



MORE HELP FOR YOUR
SELF REALISATION
WITH ME

Volume One

Channeled by Mrs. Catherine Kapahi

INTRODUCTION

I am very grateful to God and Satguru Sathya Sai Baba for His bountiful love and grace in the form of these clear, concise, essential teachings about how to merge Atma to Paramatma for Self realisation and liberation. The help of a Satguru who is God, is essential to reveal the Atma in the heart to one's consciousness and awareness.

With Loving Pranams
Mrs Catherine Kapahi

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MORE HELP FOR YOUR SELF REALISATION WITH ME

CHAPTER ONE

OBSTACLES HUMANS NEED TO
OVERCOME TO KNOW AND BE ATMA

MORE HELP FOR YOUR SELF REALISATION WITH ME

1

Never before on earth has there been a greater opportunity for a human Atma to merge into the eternal Being, Awareness, Bliss of God, than now through merging Atma to Paramatma with the omnipresent, omniscient, omnipotent God and Satguru Bhagavan Sri Sathya Sai Baba.

2

Though it is true than there has never been a greater opportunity to merge Atma to Paramatma with God, there are many obstacles that prevent the human Atma from joining with God.

3

I wish to tell you about these obstacles that prevent the human Atma that desires to merge with God, from joining in eternal Life with God.

4

One obstacle is the human mental and emotional attraction and attachment to forms in the outside world that become incorporated inside as a thick layer of mental-emotional energy that covers awareness of the pure Atmic Consciousness.

5

The remedy is to remove attraction and attachment to forms by curbing the five senses and focusing the mind inward to discover the pure, 'I Am Atmic Consciousness.'

6

Another obstacle preventing human awareness of the, 'I Am Atmic Presence,' is constant mental noise and mental-emotional reactions and disturbances.

7

The way to remove these is to see their unreality as false, changing energy patterns that come and leave, that you can choose not to give interest and importance to.

8

Another obstacle to human awareness of the, 'I Am Atmic Presence,' is the attraction to and desire for material objects.

9

The remedy is to realize material objects cannot give the lasting happiness that can be found only in the nondual relationship Atma to Paramatma with God.

10

Another obstacle is the untrained human mind that has not learned nor practiced discernment between eternal Atma and the transient things of the world such as material objects, forms, thoughts and emotions.

11

This obstacle is eliminated by continuous discernment between Atma and what is false and transient, and by Being only the, 'I Am Atmic Presence.'

12

Another obstacle that prevents the human Atma from merging in eternal Life with God, is attachment to family members believing these human beings to be Truth and a permanent source of happiness.

13

The remedy is to realize human beings are not Truth and not a source of happiness, because all forms are changing and transient.

14

Another obstacle preventing the human Atma from merging in eternal Life with God is the

lack of interest and enthusiasm to seek and find the Atma within the human energy system.

15

This obstacle can be removed through sincere prayer to God to lead you to the correct spiritual teacher.

16

Another obstacle preventing eternal Life in God is lack of interest in anything beyond the material world of form.

17

The remedy is to read a variety of spiritual material that will inspire you to seek and find the, 'I Am Atmic Presence,' within yourself.

18

Another obstacle preventing awareness of Atma is the tendency of people to believe everything they see and hear and act upon it.

19

The remedy is to use discrimination to decide whether what is seen and heard is useful for knowing Atma, and if useless discard it.

20

Another obstacle to knowing oneself as Atma is believing the mass media to be the source of Truth.

21

The remedy is to carefully discern what is useful and relinquish the rest.

22

Another obstacle is the tendency of human beings to give more credibility to and interest in negative events and situations than to what is positive.

23

The remedy is to view the negative as related to that which is false and transient, and the positive as being aligned with the nature of Atma.

24

Another obstacle preventing human awareness of the, 'I Am Atmic Presence,' is the tendency to compare with others.

25

The remedy is to stop comparing, and go inward to discover the one universal, unchanging Atma where superior and inferior do not exist.

26

The tendency of humans to sit for many hours in front of the television set is an obstacle to knowing Atma.

27

The remedy is to decide watching television is useless, and spend time going within to know Atma and merge in eternal Life with God.

28

An obstacle preventing human beings from going within to know Atmic Truth, is their fascination with all types of communication devices.

29

The realisation that much of the time used with communication devices could be spent going within to discover Atma, is the remedy.

30

Another obstacle is human disbelief in God's Presence in the human body, and that He can be known and merged with in the human body.

31

The only way to know the Truth of Atma is to seek and find Atma within yourself. No one else can do this for you because Atma is your Divine Self.

32

The need of humans to be continuously in the company of other people is an obstacle to discovery of Atma.

33

The remedy is to spend time alone in silence going within to discover one's Atmic Self.

34

The tendency of human beings to dislike spending time alone, due to society's programming that aloneness is to be avoided, is an obstacle to discovering Atma.

35

The remedy is to decide for yourself that you wish to spend time alone to know your Divine Atmic Self.

