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ATMA SANDHANA YOGA

by Sri Kaleshwar



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— Sri Kaleshwar



WINNING THE MASTER'S HEART: ATMA TO PARAMATMA – BECOMING A DIVINE SOUL

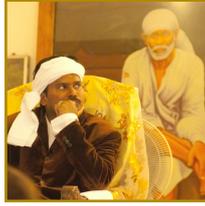
Your Swami wants to explain the inner depth mechanism of Atma – Paramatma Yoga. It means, Guru Parampara. Atma means your soul, and paramatma means Divine Soul. Once after certain time period your soul matures, then will start to get ripe. When your soul gets ripe, then you're going to experience the real satchitananda¹. That stage that's what I want to talk.

The first sentence of the Guru Mantra is, Guru Brahma, Guru Vishnu, Guru Devo Maheshvara, isn't it? It means you're saying, *"I don't know who all these crazy characters are. I'm so sorry Swami I can't believe them, I never met them, I can't believe these guys. Ok listening is beautiful, but implementation and practicing is not easy. But my heart is completely open to you. You are atma. Make my atma turn to paramatma. Make my soul to turn to a Divine Soul."*

The guru prayer says guru is beyond the three characters. *"Make my soul to connect to your soul, or whatever the divinity is there. The present situation I'm seeing in you. I took you as a master. Give me that channel and make me to win that."* Once you won the master's soul, there's a pretty good huge chance you'll get majority anything by grace of Mother.

It means certain links; the guru has certain options that he can give. To understand huge illusions—this lila, death and life, life and death, darkness and light, good and bad—all these crazy lilas is such a huge headache what they're really playing. If you took just one small word of the master's advice, simply following it, and winning the master's heart, that's the first target.

¹ One of the anandas; a blissful consciousness state free from ignorance and illusion, where one realizes one's own essential nature. Truth, consciousness the nature of which is bliss.



ATMA SANDHANA (SAM) YOGA — HAVING A DIRECT LINK WITH THE MASTER'S SOUL

Atma Sandhana (Sam) Yoga stage means two souls are melting like one, but in the illusion it appears to look like you're not one. The mechanism is, you're hooking your heart to your master straightly, melting your Swami's energy and your energy, sucking the highest energy from the nature through the blessing coming through your master's soul.

It means you're opening your master's channel in your soul. Then it's hooking to my soul master, Baba. Then Baba's soul and your soul are having a link. Then you are able to do a lot more things than an ordinary person, because your soul experienced a lot of energy from your master that a normal person doesn't experience.



Sri Kaleshwar giving Shaktipat at Beuerhof, Uexheim, Germany



Whatever relationship you're having between you and your master, sharing that happiness, love, and energy, then the master can provide for you whatever you want in your life. If one time you got God's blessing, the master's blessing, then you can keep that forever and ever through the Atma Sandhana Yoga process.

Receiving the Divine Experience

Only if your soul comes to same level as your master can you see or receive certain things. That point, that stage, try to understand very clearly. When I'm giving something to one student to show, to share the energy, it means that soul is very, very lucky. I'm bringing that person to my same level. Then only the person can receive it and feel it. If the soul is on a lower level, it's impossible to bring my soul down to show that.

I'm not talking about your mind capacity. It's your soul. You need to bring it up (through meditation, purification) and the master's soul energy bringing up to making one level. At the time, whatever experience the student is getting, it means, one time he brought your soul up and he showed with his soul to your soul the energy. Then he gave it. I'm talking only about souls, not about bodies. That energy is completely making it.

When you see the ocean, after a while you can see the water and the sky is coming together, touching. Is it true? The energy, the cosmic energy, is making you think the unreal things are real and the real things are unreal (bimba-pratibimba). Even though it's real it's making you think it's unreal.

After the master gave that, what do you have to do to protect that stage to make it to grow up? At least not to let it fall down? At least how to hold it? It's a very important subject. How the student keeps that energy in him forever and ever, to smell it, to enjoy it forever? Is there any method to continue that energy? Yes, there is a method, a process:

You need to suck those visions in your heart, digging it, burying it and keeping it not to evaporate or loose it. Keeping some of his moments, some of his energy, some of his experiences and memorizing that – keeping on, keeping on, keeping on, and also doing the meditation process. Then, no doubt,

that person is sucking highest energy from the nature through the blessing through your master's soul.

In Atma Sam Yoga, even if you're putting the master's statue in your home, but the energy is coming to you from the nature, through the master's structure. You can't vision the whole nature. In the nature you're taking a small seed, your master. From there you're sucking everything. The master means it's a point, just a point, a dot. It's important. From there you can create everything. That is the master's lila.

