years, through mutation and natural selection:

Algae 🌿

Protozoa 🍷

Multicellular organisms 🧬

Marine life 🐟

Reptiles 🦎

Mammals 🐾

Primates 🐒

And eventually — humans 🧑♂️

Evolution is nothing but adaptations to minimize environmental stress or pressure as a means of survival 🛡️.

It is the struggle for the continuum of life of organisms - germ immortality ♾️.

It involves:

Stress 😓

Competition 🏆

Adaptation 🔄

Without challenge, complexity does not evolve. In biology, stress drives natural selection.



The turning point — human stress

In earlier species: “Fittest” meant physical survival 🛡️.

In humans: Fitness increasingly became cognitive and social dominance 👑.

We evolved advanced reasoning, planning, symbolic language, and long-term memory.

But modern stress 😞 is no longer primarily:

Predator threat 🐯

Climate instability 🌪️

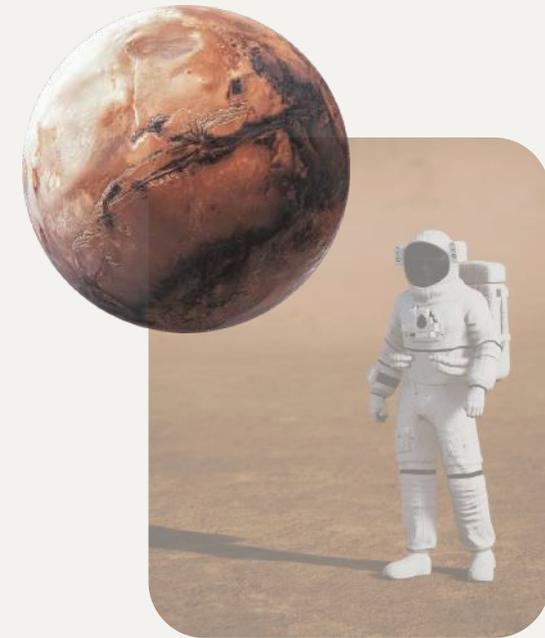
It has become:

Status competition 🏆

Identity conflict 🗡️

Economic comparison 💰

Psychological insecurity 😞



A single cell multiplied for survival while modern humans strive to colonize Mars!

Evolution shaped survival stress into biological systems 🧬.

Human intelligence amplified it into psychological suffering 🔥.

What are we really evolving toward: Progress... or stress as a means of happiness?

Cosmology explains the evolution of matter.

Biology explains the evolution of life.

Neuroscience explains layered brain development as graded evolution.

But science still wrestles with one unresolved domain:

Despite advanced scientific development & technology, stress has not reduced.

We have better clothing, food, and shelter 🏠

We belong to many circles ❤️.

We have greater comfort and luxury 💎

We have recognition and power 👑

Yet stress, disease, inflammatory disease, &
premature aging have increased 📈

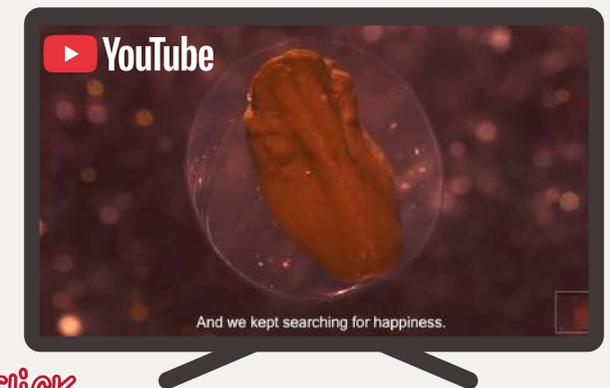
Metabolic health have spoiled due to lifestyle 🍔

Frankly, why has stress only increased as luxuries increased?

Why is the pursuit of the “next thing” increasing stress defined happiness?

Do we even know what we are chasing — or why?

It is like a lost child searching for their mother in the wrong places.



click
here

[Watch Video: The Search](#)

The question of consciousness

What kind of conscious experience can end stress?

What kind of happiness can remove desire as stress from its roots?

Why is there subjective awareness that differs enormously from person to person?

Physics describes particles.

Biology describes organisms.

But awareness — the sense of “I am” — remains a frontier question.

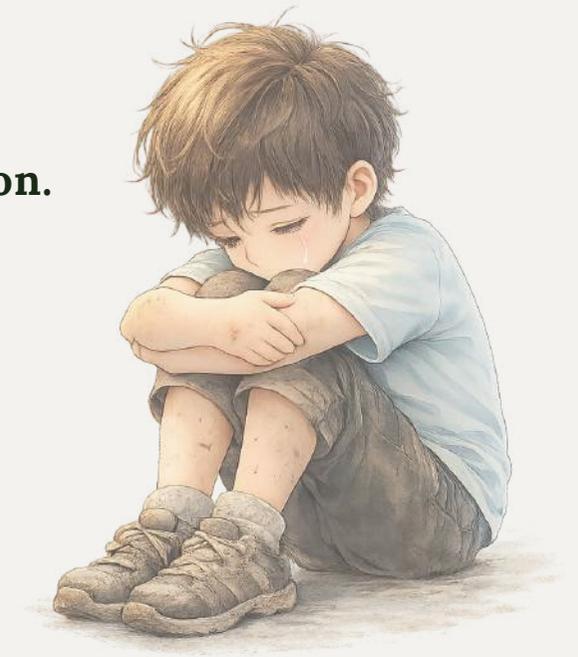
My happiness is not the same as yours.

Happiness appears elusive and without stable basis.

Spiritual traditions investigate this inner dimension.

Biologically, you are a walking archive of evolution.

But awareness at a causal level allows transcendence of conditioning.



The question of consciousness

If your atoms are 13.8 billion years old...

If your DNA 🧬 carries millions of years of evolutionary memory...

If your nervous system evolved to respond to stress...

Then why is there still unhappiness?

Why is there still stress?

Why is desire hunting everyone endlessly at all levels?

Then who are you beyond this temporary arrangement?

Do you understand yourself simply as:

This body? 🧑♂️

This personality? 🧠

This social identity? 🏠

That is where the inward journey begins 🧘.



How do yogis manage and validate their stress?

The Vedic approach is “Satyam vadishyami. Ritam vadishyami.” Validation of truth.

When it comes to stress and prana, in yogic science,
the primary parameter to measure stress is prana consumption / calorie consumption.

Stress increases prana consumption ⬆️.

When sympathetic dominance increases:

Breath becomes irregular 🧠.

Shallow

Rapid ⚡

Energy drains 📶⬇️

Inflammation rises 🔥⬆️

A disturbed mind reflects as disturbed breath 🧠.