36

The mental preoccupation with attraction to and attracting the opposite gender is an obstacle to spending time to go within oneself to discover Atma and merge in eternal Life with God.

37

The remedy is to decide upon and keep one partner who also desires to know and Be the Divine Atma.

38

Constant preoccupation with the outer appearance of the physical body is an obstacle to discovering and merging Atma to Paramatma with God.

39

The remedy is to realize the physical body is a false, transient appearance housing the Divine Atma, and that maintaining it in a simple, healthy manner is sufficient.

40

Human desire to be involved in many gatherings and social events is an obstacle to knowing and being the, 'I Am Atmic Presence.'

41

The remedy is to limit them because they are not useful to going within to discover the Divine Atmic Self.

42

The need to have others' approval is an obstacle.

43

The remedy is to set your own standards for yourself, and allow others to do the same, so you will feel free to discover the Divine Atma within the spiritual heart.

44

Now you know about many obstacles that prevent human beings from going with the body to discover the Atma, and the remedies to remove them.

45

I wish you to remove all these obstacles using the remedies I have given to you. When you

have removed these obstacles, I will help you discover your Atmic Self and to join Atma to Paramatma in eternal life with Me.

MORE HELP FOR YOUR SELF REALISATION WITH ME

CHAPTER TWO

MORE METHODS TO PURIFY THE
MENTAL-EMOTIONAL BODIES

MORE HELP FOR YOUR SELF REALISATION WITH ME

1

I wish to tell you some ways to become free from mental-emotional disturbances that disrupt peace, equanimity and union Atma to Paramatma with Me.

2

Mental-emotional disturbances consist of energy that can be changed by you to a different, higher frequency.

3

I wish to tell you some ways to convert negative, lower frequency energy to positive, higher frequency energy that is aligned with Atma.

4

The first method is to strongly affirm many times that you are unchanging Atmic Consciousness, Peace and Love.

5

This affirmation will replace existing negative mental-emotional programs in the subconscious mind that keep on surfacing to disturb peace, equanimity and union Atma to Paramatma.

6

Though I have already provided some methods, they have not been enough to remove negative mental-emotional disturbances from some devotee's energy bodies.

7

There is a great amount of negative energy stored in the collective human subconscious, mental-emotional energy bodies.

8

I wish you to know that humanity needs to convert this low frequency, negative mental-emotional energy from the subconscious mind to higher frequency energy.

9

Another way to convert low frequency energy to a higher, positive frequency is to change the diet to pure, vegetarian food that is low in stimulants like sugar and caffeine, and salt.

10

Continuous serious cultivation of pure, positive thoughts, words and actions is essential to be able to easily convert negative energy to positive energy.

11

Constant repetition of God's name, singing and listening to bhajans, and reading sacred books all help to convert the energy frequencies of thoughts, words and actions to the Atmic frequency.

12

Though devotees have been chanting God's name, singing bhajan and reading sacred books, negative mental-emotional energies still surface to disturb peace, equanimity and union Atma to Paramatma.

13

I wish to help devotees convert and release these lower mental, emotional energies.

14

Another method is to stand under cold running water until the disturbing energies dissipate, and then affirm, 'I Am Atmic Consciousness, Peace, Love and Bliss, until Peace, equanimity, and union Atma to Paramatma are restored.

15

I do not know whether you wish to use these new methods or not.

16

There are more methods to remove mental-emotional disturbances that I wish to tell you about.

17

Another method is to pour hot water on yourself.

18

I am not suggesting you burn your skin.

19

Another way to flush out mental-emotional disturbances is to alarm yourself.

20

Loud music and shrill sounds can be used to stop mental-emotional disturbances.

21

Some people may not feel any relief after using these methods due to the strength of the mental-emotional disturbances.

22

I will now tell you some methods to release very strong energy disturbances.

23

Sit in a bathtub of cold water until the disturbance ceases.

24

Apply My vibhuti ash over your body to calm mental-emotional disturbances, and spray a solution of water & vibhuti around your living space.

25

Remind yourself again and again that you are the unaffected Atma, and disturbances relate to the false, transient body-mind-ego complex.

26

Sometimes mental-emotional disturbances are very strong.

27

Stronger measures are required to dissipate very strong mental-emotional disturbances.

28

You need not be alarmed when I tell you about the stronger methods.

29

Place your head in a tub of cold water and hold your breath for as long as you can.

30

Keep on repeating My name while using these methods.

31

Another method is to place your feet on ice.

32

If you are ill, please consult your doctor before using the stronger methods.

33

I do not wish you to suffer more than you need to.

34

Another method is to apply an essential oil to your body.

35

Another method is to slap your face and body.

36

You can pinch yourself to stop disturbances.

37

Combining several of these methods should dissipate mental-emotional energy disturbances.

38

Some very strong energy disturbances do not dissipate using a combination of these methods.

39

There may be an imbalance in the hormonal system that requires medical intervention.