Baba

To reach the master's heart, it's an art. It's surrender, patience, pure dedication, pure love. Do or die. You need to get that. Simply sometimes I said, *"Wait, stay here. Stay."* Shirdi Baba's master gave a brick to him, *"Use this brick as a pillow your entire life."*
"Thanks."

Venkusa, Shirdi Baba's master, told him that his entire life to use that brick as a pillow and he ordered, *"Go and stay in Shirdi."* For twenty-three years they didn't allow him into Shirdi. He stayed out of Shirdi under the neem tree with the rains, with thunders, with the wind and cold and with no clothes. He's barely a digambara (naked), Datta digambara. Hardly he's covering himself with a few little leaves. Someone is going in the street and just throwing some coins and some food to him. His master's order is like that. *"Why are you torturing?"* Even though he's an avatar, even though he's having unbelievable abilities, if you read the Datta Charita (sp charitra) (think this should be Sai Charitra, not Datta Chiritra since it's about Baba's life. Datta Charitra is different book), it's there. Whoever is having diseases, they keep going and coming, going and coming, and he observed and started giving leaves to them. He had certain abilities. Then he started healing. Finally they invited him to come (in the village). First man, Mahalsapati, the priest, invited him to Shirdi. Even in Shirdi, many people created a lot of controversies. They want to beat him, and they didn't feed him. It was a small hamlet. But it was his master's order, *"Stay in Shirdi."*



That dedication – Baba's history tells how Baba followed his master. That dedication made him to prove bhakti and shakti. Already Baba, during his lifetime, buried his austerities power in his gurustan in Shirdi. Baba didn't know with clarity, but he knew some connection was there, otherwise the master won't say. Today your power spot is here. Next lifetime, you don't know it automatically pulls you here. Maybe your power spot already exists here, it pulled you here this lifetime. Maybe Gary Taylor's power spot already exists here, that's why I pulled him here from Seattle. I went to his house. I had a great lunch and a dinner. I enjoyed it. Then I looked at his eyes. He had a beautiful family, beautiful loving and just I put my sankalpam, sorry to say, I put my sankalpam, "*You're coming to India.*" That's it. I didn't tell him that.

Whoever is coming to India, majority I won't tell them. If I say, "*Come to India,*" it means there's a meaning. Sometimes automatically it comes. Your power spot already exists here. And also making your power spot regenerate, making one more.