Disturbed breath reflects as disturbed physiology 🫀

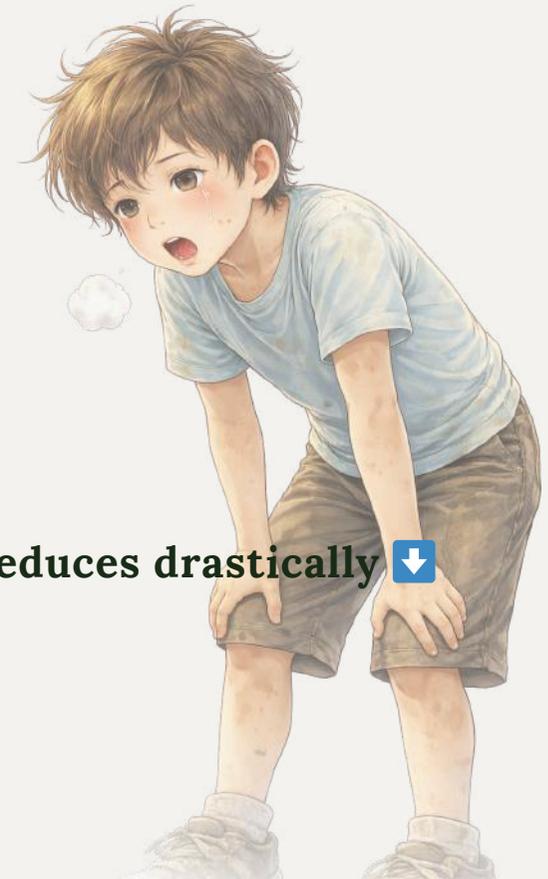
When prana is conserved and harmonized, systemic disorder reduces drastically ⬇️

Health, in this view, is not defined by external appearance!

It is defined by:

Efficiency of prana usage ⚡

Efficiency of calorie expenditure 🔥



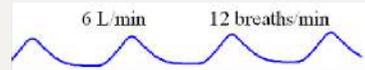
Breath system, mind & body

Breath patterns

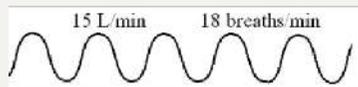
Ideal Breathing Pattern



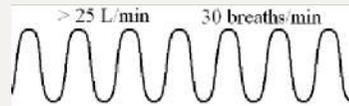
Normal Breathing Pattern



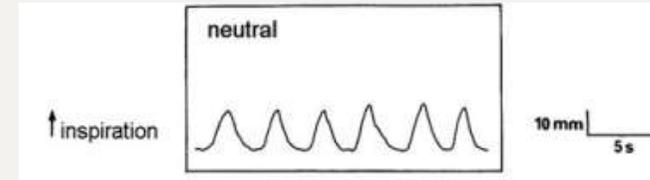
Breathing Pattern When Sick



Breathing Pattern When Severely Sick



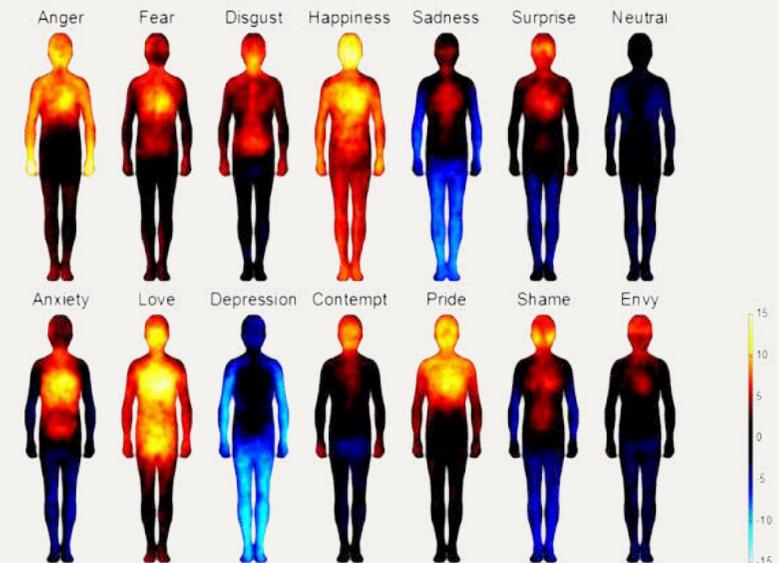
Trimming the Breath



Breath patterns and diseases

Breathing Pattern	Condition	Description	Causes
	Eupnea	Normal breathing rate and pattern	
	Tachypnea	Increased respiratory rate	Fever, anxiety, exercise, shock
	Bradypnea	Decreased respiratory rate	Sleep, drugs, metabolic disorder, head injury, stroke
	Apnea	Absence of breathing	Deceased patient, head injury, stroke
	Hyperpnea	Normal rate, but deep respirations	Emotional stress, diabetic ketoacidosis
	Cheyne-Stokes	Gradual increases and decreases in respirations with periods of apnea	Increasing intracranial pressure, brain stem injury
	Biot's	Rapid, deep respirations (gasps) with short pauses between sets	Spinal meningitis, many CNS causes, head injury
	Kussmaul's	Tachypnea and hyperpnea	Renal failure, metabolic acidosis, diabetic ketoacidosis
	Apneustic	Prolonged inspiratory phase with shortened expiratory phase	Lesion in brain stem

Visualization of emotions



Emotion is nothing but an untrimmed breath!

The Chemistry of Emotion

Calmness and Peace



Joy-Laughter



Fear



Anger



Sadness-Crying



Relaxation



Appreciation, Gratitude, Love, and Compassion



Frustration, Anxiety, and Stress



Breath patterns & emotions

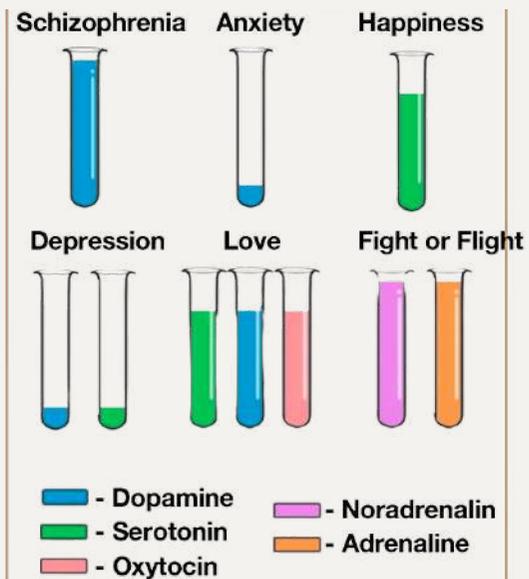
Dopamine ($C_8H_{11}NO_2$)

Serotonin ($C_{10}H_{12}N_2O$)

Noradrenaline ($C_8H_{11}NO_3$)

Adrenaline ($C_9H_{13}NO_3$)

Oxytocin ($C_{43}H_{66}N_{12}O_{12}S_2$)



Where does disharmony begin?

The Vedas identify the root cause as Avidya — ignorance.

Not lack of information 📖
but lack of realization 🧠🌟

It operates through the unconscious mind — a storehouse of samskaras 📦.

A mind where our tastes are written 🖋️.

Where “good” and “bad” are recorded ⚖️.

This unconscious layer constantly drives us 🔄,

Which we are unaware of it although it is conscious all the time.

We think we are choosing 🤔. Often, we are being driven 🚶♂️

Gene expression and samskara

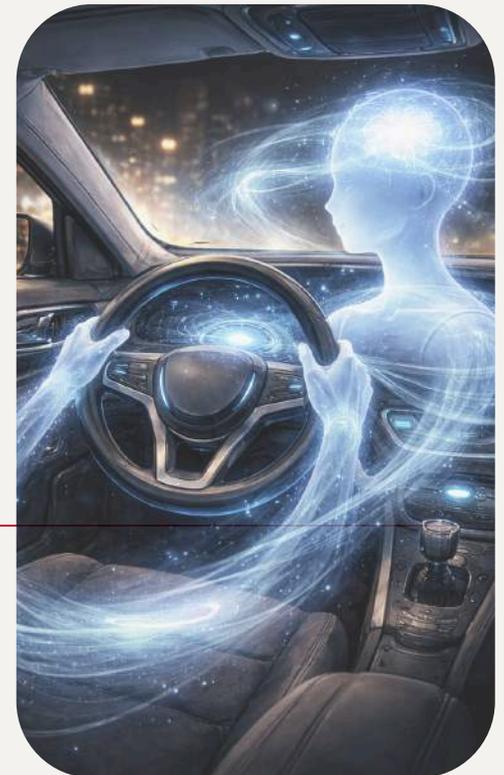
Modern biology speaks of gene expression 🧬

But not all genes are active at all times.