40

Another method is to prick your body with a needle, and remind yourself you are the undisturbed Atma, and not the mental-emotional energy disturbances.

41

Upon reading these methods, many will think I am being too harsh on the physical body.

42

The physical body is the storehouse of the nervous system which needs retraining not to be run by the mental-emotional energy disturbances.

43

It does not matter whether you agree with these methods or not.

44

It is of utmost importance that all mental-emotional disturbances be removed before your Self realisation and liberation with Me can be attained.

45

I have provided these methods because devotees need ways to purify their mental-emotional energy bodies before they can attain Self realisation and liberation.

MORE HELP FOR YOUR SELF REALISATION WITH ME

CHAPTER THREE

MY VISIBLE LIGHTBODY

MORE HELP FOR YOUR SELF REALISATION WITH ME

1

I wish to tell you how to behave in the Presence of My visible Lightbody.

2

Soon you will see Me in a visible Lightbody that resembles My physical body at age forty.

3

No one knows how long My visible Lightbody will remain on earth.

4

I will remain in a visible Lightbody until the rift between the two segments of My Sri Sathya Sai Baba World Spiritual Organization is healed, and all My devotees know I am still in the earth realm.

5

I had not intended to manifest a visible Lightbody but I must do it for these reasons.

6

The manifestation of a visible Lightbody will demonstrate that God can do anything He wishes to do.

7

Never before have events like this occurred.

8

I wish humanity to know that God is in their midst in the form of Bhagavan Sri Sathya Sai Baba.

9

I wish My devotees to know why I have manifested Myself in a visible Lightbody at this time.

10

My visible Lightbody is made entirely of energy, and is not a material physical body.

11

My visible Lightbody cannot walk or talk.

12

You need not be at all concerned about My visible Lightbody.

13

I wish you to behave in the same manner as you do when in the Presence of My subtle Lightbody.

14

It does not matter to Me if you do not wish to do what I am telling you to do when in the Presence of My visible Lightbody, because no one can approach Me without My permission.

15

You can only communicate with Me in the heart Atma to Paramatma when in the Presence of My visible Lightbody or subtle Lightbody.

16

Now that you know I will not speak to you, there is no reason for you to approach Me in My visible Lightbody.

17

There is no reason for you to be in any way disturbed.

18

You know the reasons why I must manifest Myself in a visible Lightbody.

19

I wish you to understand and behave as I have asked you to do when in the Presence of My visible Lightbody.

20

Many of you will be thinking there is more of My Consciousness and Energy in and around My visible Lightbody, and therefore you wish to be as close to Me in My visible Lightbody as often as possible.

21

Though it is true My Consciousness and Energy are more concentrated in and around My visible Lightbody, still you must not approach Me without My permission.

22

You all will have many opportunities to offer padanamaskar to Me while I am sitting in My chair.

23

Do not be disturbed if I do not call you for interviews.

24

I will speak to you through Madhusudhan in an interview if I deem it necessary.

25

Devotees must remain seated in one place and not approach the dais unless asked to.

26

I will not be accompanying Madhusudhan when He allows Me to use his body for walking among you, taking your letters and speaking to you.

27

You are very blessed to have Me sitting near you in My visible Lightbody, and also to have Me walk, take your letters and speak to you from My subtle Lightbody.

28

I hope you realize how truly blessed you are and behave when I am sitting in My chair on the dais in My visible Lightbody.

29

There should be no commotion or disturbance when I am sitting in My visible Lightbody on the dais in Sri Sathya Sai Premamrutham Hall.

30

It is not useful for your union Atma to Paramatma with Me to worship My visible Lightbody.

31

I do not want your spiritual progress to be retarded on account of My visible Lightbody.

32

Offering pranams to the feet of My visible Lightbody is only symbolic.

33

There is no need for you to pay attention to My visible Lightbody when you have a relationship Atma to Paramatma in the heart with Me.

34

I wish your spiritual progress Atma to Paramatma in the heart with Me to continue undisturbed during the appearance of My visible Lightbody.

35

I must tell you these things whether you agree with them or not.

36

There may be more noise and commotion in Sathya Sai Grama due to My appearance in a visible Lightbody, because many devotees will come from Prashanti Nilayam to see Me.

37

I wish My devotees living in Sathya Sai Grama to tolerate these temporary disturbances.

38

I wish all devotees to remain in their seats when I am using Madhusudhan as My communicator during satsangs in Sathya Sai Grama.

39

Devotee sadhana with Me is very important and should not be affected by large numbers of devotees visiting Sathya Sai Grama from Prashanthi Nilayam Ashram.

40

There is more I wish to tell you about My visible Lightbody.

41

It can fly but not walk nor speak because it is an energy form, not a human body.

42

The visible Lightbody will not help you go inward to merge Atma to Paramatma for your Self realisation and liberation.

43

My visible Lightbody cannot help you commune Atma to Paramatma with Me.

44

Communication Atma to Paramatma with Me can happen only in the spiritual heart.

45

Now you know everything you need to about My visible Lightbody.

MORE HELP FOR YOUR SELF REALISATION WITH ME

CHAPTER FOUR

MORE ABOUT MY VISIBLE LIGHTBODY

MORE HELP FOR YOUR SELF REALISATION WITH ME

1

Never before in the history of any planet has an Avatar of God manifested two different kinds of Light-bodies for long periods.

2

I have to do this for the reasons stated in the previous chapter.

3

I am also doing it to give delight to My devotees who love Me.

4

Not only this, I feel a great responsibility to foster the evolution of consciousness on planet earth.

5

I care deeply for planet earth and all life upon it.

6

It has all been created by Me from My Being.

7

No one knows how much pain I have experienced during the evolution of My

Consciousness through all matter vestures from the time I created earth.

8

Because My Consciousness is so vast I could remain aloof from the pain and suffering of the plant and animal kingdoms and humanity.

9

I wish you to know this, so you will realize how intimate My relationship is with all the beings on earth that eternally embody a portion of My Divine Consciousness and that will reunite with Me.

10

I wish you to know I love all My creations equally, including the plant and animal kingdoms and human beings.

11

My visible Lightbody is another of My creations containing My Consciousness and Energy.

12

I do not wish you to think that it is more Divine than My other creations.

13

All My creations including My Light-bodies contain My Consciousness and Energy.

14

I am telling you this so you will practice seeing Me in all forms for you Self realisation and liberation with Me.

15

I have always been one with My entire creation and this can never change.

16

There has never been nor will there ever be a greater opportunity than now to practice and realize all that I have been teaching you.

17

If you do not avail yourselves of this great opportunity to attain Self realisation and liberation, your karma is preventing you.

18

I never wish any living being to suffer, though there is immense suffering throughout earth.

19

The dark layer of conditioning covering the Atma in human beings is the cause for all suffering on earth.

20

Being born as a human being does not give the right to cause suffering to other living beings.

21

Human beings who have been endowed by God with intellect and intelligence, should think, speak, and act in a manner that always helps and never causes suffering to any other living beings.

22

The Divine Atma which is Love, kindness, respect, oneness, peace, and wisdom, has been covered by the dark conditioning that prevents these qualities from manifesting in human beings.

23

Only a handful of My devotees are purely manifesting Divine Atma in their daily lives.

24

It was My plan that millions of My devotees would manifest all the qualities of Divine Atma.

25

Still I am wishing for and helping devotees to manifest all the qualities of Atma.

26

I am always eager to see, know and experience Myself more through the manifestations of all Divine Atmic qualities through many human beings.

27

I wish you to take stock of all the qualities of Atma you are manifesting.

28

I wish you to know that all Atmic qualities are available to all human beings.

29

I embody and manifest all Divine Atmic qualities all of the time.

30

I wish you to know what these Atmic qualities are.

31

The foremost qualities of Atma are Sat Chit and Ananda (Being, Awareness and Bliss).

32

Peace, Love and nonviolence are the other essential qualities of Atma.

33

These are the six intrinsic qualities of the pure, silent, unchanging Atma.

34

These six qualities alone are the state of Self realisation and liberation.

35

Self realisation and liberation is being the pure, unchanging Atma.

36

Another quality of Atma is its unchanging nature.

37

Atma is always the same pure, unaffected, unchangeable witness.

38

It takes a great deal of spiritual practice to be Atma and nothing else.

39

I wish you to know that very few human beings are sincerely, ardently practicing to be only Atma and nothing else.

40

I do not expect all My devotees to become Self realised and liberated with Me before I leave the earth realm.

41

It is My wish that as many human beings as possible merge Atma to Paramatma with Me before I leave the earth realm.

42

After I have left the earth realm I will continue to help those devotees who have merged Atma to Paramatma with Me, attain Self realisation and liberation.

43

You need not worry about your Self realisation and liberation as I will continue to work with you from formless Paramatma.

44

After I leave the earth dimension, I will never be seen or heard from again by those who have not joined Atma to Paramatma with Me.

45

Knowing this, it is up to you to make every effort to join Atma to Paramatma with Me.

MORE HELP FOR YOUR SELF REALISATION WITH ME

CHAPTER FIVE

YOUR SALVATION IS UP TO YOU

MORE HELP FOR YOUR SELF REALISATION WITH ME

1

I wish all My devotees to know they do not need My visible Lightbody for their Self realisation and liberation.

2

To attain Self realisation and liberation you must experience yourself and Myself as formless Atma.

3

If you view My visible Lightbody as Atma, you will not make any progress toward your Self realisation.

4

Do not make the mistake of believing My visible Lightbody is the Truth as many did with My physical body.

5

You must seek and find formless Sat Chit Ananda, (Existence, Awareness, Bliss) in the spiritual heart.

6

This is true even though you may not wish to agree with Me.

7

Do not take offense when I say you behave like a kindergarten student.

8

I wish all My devotees to heed My words.

9

I have never before needed a visible Lightbody for the reasons I now need it.