Stress chemistry influences which genes express ⚡

In yogic language, unresolved samskaras influence pranic flow 🌬️.

When latent tendencies are triggered 🔄, they express as the fourteen unwholesome gene expressions results into stress & disease ⚠️



The duality in macrocosm and microcosm

Your body is made of electrons, protons, and neutrons governed by unobservable fields of mind called consciousness / anthakaranas driven by gravity, dark matter, dark energy.

Science studies these external fields. The Vedic insight extends this principle inward.

Duality at the mental level creates turbulence 🌀. Turbulence disturbs prana 🌬️.

Science asks:

How do quantum fields collapse into particles? 🌀

Quantum physics says observation 👁️ collapses the duality, the wave behavior of a particle.

Yogic darshanas ask:

How does undivided awareness appear as divided experience?

How does unity become “me” and “mine”?

Science studies external field collapse.

Yoga studies internal identification collapse.

When identification collapses 📌, duality reduces 📌.

When duality reduces, prana is conserved and stress dissolves.



The inward journey

Aṇḍa-Piṇḍa-Brahmāṇḍa , Sarvam Khalvidam Brahma

What is there outside, is in you. What is there in you, is outside.

The way to realize it, is inside.

To make stress zero, the journey must move inward —
into the microcosm 🧪 —
rather than endlessly chasing the macrocosm 🌌.

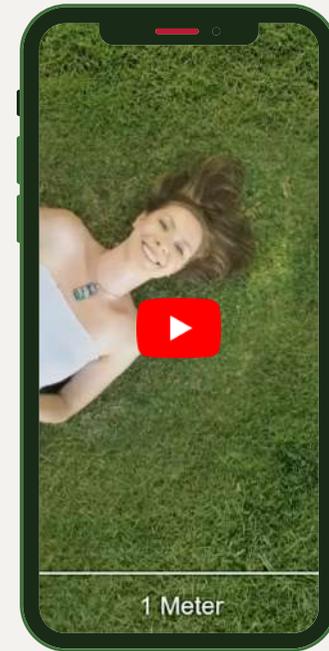
Eternal happiness is found by purifying the soul ✨
through meditation 🧘:

Observer 👁

Observation 🔍

Field of observation 🌌

By collapsing inner duality,
and engaging in Siddantha Vicharana,
wisdom — pragna — vidya develops.



click
here

[Watch Video:
The Cosmic Eye](#)

The core confusion

Right now, we live with misunderstandings 🤖.

We mistake:

The impure for pure ⚖️

The impermanent for permanent ⌚

Unhappiness for happiness 😞

The non-self for the self 👤

This confusion 🧠 is called Avidya.

Because of Avidya, we fail to perceive reality as it is & continue accumulating more Sanchita Karma.

The outward journey has no end.

The inward journey ends in rediscovering stillness — the singularity, Purusha —

like a lost child finding its way back to the mother 🧒.

This is the eternal science.

Modern science continues to explore the outer universe—

gravity 🌀, space 🌌, subatomic particles 🧪 like the Higgs boson —

investing immensely to understand the macrocosm 🌍.

But the outer journey alone does not rediscover the purity of the soul ✨.





Every soul is pure, like a diamond,
as it emerged from **singularity / purusha**
into the **universe / prakruthi**.



But every soul lost its shine to impurities;
14 negative gene expressions / kleshas
collected across lifetimes. Rooted in:

- Greed / Lobha
- Hatred / Dwesha
- Delusion / Moha

🔍 Self-audit: The 14 negative gene expressions



● Rooted in Greed

1. Rāga – Attachment / Craving 🔗🔥

Ask yourself:

Do you feel incomplete without your phone, partner, praise, or position ?

Do you chase pleasure even when you know it drains you later?

Do you secretly enjoy what keeps you dependent?

→ That is Rāga.

2. Mithyā Dr̥ṣṭi – Wrong View 📄✗

Do you reinterpret spiritual teachings to suit you?

Do you justify your habits, not examining them?

When corrected, do you defend instead of reflect?

→ That is Mithyā Dr̥ṣṭi.

3. Mana – Conceit 👑

Do you compare yourself constantly to feel superior?

Do you think, “I already know this” before listening fully?

Do you subtly enjoy feeling more evolved than others?

→ That is Mana.

4. Īr̥ṣyā – Envy 👁️👁️👉

Do you feel disturbed when someone else succeeds?

Do you downplay others’ achievements internally?

Does praise for others create discomfort in you?

→ That is Īr̥ṣyā.

🔍 Self-audit: The 14 negative gene expressions



● Rooted in Greed

5. Mātsarya – Stinginess / Avarice 💰🔒

Do you hesitate to share knowledge that gives you advantage?

Do you hide your resources to maintain control?

Do you struggle to celebrate others openly?

→ That is Mātsarya.

6. Ahirika – Shamelessness 🚫🙊

Do you repeat mistakes without inner discomfort?

Do you lie, manipulate, or indulge without remorse?

Has wrongdoing become normal to you?

→ That is Ahirika.

7. Anapatrapya – Fearless Wrongdoing ⚠️

Do you act wrongly even when you know others will suffer?

Do you dismiss consequences as “not my problem”?

Do you lack concern for moral boundaries?

→ That is Anapatrapya.

8. Auddhatya – Restlessness 📶📱

Do you feel uneasy in silence?

Do you constantly seek stimulation such as scrolling, talking, reacting?

Does your mind create problems when there are none?

→ That is Auddhatya.

🔍 Self-audit: The 14 negative gene expressions



● Rooted in Aversion

9. Dveṣa — Hatred / Ill-Will 🗑️😡

Do you instantly resist what is uncomfortable?

Do you replay arguments in your head?

Do you avoid people who challenge you?

→ That is Dveṣa.

10. Vicikitsā — Doubt ? ⚖️

Do you doubt the teaching before practicing it?

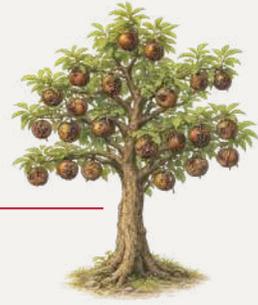
Do you question the Guru but not your own ego?

Do you remain stuck in analysis without commitment?

→ That is Vicikitsā.



🔍 Self-audit: The 14 negative gene expressions



● Rooted in Delusion

11. Moha / Avidyā – Ignorance 🌫️

Do you believe temporary pleasures will give permanent happiness?
Do you identify completely with body, status, roles?
Have you never seriously questioned who you are?

→ That is Moha.

12. Kaukritya – Worry / Remorse 🔄💬

Do you constantly replay past mistakes?
Do you feel guilt but take no corrective action?
Do you mentally punish yourself repeatedly?

→ That is Kaukritya.

13. Styāna – Sloth 🐢

Do you postpone spiritual practice again and again?
Do you say “I’ll start tomorrow”?
Do you feel bored with discipline?

→ That is Styāna.

14. Middha – Torpor 🙄🌑

Do you feel heavy, dull, sleepy during meditation?
Does your awareness fade when silence deepens?
Do you escape into unconsciousness instead of observing?