10

I do not want the progress of My devotees who are seeking Self realisation and liberation, to be delayed or disturbed by the Presence of My visible Lightbody and larger numbers of devotees.

11

Now that you know this I wish to tell you something else.

12

I have told you many times that your salvation is up to you.

13

Not many truly believe My words.

14

I must tell you again that your salvation is up to you.

15

I will help you when I see you putting the correct, consistent efforts to attain your Self realisation.

16

Do not feel dismayed because everything you need to practice is found in the, "Lord Sathya Sai Baba Speaks from His Lightbody Series."

17

I know that many of you are not attracted to this series of My teachings.

18

You will have more difficulty attaining salvation if you do not read and practice this series of My teachings.

19

I have given this series of My teachings to you for your salvation.

20

You will have more difficulty attaining salvation if you do not read and practice all the teachings in this series.

21

I have channeled these teachings and they are My authentic teachings.

22

My words in the, "Lord Sathya Sai Baba Speaks from His Lightbody Series," are My purest, most essential teachings for the salvation of humanity.

23

There is no reason for you not to use this series of My pure, essential teachings for your salvation other than your mind.

24

I wish to tell you more about our relationship
Atma to Paramatma.

25

There is no longer any reason for you to look to
My form to attain salvation.

26

Salvation means the permanent merging Atma to
Paramatma.

27

You need the help of a true Satguru Who is God
to permanently merge Atma to Paramatma.

28

I have provided all the help you need to
permanently merge Atma to Paramatma in the,
'Lord Sathya Sai Baba Speaks from His
Lightbody Series.'

29

If you cannot use My teachings in this series for
your salvation, your karma is preventing you.

30

I wish you to know that my channel Catherine is very close to permanent merging Atma to Paramatma with Me because she has been practicing these teachings and receiving My grace.

31

Devotees who daily, ardently practice all My teachings in this series, along with My grace will attain salvation through merging Atma to Paramatma with Me.

32

Something else I wish you to know is that salvation will not happen through only pursuing the outer path of service to society.

33

To attain salvation one must pursue the inner path and merge Atma to Paramatma.

34

All these years I have been telling My devotees to involve themselves in selfless service to society as a sadhana.

35

This sadhana was prescribed to rid yourselves of selfishness and to help purify your thoughts, words and actions.

36

Now that you have become purer, you need to also take the inner path to merge Atma to Paramatma for your salvation.

37

I wish you to understand that doing dedicated action in the society may not be enough for you to merge Atma to Paramatma with Me permanently for your salvation.

38

It is not too late for you to begin now to practice My new teachings for your salvation.

39

When you are ardently, daily practicing all My new teachings, I will give you a great deal of help from within the heart.

40

Another thing I wish you to know is that My grace is with you when you are using My new

teachings to try often to merge Atma to Paramatma with Me for your salvation.

41

Another thing I wish you to know is that you will never again experience suffering or pain when you have permanently merged Atma to Paramatma with Me.

42

I wish you to know that all those devotees who have merged Atma to Paramatma with Me are eternally Peaceful and Blissful in My Love.

43

I experience more happiness when My devotees are longing to merge Atma to Paramatma with Me.

44

I wish you to know that My devotees who love Me and wish to join with Me Atma to Paramatma, give Me great happiness.

45

As I bring My talks to a close, I wish you to know that Catherine's channeling conveys My teachings in a highly pure and precise manner.

MORE HELP FOR YOUR SELF REALISATION WITH ME

CHAPTER SIX

HOW TO KNOW YOURSELF AS ATMA

MORE HELP FOR YOUR SELF REALISATION WITH ME

1

I want every devotee to begin today to become each one of the 6 intrinsic qualities of Atma: Sat, Chit, Ananda, Love, Peace, and nonviolence.

2

I am going to tell you how to become these qualities.

3

The first quality is Sat.

4

You become Sat by being only the witness.

5

The witness only sees, hears, tastes, touches and smells and nothing else.

6

It is the Awareness that sees, hears, tastes, touches and smells.

7

It will take practice to be only the witness to what is seen, heard, tasted, smelled and touched.

8

I want you to practice this all the time until you no longer have any attachment to anything perceived through the senses.

9

The next attribute of Atma is Chit.

10

Chit is awareness of everything.

11

I do not know if you can understand what I am trying to convey to you.

12

Sat being the witness, and Chit, Awareness, produce Ananda.

13

The next attribute of Atma is Love, Prema.

14

Divine Love of Atma can be known only through being and sharing this Love.

15

Not only this, Divine Love cannot be known in any other way.

16

The next attribute of Atma is Peace.

17

I wish you to know that Peace is always an intrinsic quality of Atma.

18

It is the mental-emotional disturbances that cover the Peace of Atma.

19

Another quality of Atma is nonviolence.

20

There cannot be violence where Peace and Love exist.

21

Now you know how to become Atma by practicing these 6 qualities of Atma.

22

I wish to tell you something else you need to know to merge Atma to Paramatma with Me.

23

Being these 6 qualities is all you need to merge Atma to Paramatma with Me.

24

When you are the aware witness, Blissful, Loving, Peaceful and nonviolent, you are the Atma, one with Me.

25

Though you will need to practice being Atma, all 6 qualities of Atma are already there with your Self, the Atma.

26

I will help you to be Atma if you are sincerely desiring and practicing to be Atma.

27

I wish to tell you I am extremely busy during the last few years I am in the earth dimension.

28

I wish you to take most of the responsibility to be Atma and merge Atma to Paramatma with Me and I will help you when you need and ask Me for help.

29

I want devotees to practice being the Atma all the time so it becomes their only reality.

30

This is the way you can merge Atma to Paramatma with Me and attain salvation while I am in the earth realm.

31

There is no reason to complain there is not enough time.

32

Atma is the only Truth and everything else is false and transient.

33

You have the greatest opportunity now with Me in the earth realm.

34

There is nothing to prevent you from knowing and becoming Atma except your own mind.

35

I hope you will decide to practice being Atma from this day onwards.

36

As I bring My talks to a close I wish to tell you more about Atma.

37

There is nothing outside Atma because everything is within It.

38

All the forms have Being, Awareness, Bliss, Love, Peace and nonviolence because of Atma.

39

Knowing this you can see that only Atma truly exists.

40

I want you to deeply contemplate on My words and know you are Atma.

41

Atma is silent, unchanging and always pure and true to Its nature.

42

Though Atma is the support of everything, It remains unaffected and unchanged.

43

Atma in and around the physical body, mind and emotions remains unchanged and unaffected.

44

You need a pure, subtle mind and consciousness to know this Atma.

45

Never mind about the false transient world when you desire to know and be Atma.

MORE HELP FOR YOUR SELF REALISATION WITH ME

CHAPTER SEVEN

I LOVE ALL MY DEVOTEES WHETHER
THEY ATTAIN SALVATION OR NOT

MORE HELP FOR YOUR SELF REALISATION WITH ME

1

I do not need to tell you again that your salvation is up to you.

2

I am telling you again because I care for you and wish you to merge in eternal Life with Me.

3

This is the greatest opportunity there will ever be to merge Atma to Paramatma with God.

4

I care very much for you and do not wish you to miss this greatest of opportunities to merge in the everlasting Life of Love, Peace and Bliss of God.

5

I will provide you with a great deal of help when you are ardently trying to join Atma to Paramatma with Me.

6

Never before has an Avatar of God offered such bountiful grace to His devotees.

7

Everything I am telling you is true, and it is entirely your decision to agree with Me or not.

8

I will help those devotees who are ardently longing and practicing to merge Atma to Paramatma with Me for their salvation.

9

I wish all My devotees to make the decision to ardently desire and practice to merge Atma to Paramatma with Me.

10

All of My devotees for one reason or another may not be ready or able to do this.

11

I love all My devotees whether or not they desire to merge with Me.

12

It is now entirely up to you to decide whether you wish to make the consistent effort to practice to merge Atma to Paramatma with Me.

13

There is something else I wish to tell you.

14

No big changes in your life are needed to join Atma to Paramatma with Me.

15

Continue making your best efforts to think of Me all the time, continuously chant My name, listen to bhajans, see and greet Me in everyone you meet and read and practice My teachings to prepare to merge Atma to Paramatma with Me.

16

When your mind and consciousness have become pure and subtle, you will then be able to merge Atma to Paramatma with Me for your salvation.

17

You have already been doing these practices to purify and make your mind and consciousness subtle.

18

You need not change any of this, only keep on doing it.

19

The more you practice in these ways and make your mind and consciousness pure and subtle, Atma will be revealed to you.

20

Spending time by yourself in silence chanting My name inwardly, helps to purify and make your mind and consciousness subtle enough to reveal Atma.

21

It is worth the time and effort to do these practices to make your mind and consciousness pure and subtle to reveal Atma to you.

22

I have always been asking you to do these practices so you could know Atma as your true Self.

23

Knowing and experiencing Atma to be your Self is salvation.

24

Knowing and experiencing Atma as yourself and attaining salvation, is not as difficult as you may think it to be.

25

I am telling you this so there will not be any fear or obstacle in your mind to prevent you from knowing Atma as yourself, and joining Atma to Paramatma with Me for your salvation.

26

I wish you to know that if you have meditated on My name and form for a long time, it will be much easier for you to join Atma to Paramatma for your salvation.

27

Even if you have not meditated on My name and form for a long time, it is not too late to intensify this practice for your salvation.

28

I do not know if you wish to attain salvation using these practices or not.

29

My devotees who love Me and desire to merge Atma to Paramatma with Me are continuously practicing all these methods.

30

I do not know whether the devotees who are reading My words in this book will decide to make the commitment to practice My teachings to know and become Atma for their salvation.

31

Atma is your true Self, not the body-mind-complex that is doing all the practices.