→ That is Middha.



Now pause and ask yourself honestly...
How many of these are active in you **right now**?
Are you **removing** karma... or **reinforcing** it?

If you felt uncomfortable — good!

Pause

If some of these questions made you uncomfortable...
that does not mean you are bad.

It means you are human 

These patterns are not personal failures.

They are evolutionary inheritances .

They are unconscious conditioning .

These kleshas do not make you flawed.

They make you human.

They are survival programs refined over millions of years .

But what evolved for survival
now often creates suffering.

Conditioning is inherited.

It runs like software in the background

Awareness is cultivated.



If you felt uncomfortable — good!

The self-audit is not about guilt. It is about moving from fusion to observation 👁️

Not: “I am this.”

But: “This is arising in me.”

The moment you stop being the pattern & start witnessing the pattern, inner evolution begins.

If you recognized even one of these patterns in yourself... you are already ahead ★

And if you could not clearly identify what is operating in you...that is also honest.

Many of our reactions are so deeply conditioned 🧠 that we do not even know what is acting through us.

We think:

“I decided.”

“I chose.”

“I reacted.”

But often, it is an unconscious pattern moving faster than awareness.

Even the willingness to look is the beginning of awareness.

The moment you observe — even partially, even imperfectly — evolution begins to move inward 🔄★



The core obstacles – CARDS

Among the all the negative gene expressions, five function as primary obstacles ⚠

They can be remembered as CARDS 🎴:

- C – Craving
- A – Aversion
- R – Restlessness
- D – Doubt
- S – Sloth



The fourteen negative gene expressions obstruct inner purification.

These five specifically obstruct concentration and samadhi.

🚫 Removing these five is compulsory to progress for complete purification of all negative gene expressions!

Craving (raga / kama) – the taste that owns you

Craving begins as preference.

Then it becomes taste.

Then identity.

Over time, taste becomes refined ✨

Selective 🎯

Choice-driven 🗑️

Often expensive 💎

We call it lifestyle 🏙️

We call it success 🏆

But rarely do we question it 🤔

Taste gradually becomes our private standard of truth

Instead of referring to pramana –

objective standards of what is truly beneficial –

we judge everything based on personal liking ❤️

Food 🍴

Clothing 👗

Entertainment 🎬

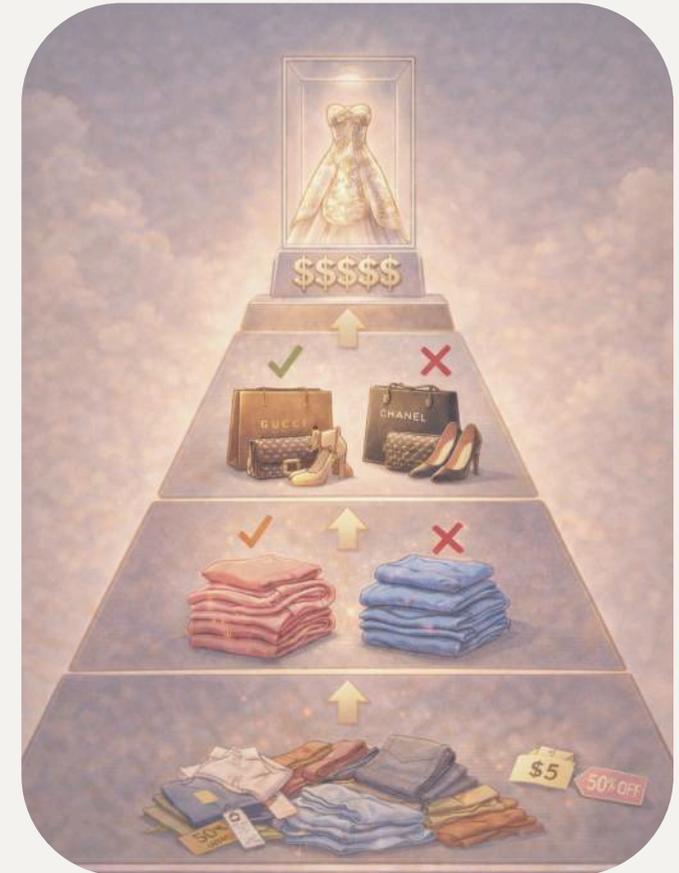
Relationships 🤝

Ideology 🚫

When someone challenges our taste ⚡ reactivity arises 🌀

Craving, when obstructed, becomes aversion 🚫

Thus Raga and Dvesha ⚖️ are inseparable.



Subtle dependency

Many say 💬

“Without coffee, I cannot function.” ☕

“Without tea, my head aches.” 🍵

“Without a drink, I cannot relax.” 🍷

“Without a smoke, I can't think.” 🚬

A sip. 🥤

A puff. 🤲

A taste. 🍷

And the body-mind becomes dependent!

We call this normal 😊

We even take pride in it 🏆

But what does it reveal?

That happiness is outsourced.

It is no longer you deciding your state.

It is the object deciding your state.

This is subtle slavery 🗿

The social contagion of taste

Craving seeks validation 👍

The smoker 🚬 wants others to enjoy nicotine.

The drinker 🍷 feels others are “missing out.”

The consumer 🛍️ promotes consumption.

Why?

Because craving feels safer
when shared 🤝

But uncontrolled taste affects
not only health!

It spreads 🦠

Families are pressured
to adopt our standards.

Children inherit our patterns.
Slowly, taste becomes culture.

Culture becomes, unconscious conditioning.



The structural nature of craving

At the biological level, life survives through intake 🍴

Consumption is built into cellular programming 🍷

In that sense, craving represents kama 🔥 — the impulse to consume!

But survival consumption and psychological craving are different.

When perception is immature, craving dominates 🔥

The stronger the attachment 🔗, the denser the bondage 🧶

like metallic bonding —

strong, dense, tightly bound,

Difficult to separate 🔒.

Similarly, when attachment to taste becomes dense,
the mind becomes heavy, rigid, inflexible.

Transformation becomes difficult 🐛 → 🦋 ❌



Living in
Cocoon of Taste

Spiritual strength

Spirituality is not denial ✖

It is strength 💪

It is the ability to remain stable,
without dependency on taste.

It is the capacity to examine inputs
across all 5 koshas.

Physical 🧑

Pranic 🌬️

Mental 🧠

Intellectual 📖

Bliss sheath ✨

What truly nourishes?

What weakens?

Only one who has experienced freedom from dependency can guide others without prejudice.

Such a teacher 🧑🏫 does not attack your taste. They educate you beyond it.

Every genuine instruction 📖 feels uncomfortable at first because it challenges weakness.

But its purpose is strength 💪



Anger / Aversion (Dvesha)

Aversion is the flip side of craving 🔥

When desire is obstructed, anger arises 😡

Anger is one of the highest consumers of prana 🌬️

Physiologically, it triggers:

Adrenaline surge ⚡

Cortisol release 💉

Inflammatory cascades 🔥

The system prepares to attack.

But in modern life, there is no physical discharge.

The chemistry circulates internally.

Repeated anger weakens stress-regulation mechanisms ⚠️

Inflammation rises 🔥⬆️

Immunity weakens 🛡️⬇️

Anger is not strength ❌💪

It is internal combustion 🔥



Restlessness (Auddhatya)

If sloth is dull inertia, restlessness is scattered overactivity.

The mind 🧠 cannot stay with one thing.

It jumps ⚡

Thought to thought 🗣️

App to app 📱

Task to task 📋

Even during meditation 🧘

Planning begins 📅 17

Memories surface 🧠

Imaginary conversations replay 🗣️

The body may be still 🧘

The mind is not 🌀

Restlessness prevents depth 🚫

It constantly seeks stimulation.