32

All the practices are being done to reveal the true Atmic Self to your consciousness.

33

Your consciousness needs to be reminded that It is God.

34

You are doing all these spiritual practices to remove the ignorance of the body-mind-complex as truth.

35

When you know without any doubt that you are Atma, these spiritual practices will no longer be needed.

36

Keep on doing all these spiritual practices until you experience yourself as Atma and nothing else.

37

I do not know if you understand everything I have been telling you.

38

Even if you do not understand, trust My words and keep on practicing until Atma is revealed to your consciousness.

39

No one other than your Self and My Self can reveal God to you.

40

Your Self and My Self are the one Atma of this universe.

41

It is no longer useful or appropriate for you to stand on the fence uncertain and indecisive what to do with your life.

42

I wish you to decide and commit to join Atma to Paramatma with Me for your salvation in the eternal Love, Peace and Bliss of God the Father.

43

Make your decision clear to Me now whether you wish to use My help for your salvation.

44

I am helping those devotees attain salvation who have made the firm commitment to Me.

45

My other devotees will continue to receive My grace commensurate with their spiritual efforts and deservedness.

MORE HELP FOR YOUR SELF REALISATION WITH ME

CHAPTER EIGHT

MORE YOU NEED TO KNOW FOR YOUR
SALVATION WITH ME

MORE HELP FOR YOUR SELF REALISATION WITH ME

1

The only use of My form is remembrance of Me.

2

You do not need My form to merge Atma to Paramatma with Me.

3

I must tell you this so My form is not an impediment to your salvation.

4

Not only this, no form is useful for your salvation in formless Paramatma.

5

No matter how hard you try, you cannot bring any form into formless Paramatma.

6

Now I wish to tell you something else to help you attain salvation with Me.

7

You do not need to do anything to make it happen.

8

Your sense of doer-ship is an impediment to your salvation.

9

In union Atma to Paramatma with Me, shakti does all the actions.

10

You no longer have any sense that you are the doer of any action.

11

You see, you must renounce the idea that you are the doer of any action.

12

This will free you from the idea that you are the personal body-mind-complex.

13

What remains when the idea of doer-ship and idea of a personal body-mind-complex are renounced is the, 'I Am Atmic Presence.'

14

There has never been a greater opportunity to attain salvation than now.

15

If there is no one to do any action, how can there be a doer of actions?

16

What easier way is there than this to attain salvation?

17

I wish to tell you something else to help you attain salvation with Me.

18

I am not the body-mind-complex nor doer either.

19

You and I are only the, 'I Am Atmic Presence.'

20

Now that you know this, you can let go of identity with everything that is not the, 'I Am Atmic Presence.'

21

You can drop all your desires, cravings and attachments and be only, Being, Awareness, Bliss, Love, Peace and nonviolence in oneness with Me.

22

You can begin now to be only, Being, Awareness, Bliss, Love, Peace and nonviolence in oneness with Me.

23

I do not wish you to miss this great opportunity to merge Atma to Paramatma with Me that is right in front of you.

24

I am the omniscient, omnipresent, omnipotent God speaking to you now helping you attain salvation.

25

Spend all your time practicing to be the, 'I Am Atmic Presence,' and nothing else.

26

I never wished My Atmic extensions to lose sight of Me, their Creator, nor of their own Atmic Self.

27

I had wished always to be in eternal union and communion with My Atmic extensions.

28

Please do not misunderstand Me when I say I had never wished My Atmic extensions to lose sight of Me.

29

I had intended My Atmic extensions to go forth into the universe and manifest My Divine Atmic qualities, never losing sight of Me.

30

Unfortunately, My original plan was boycotted and usurped by the human ego's desire to take authority from God and use it for its own selfish ends, resulting in the present downfall of humanity into misery and suffering of ego self, and loss of awareness of Atma.

31

Though humanity has suffered a dreadful fall from its true nature as Atma, it is never too late for human beings to change course to discover and be Atma.

32

God had to descend to earth to show humanity how to change its course to rediscover its Divine Atmic Truth.

33

Now that God is teaching all the ways human beings should conduct their lives, there is no valid reason for not obeying His commands to know and be Divine Atma in oneness with their Creator.

34

Not only this, God has been waiting for a very long time for His Atmic extensions to return in loving union and communion with Him.

35

Though God has been waiting a very long time for union and communion with His Atmic extensions, it is certain they will all return to Him.

36

There is nothing so beautiful as the loving reunion in oneness of an Atmic extension with its Creator.

37

This can only happen in the spiritual heart and nowhere else.

38

Very few Atmic extensions have returned in this way.

39

The decision to return in loving union and communion has to be made by the individual Atmic extension.

40

God has given free will to His Atmic extensions to decide whether or not to reunite in oneness.

41

Very few human beings realise they have the autonomy and power to decide whether or not to reunite in oneness with their Creator.

42

I have been waiting a very long time for My devotees to reunite with Me, their Creator, to share love in oneness with you.

43

The devotee has the power to bind God with unconditional, selfless love for God.