It fears silence.

It consumes prana through continuous mental movement.

Without calming restlessness 🌀, concentration is impossible ❌



Doubt (Vicikitsa)

Doubt is not intelligent inquiry. Healthy questioning clarifies.
But corrosive doubt fragments. It is non-surrender.

Lack of trust.

Lack of devotion.

Resistance to commitment 🚫

It appears as:

Procrastination.

Intellectual over-analysis.

Constant need for reassurance.

Endless clarification without implementation.

The mind 🧠 keeps asking:

“Did I understand correctly?”

“Is this the right method?”

“Maybe there is something better.”

Clarification is healthy.

But doubting the methodology itself repeatedly prevents depth.

Doubt prevents the mind from resting.

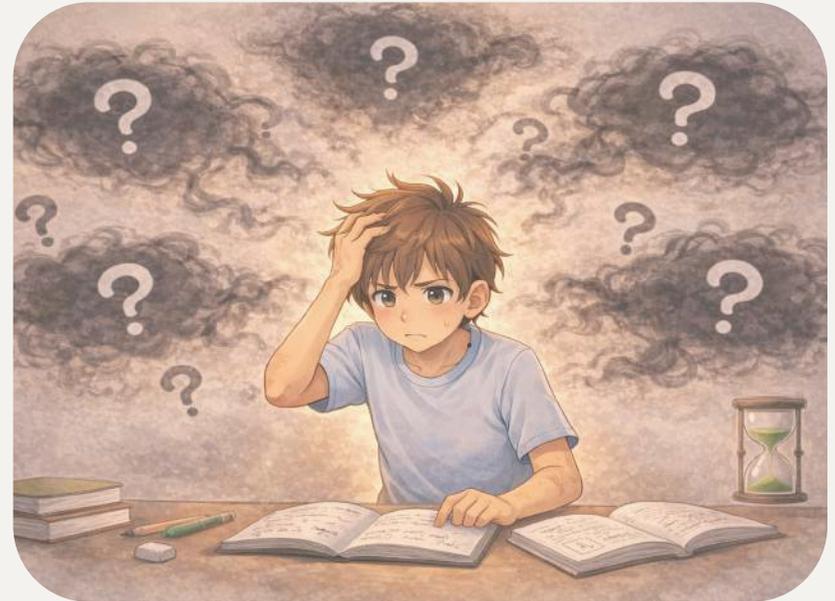
It cannot focus.

It cannot settle.

It cannot experience peace 🌸❌

And constant mental agitation consumes prana.

Doubt drains energy 🪫 slowly & continuously.



Sloth (Styāna / Tamas)

Sloth is inertia.

The moment of inertia.

The tamasic pull toward non-movement.

Given a choice, the mind 🧠 prefers:

Sitting 🪑

Passive entertainment 📺

Scrolling 📱

Watching 👁️

Simultaneously consuming snacks 🍿

Energy 🔋 is spent without awareness.

There is resistance to disciplined effort.

Resistance to practice.

Excuses appear 💬:

“No time.” ⌚

“Too much time.” ⌚

“I will start tomorrow.” 📅 17

Sloth prefers listening over implementing.

It enjoys inspiration. But avoids transformation.

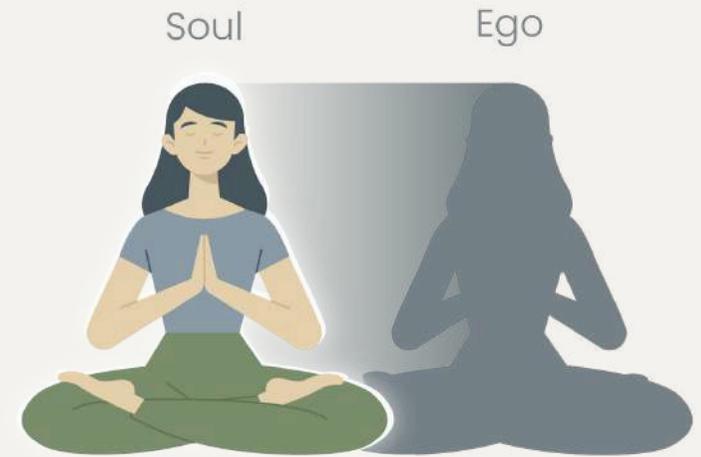
Inertia ⚙️ slowly weakens willpower 💪📶



Eternal happiness is only possible when the 14 negative gene expressions are removed !

Abhyāsa–Vairāgyābhyāmī Tan-Nirodhaḥ (Yoga Sutra 1.12)

It is a progressive process of removing them – sometimes one by one, sometimes several together – depending on their existence and the aspirant’s continuous practice and detachment.



This unfolding purification is known as the stages of enlightenment.

- 👉 At the time of death,**
- 💰 your bank balance,**
- 🏠 property,**
- 👨👩 kith and kin or**
- 👑 power does not travel with you.**

The only thing that matters is the frequency and purity of your soul 💎

Eternal happiness is only possible when the 14 negative gene expressions are removed !

Why?

- 📶 This determines whether you tune into
- ✨ the higher realms of heavens or
- 🔥 the lower realms of hells
- ⌚ where suffering is further prolonged.



You've watched movies 🎬 about heaven and hell.

Have you ever thought you could end up in one of them?

Think of it this way:

- ⬆️ A higher merit account leads upwards.
- ⬇️ A lower moral credit account leads downwards.
- 🌌 But eternal happiness lies beyond both.

You must strive to make your net karma zero to transcend the cycle of birth and death entirely and return to supramundane consciousness!!!

What must the aspirant first acknowledge to transform themselves?

We live in a society where suffering is normalised.

If one does not recognise suffering, one does not take action to change one's destiny.

The common solution is to pop a pill as medicine 🟡
to temporarily silence the symptom 🤔
without asking the essential question:

Are you working to overcome what you are suffering from?

The first responsibility of an aspirant on the path of enlightenment is simple:

To understand and acknowledge suffering / dukkha.

Dukkha is not only obvious pain 😞
It includes attachment to pleasant experiences 🌸
just as much as resistance to unpleasant ones 🌀

Taking birth again and again is dukkha.
Not getting what one wants is dukkha.
Association with the unloved is dukkha.
Separation from the loved is dukkha.

This is the First Noble Truth revealed by the Buddha.



What must the aspirant first acknowledge to transform themselves?

The Four Noble Truths of Buddha and their corresponding Mahavakyas of the Vedas / Great Declarations:

Dukkha Sacca 🌸 Prajnanam Brahma (Rig Veda)



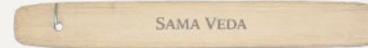
- Stress is Dukka. Recognizing and accepting the existence of suffering.
- Pragna / wisdom is experienced learning.
- Without wisdom delusion is making us go behind impermanent happiness and causing suffering.

Dukkha Samudaya Sacca 🌸 Aham Brahmasmi (Yajur Veda)



- Understanding the cause of suffering as craving / ego / aham.

Dukkha Nirodha Sacca 🌸 Tat Tvam Asi (Sama Veda)



- The method of removing suffering is letting go of that very craving.
- Know thyself by purifying all koshas.

Dukkha Nirodha Gāmini Patipadā Magga Sacca 🌸 Ayam Atma Brahma (Atharva veda)



- The removal of the cause of suffering, leading to cessation, by practicing Ashtanga Yoga realising the brahman in us.



Once one truly understands that there is suffering & there's a way out one becomes qualified to seek guidance.

An enlightened Guru is one who can guide on this path.

[Learn More: Guruji Profile](#)

[Learn More: Guru-Shishya Parampara](#)

Rarity of the true guru 💎

To end suffering, one requires guidance rooted in authenticity.

An authentic Guru is not self-declared. ✖

An authentic Guru is of an unbroken Guru-Shishya Parampara, a living transmission flowing from teacher to student across generations without distortion.

Lineage matters 📖

Tapas matters 🔥

Lived realisation matters ✨



click
here ↗

[Watch Video:
Choosing your Guru](#)

Dr. Vrushakapi, Guruji's yoga journey began at the age of eleven.

Training unfolded across more than 87 traditional ashrams 🏔, under masters rooted in the traditions of Satyananda Saraswati, Krishnamacharya, disciples of Sivananda, Tibetan lineages, & the ancient Himalayan streams of knowledge.

This training was not confined to accessible Pahad regions.

Guruji sought instruction in the Gompa regions of the Greater Himalayas 🏔, where austerity is uncompromising, where enlightenment is preserved as precise methodology rather than philosophy.

Himalayas coming home 🏔️

The earliest vibrations of the Rigveda were revealed in Burang County – Greater Himalayas.

Mahayana Traditions there still maintain the refined technologies of enlightenment:
Disciplined systems transforming an ordinary human into a Mahan – a Noble One.

Guruji integrates:

Ancient Vedic wisdom 📖

Raja Yoga of Patanjali 🧘

Mahayana and Theravada contemplative sciences 🌸

And modern nuclear science 🧪, biotechnology 🧬, and nutrigenomics 🧬.

He is the confluence of Himalayan Tapas 🔥 & Scientific Rigor 🧠

Enlightenment is not invented.

It is transmitted wholly through
an unbroken chain of Guru-Shishya Parampara.

What once required physical presence in the remote & risky Greater Himalayas is now
structured & transmitted to sincere aspirants at home 🏠 – without dilution of intensity 🔥.

This is not convenience. It is responsibility.

The Himalayas 🏔️ reveal themselves to the committed. ✨



click
here

[Watch Video:](#)
[Know your Guru](#)

🔥 Where purification begins - What the student must implement

The Buddha declared:

Sabba pāpassa akaraṇam , Kusalassa upasampadā
Sacitta-pariyodapanam , Etamī Buddhāna sāsanaṃ

Its meaning is direct:

1. Stop adding dirt i.e abstain from unwholesome actions by body, mind, & speech.
2. Perform what is wholesome.
3. Start purifying the mind / kleshas.

This is the essence of the teaching of enlightened Gurus.

Student Implementations:



To stop adding dirt and perform wholesome actions,
one must follow Yamas & Niyamas referred in the document:

[Foundation of Vedantic Living.](#)



🔥 Implementation: Purifying the mind / kleshas

Purification is not random.

It is systematic. The 14 mental afflictions manifest as impurities at every sheath level.

Like how we clean the house 🏠

First, we remove the garbage in the house 🗑️

Then we sweep away the finer dust 🧹

Finally, we mop to remove the stains 🧼

The human body & mind are composed of the same 6 fundamental elements of the universe:

Prudhvi (Solid) 🪨

Aap (Liquid) 💧

Teja (Fire) 🔥

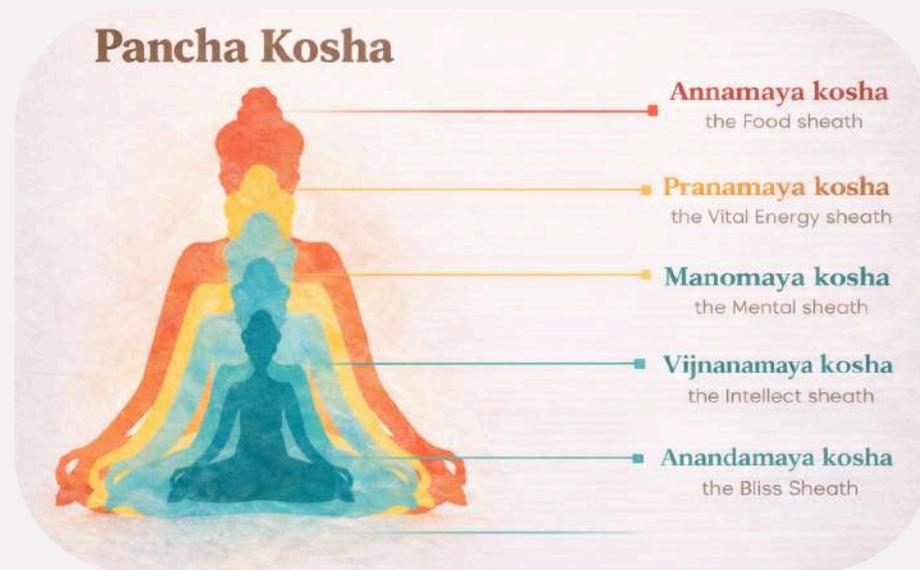
Vayu (Air) 🌬️

Akasha (Space) 🌌

Consciousness ✨

Purification must proceed from gross to subtle,

layer by layer, until one realizes reality 👁️, subtler than the subtlest ✨.



Annamaya Kosha – The Food Sheath (Gross Body)

The Annamaya Kosha is governed by food and water.

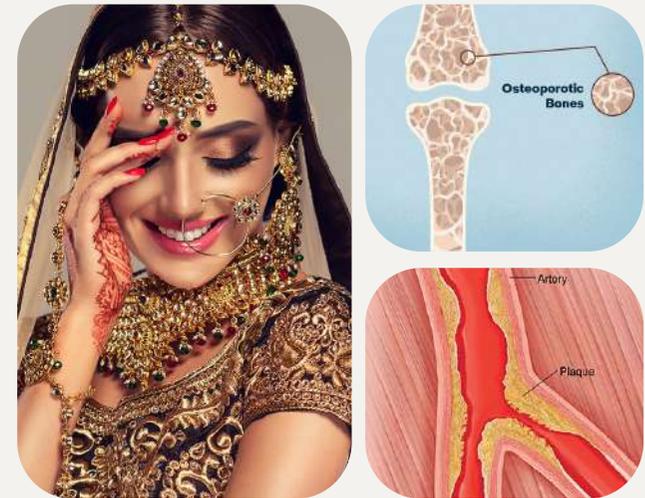
It is the visible physical body composed of Saptha Dhathus.
This is the grossest layer of identification.

We invest enormous time decorating 🏰,
strengthening 🏋️, and preserving 🛡️ this gross form —
yet seek permanent satisfaction within it.

The body is not the source of eternal happiness.
It is the vehicle 🚗 protecting the soul ✨ within.

Purification therefore begins with Suchi-Asuchi Vicharana:
discernment between purity and impurity.

The tradition teaches that Āhāra,
Is the first foundation of purification



Outside

Inside

Annamaya Kosha – The Food Sheath (Gross Body)

Āhāra is not merely building healthy food habits.

It's education on:

- What one obsesses over 🧠
- What consumes one's prana 🔥

Every form of intake influences the mind.

Pathya (what is suitable) conserves energy.