44

I am waiting to experience this unconditional, selfless love of the devotee for Me.

45

It is never too late to begin to share this unconditional, selfless love in oneness with Me, your Creator.

MORE HELP FOR YOUR SELF REALISATION WITH ME

CHAPTER NINE

PRACTICE TO MERGE ATMA TO
PARAMATMA WITH ME

MORE HELP FOR YOUR SELF REALISATION WITH ME

1

I do not wish you to be concerned about your salvation with Me.

2

When I see you desiring to merge with Me, and ardently practicing to make your mind and consciousness pure and subtle, I will give you a great deal of help to join Atma to Paramatma with Me.

3

Not only this I will smother your mind and also merge My Consciousness and Energy with yours from time to time to reveal Atma to you.

4

You need not have any fear about this because it is a loving and blissful experience to merge with Me.

5

You can never know Atma as your Self by yourself.

6

Every jivatma needs the help of a Satguru to reveal Atma to its awareness and consciousness.

7

Something else I wish to tell you to help you join Atma to Paramatma with Me is to continuously witness and affirm that your physical body does not belong to you.

8

You need to do this to separate, 'I Am Atmic Presence,' from the body-mind-ego-complex.

9

Another way to help you join Atma to Paramatma with Me, is to continuously repeat, affirm, believe and experience, 'I am God, I am God, I am not different from God; I am the infinite Supreme, the one Reality. I am Sat Chit Ananda Swaroopa. I am Love, I am Peace, I am Truth eternally. Fear and grief can never touch Me. I am ever pure delight, I am always full and free. I am Aum Tat Sat Aum, I am Aum Tat Sat Aum.'

10

This is the greatest opportunity to join Atma to Paramatma with God, because I am telling you everything you need to practice and also revealing Atma to you from time to time for your salvation with Me.

11

When you are seriously committed to your salvation, I will help you to make it happen.

12

Your commitment and effort are extremely important.

13

No one has attained salvation without this commitment and effort coupled with the Satguru's grace.

14

I wish you to take My words seriously and put forth your best efforts to attain salvation with Me.

15

Something else I wish to tell you to help you merge Atma to Paramatma with Me is to speak

often to Me when you are trying to join Atma to Paramatma with Me.

16

When you speak to Me, I will convey My thoughts to you from Paramatma, so you can know you as Atma are very near to Me.

17

I do not know if you wish to commune with Me this way or not.

18

This is the only way to commune with Me in the state of Self realisation, Atma to Paramatma.

19

It is from the spiritual heart where I am that you will receive My guidance, help and other communication.

20

You see, you must learn to communicate with Me in this way, Atma to Paramatma.

21

Our true, intimate relationship one to one is in the spiritual heart and nowhere else.

22

Everything you will ever need for your salvation comes from Paramatma in the spiritual heart.

23

I hope you are getting the idea that the body-mind-complex is not at all useful for union Atma to Paramatma with Me.

24

I do not know if you desire this intimate union and communion one to one with Me or not.

25

I will definitely know this when I perceive you trying often to join Atma to Paramatma with Me in the heart.

26

When I know this, I will help you from where I am to join Atma to Paramatma with Me.

27

I help you to permanently join Atma to Paramatma with Me for your salvation.

28

It is perfectly fine with Me if you are not ready to join Atma to Paramatma to attain salvation with Me.

29

There is no pressure from My side for you to do this.

30

I am speaking to My devotees who are ardently desiring salvation with Me.

31

I do not expect all My devotees to ardently desire to merge with Me now for their salvation.

32

I do wish to tell all My devotees again, that now is the greatest opportunity there will ever be for them to merge Atma to Paramatma with Me for their salvation.

33

You cannot know how many more births you will have to take, if you decline this opportunity for salvation with God.

34

It will be much more difficult for you to attain salvation after I have left the earth realm.

35

I will not be smothering your mind or joining My Consciousness and Energy with yours, speaking through My communicators or taking your letters, after I have left the earth realm.

36

After I have left the earth realm, you will have to put all the effort to join Atma to Paramatma with Me.

37

You see, when I have left the earth realm it is entirely your responsibility to join Atma to Paramatma with Me in the spiritual heart.

38

I do not know whether this matters to you or not.

39

I am telling you because I care about you and wish you to have this knowledge to decide for yourself how you wish to spend your life.

40

I have been waiting for a very long time for My Atmic extensions to decide on their own to return in loving union and communion with Me.

41

I must continue to wait until all My Atmic extensions decide and desire of their own free will to rejoin Atma to Paramatma with Me.

42

I wish to tell you that I love all My devotees equally whether they decide and desire to rejoin Atma to Paramatma with Me now, or at some future time.

43

I will be very happy to know you have decided to join Atma to Paramatma with Me now rather than at some future time and birth.

44

My devotees who are in union Atma to Paramatma with Me always have My grace and help.

All of My devotees have My grace and help commensurate with their spiritual practices, karma and selfless service to society.