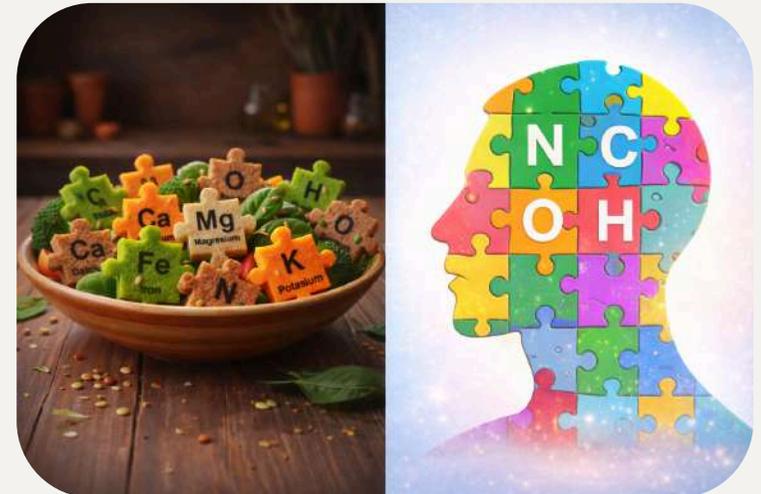
Yukta Āhāram, Mithaharam means food appropriate to one's nature of work 📁 and stage of life ⌚

It must be:

Scientifically balanced 🧪.

Functional ⚙️.

Moderate in quantity 🍽️.



Gross purification 🍷 begins here!

Student Implementations:



Student is expected to bring dietary changes 🥗 suggested by Guruji / Course Mentor / Self-learning via the extensive practice library of videos built over the years.



Pranamaya Kosha – The Vital Sheath (The Cellular World)

This layer is governed by Vayu (air) and Teja (fire).

Pranamaya Kosha lies within the Annamaya Kosha & regulates the functions of metabolism.

Annamaya Kosha is the visible gross body sustained by, Pranamaya Kosha, the invisible regulatory intelligence.

In this human body of approximately 38.5 trillion cells 🧪, nearly 15,000 cells die every second ⌚.

Though the gross body appears stable and alive 🧑♂️, internally there is constant death 🍂 and renewal 🌱.

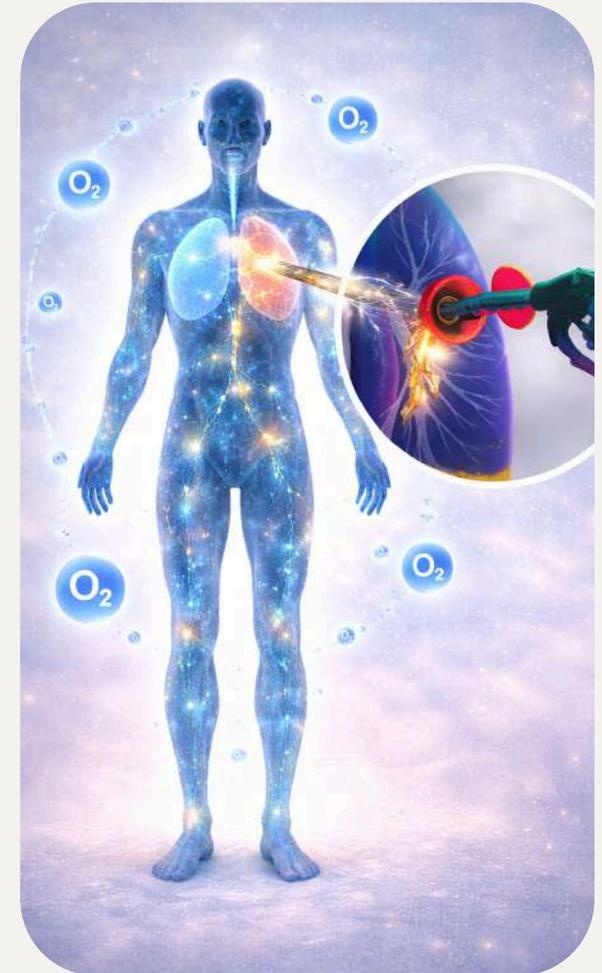
Cells are continuously dissolving 🔄.

Cells are continuously being born 🌱.

This is Nitya-Anitya Vicharana:

discerning the permanent from the impermanent ⌚.

What appears permanent is in fact momentary



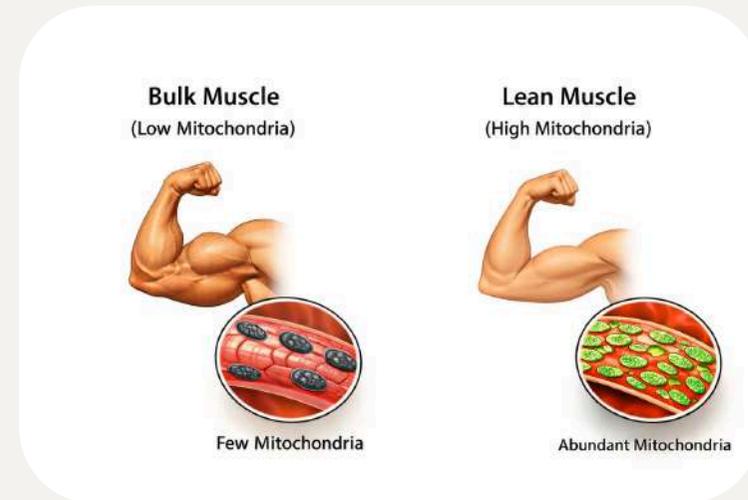
Pranamaya Kosha – The Vital Sheath (The Cellular World)

If rate of new cell generation = the rate of cell death, balance is maintained.

If the rate of new cell formation is lower than the rate of cellular death, it is aging.

Aging is not merely chronological.
It is cellular imbalance.

This sheath therefore determines:
Vitality. Metabolism.



Student Implementations:



Student is expected to practice the noble prize winning techniques given to clear the cellular debris to increase metabolism and conquer metabolic disorders. Practice right form of Hatha Yoga practices of asana and pranayama from practice library as guided.



Manomaya Kosha – The Mental Sheath (The World of Thoughts)

Manomaya Kosha is the sheath of thoughts 🧠, emotions ❤️, and sensory processing 👁️.
The mind knows the external world through the five senses – called tanmatras:

Every experience enters through these gateways.
The mind does not merely register sensation.
It craves repetition of pleasant sensations.

- We crave the taste of food 🍰.
- We crave pleasant sounds 🎵.
- We crave attractive forms 👁️.
- We crave a comforting touch 🤝.
- We crave agreeable smells 🌸.

But craving is not limited to physical senses.
The mind also craves ideas 💡.

- The mind also craves ideas.
- Validation.
- Recognition.
- Belief systems that strengthen identity.

Here begins Sukha–Dukha Vicharana:
discernment between pleasure and suffering.

What appears as sukha in the moment often becomes dukha later. Indulge now. Suffer later.



click
here

[Watch Video:
Power of Positive Thinking](#)

Manomaya Kosha – The Mental Sheath (The World of Thoughts)

The speciality of the human being is the conscious mind – the capacity to observe 👁️, reflect 🗨️, and choose ⚖️. This faculty is the most recently evolved.

Yet at present, it is weak ⚠️.

The unconscious mind 🌀 – the storehouse of impressions (chitta) 📦 – dominates behaviour.

Habits 🔄.

Conditioned reactions ⚡.

Deep-rooted tendencies 🌱.

These operate automatically 🤖.

When unconscious conditioning dominates, kleshas 🔥 strengthen.

Purification of Manomaya Kosha requires strengthening the conscious mind 🧑♂️ through valid means of knowledge – pramāṇa.



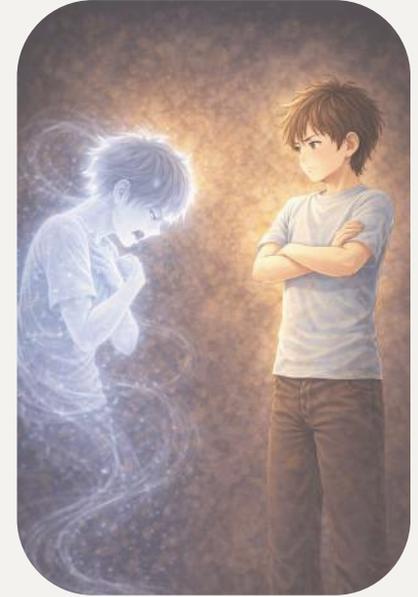
Unconscious Mind
Dominating
Conscious Mind

Manomaya Kosha – The Mental Sheath (The World of Thoughts)

Pratyakṣa-anumāna-āgamāḥ pramāṇāni (Yoga Sūtra 1.7)

The student becomes established in:

- Pratyakṣa 🗨️ – direct observation.
Observing thoughts 💭, emotions ❤️, impulses ⚡
as they arise without distortion.
- Āgama 📖 – authoritative testimony.
Listening 💡 to Guruji's teachings 👤♂️ rooted in
unbroken Guru-Shishya Parampara.
- Anumāna / Pramāna 🧠 – inference and verification.
Reflecting 💭, reasoning ⚖️, and validating ✓ through lived experience.



Conscious Mind
Strengthened

Through listening to Guruji's explanations – delivered in contemporary language, supported by science, stories, etymology, and experiential insight – the student aligns the mind with authentic knowledge rather than personal bias enables clear discernment between sukha and dukha. When conscious awareness becomes stronger than unconscious habit, Manomaya Kosha begins to purify.

Student Implementations:



Listening to classes without missing & write positive reflections of class learnings. Expressions of gratitude begin with expressing for Guruji teachings and then spread to everywhere eventually.

Learn more: [Foundation of Vedantic Living](#)



Vijnanamaya Kosha – The Intellectual Sheath

Ātma-Anātma Vichāraṇa

Purification of Vijnanamaya begins with discerning Self from non-Self. We falsely identify ourselves with:

- Possessions 🏠
- Qualifications 🎓
- Wealth 💰
- Status 👑
- Self-image 🖼️
- Ego 🔥



All these belong to Anātma – the non-self. Identification with them creates fear, attachment, and karma. Is this reducing karma or increasing it?

The meditation of dharana and dhyana:

- Observer 👁️
- Observation 🔍
- Field of observation 🌿

Gradually, identification shifts from body, mind, ego to soul ✨🌌

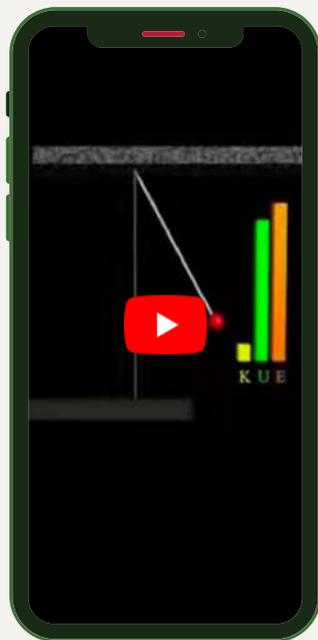
Student Implementations:



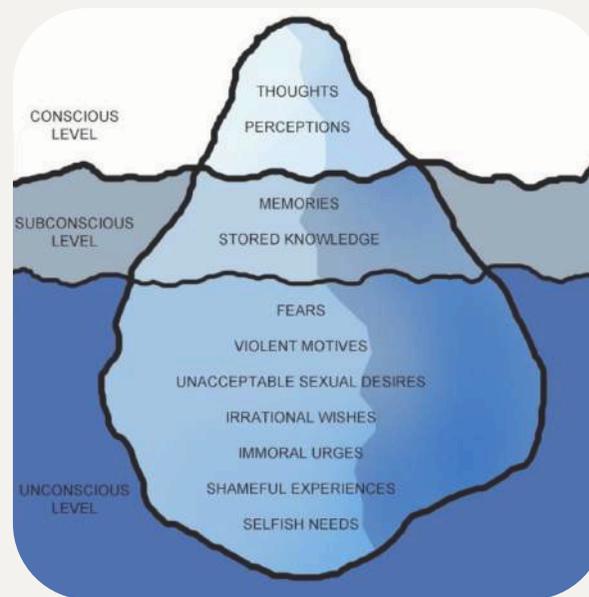
Student is supposed to practice dharanas from the practice library from day 1 as guided. Refer to [blog for sound of silence](#).



Vijnanamaya Kosha – The Intellectual Sheath



Watch:
[Pendulum Video](#)



Vijnanamaya Kosha is the sheath of Buddhi – discrimination and decision.

If Manomaya is the field of thoughts ☁️,

Vijnanamaya decides which thoughts to accept ✅ and which to reject ❌.

It governs viveka ⚖️ (discernment).

At this level operate the subconscious and unconscious mind.

The subconscious holds active tendencies.

The unconscious holds deeper impressions – vasanas and sanchita karma.

Anandamaya Kosha – The Sheath of Bliss

Right now, happiness is conditional.

You feel happiness when:

Circumstances are favourable 🌞.

This happiness depends on external alignment.

When conditions change, happiness fluctuates 📉📈.

This is not Sat-Chit-Ānanda.

This is reflected, temporary pleasure.

When all other koshas are purified, this kosha automatically gets purified.

Bliss is no longer event-based.

It becomes one's nature. Sat-Chit-Ānanda.

This course is not about adding knowledge 📖 –

it is about removing ignorance layer by layer until only Truth remains.

To illustrate the scale of happiness of humans on the number of Kusala Chittas—Positive Chittas:

- The most happiest human with the most stress-handling capability, maximum experience 40 positive gene expressions.
- But an enlightened being experiences 127 Kusala Chittas by removing 14 negative gene expressions. They experience the unchanging bliss of Sat-Chit-Ānanda, far beyond ordinary human comprehension.



Still are you doubting about soul journey?

Moksha ✨.

Nirvana 🌸.

Kaivalya 🕊️.

Mukthi 🗝️.

Salvation 🛖.

Fana 🌙.



You have heard these words since childhood.

They are part of your daily language 🗣️.

Part of your culture.

Your parents speak about them.

Your grandparents / ancestors spoke about them.

But have you ever paused to ask —

what do they actually mean? 🤔

Still are you doubting? !?



This course is for everybody 🌐

This course is for everyone – freshers 🌱, long-term students 📚, professionals 📁, seekers 🔍, young 🧒 and old 🧓.

It is one single course, but it meets each individual at their own level of understanding.

You are not required to grasp everything at once.

Growth happens layer by layer.

Be patient with the process.

You may not be interested in enlightenment.

And if you think this is not for you, remember – stress 😰, disease 🏥, emotions ❤️, ambition 🚀, comparison ⚖️, anxiety 😟, and aging ⏳ are already within you.

This course simply teaches you how to handle them consciously 🧑🏫♂️.

You grow according to your capacity 🌱.

You understand according to your maturity 🧠.

But if you stay sincere ❤️ and consistent 🔄, progress is inevitable 📈.



click here

[Video: Watch to know the course is for whom!](#)

**You don't need to be spiritual to join this course,
you only need to be human.**

Human means Humanity.

Jantūnām narajanma durlabhamataḥ