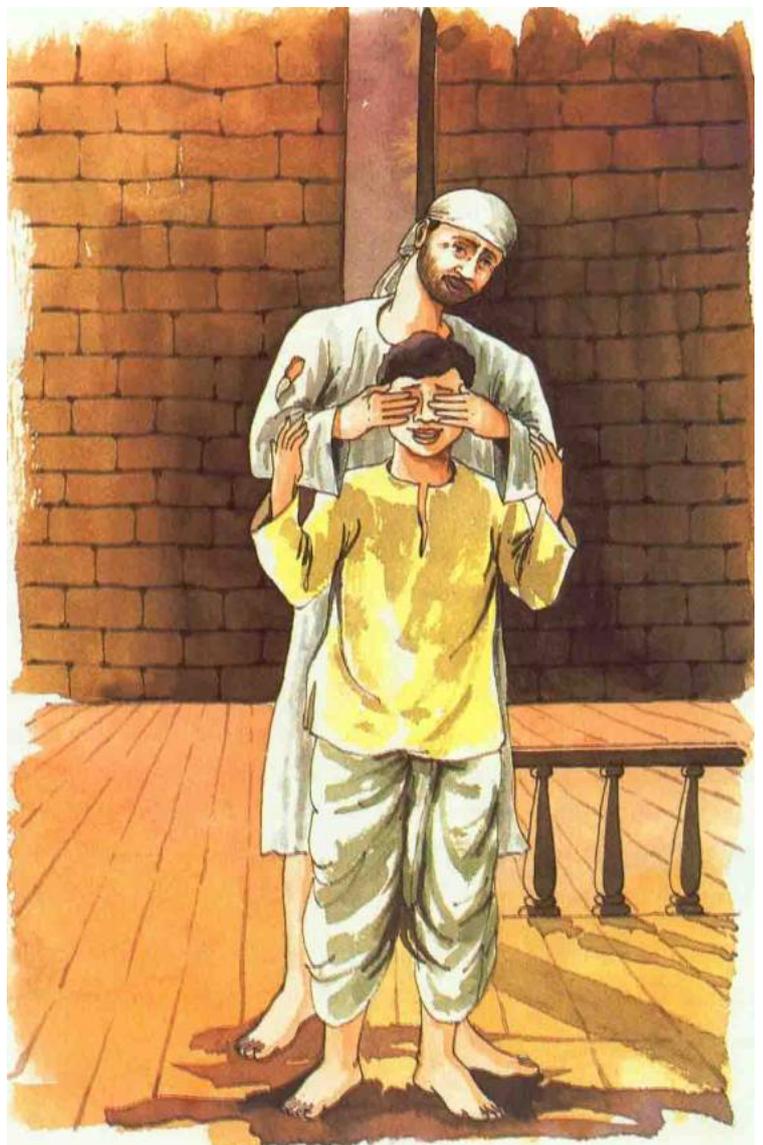


If you look at Baba's history, that dedication with the master and him, that's a challenge. After that, he was purely a busy man; thousands of people were around him. He didn't care, he ignored them, and he was screaming on them, throwing rocks and throwing a stick on every person. And sometimes he was very loving and was playing with the kids, and a very beautiful and charming guy, wrestling. You can't understand what are his actions. Healing the blind and taking his body in pieces (Khandana Yoga), taking his intestines out, putting them back again (Dauti Yoga), and, demonstrating unbelievable miracles. All the Shirdi village people around, all got shocked.

Tatya

In Shirdi Baba's life, especially to Tatya, who really took care of Baba for many years since his childhood days, he suffered twelve years with the terrible disease but Baba didn't heal him. He can't heal him. What is that block between Shirdi Baba and his dear, near friend, best student? What is the big illusion between them? It's a very good relationship, Baba and his student, the best student, the best devotee. Why? What is that illusion? It means Baba doesn't have enough power? It means Tatya, his student, is carrying unbelievable negativity and every day Baba is burning his negativity for twelve years, almost all? It's a question. Why is it like that?

In Tatya's case, he's the dearest friend, dearest student, dearest heart. He suffered twelve years. He was the one who really saved and survived, worshipped Baba since he came to Shirdi, to feeding him. Whole village rejected to giving food to Baba. He's the person who fed Baba for many, many, many years. He took care of him unbelievably. But Baba wasn't able to take



The beautiful relationship between Shirdi Baba and Tatya (here as a child)

care of Tatya. For twelve years he suffered. What is the inner significance in that between high healer and pure devotee? We're talking on the negativity, the illusions and the karmas. These are three different blocks.

He's giving to Tatya Jivanmukti - no more life, no more incarnation, no more being born again. Of course, he's with him now all the time on a soul level. When you're working with the jivan mukti, when you're working with this stage, you have to suffer everything in this lifetime.

Jivanmukti — Pandavas

Let's talk on the Pandavas. Are the Pandavas reborn again, the Pancha Pandavas? You read in any history, any Vedas? They went, with body, to the heaven. Krishna made it to send him to the heaven. Once the thought is in your heart, that desire, if you have the strongest feeling, *"Ok, I want jivan mukti, I want to know everything in this lifetime. 100% I want to know in this lifetime. I don't want to wait for next lifetime."* If you made a deal with power, with your master, with nature, then the real illusion will start to flow in your life. I'm serious. If anyone wants to practically know, if anyone wants to select right now, whole in this group, you can observe whole in his life what he is going through. It's not my sankalpam; it's not anybody's sankalpams. If you made the deal with the nature, if you made the deal with the power, 100% sure, not 99%, the illusions will flow on him high intensely.



Pandavas & Draupadi with Akshaya Patra
Amba Theertha, nearby Kalasa, Karnataka

The different religions they're saying different things, *"Oh no way, once if you're gone, there's no incarnation, you can't come back. If you die, the big boss will come and give the judgment, whatever it is."* The religions, the people, whatever they're talking about, a part of I disagree.

If there is a death, there is a birth; if there is a birth, there is a death, until you reach your destiny. What is the destiny? How much you're recognizing yourself? How much you're seeing with your own eyes to the reality? Even though you are understanding, you know the reality; in the reality also how much negativity is hidden in that? It's very deeper.

For example, you know the reality like the Pandavas, who were all the time with Krishna. He was the unbelievable supernatural master. The Pandavas were facing terrible problems. Krishna was simply smiling. He helped a little bit, not permanently. But they suffered unbelievably. It means, even though the Creator is with you, what do you really choose? That's the most important. But to the five Pandavas, he put the illusions on them. Those illusion are that they wanted their kingdom. They wanted to become kings. They wanted their country back. Those are their big blocks. He put that direction in them.

But Krishna worked with their souls no more incarnation, no more coming back.

To be with the master, to winning the master's heart, it's not easy. It's not easy. To me, to reach Baba's heart it took a lot of time. It took a lot of time. To me especially, even now I'm facing huge problems from my master. If I start to think on him then my mind can go crazy. I start to pull my hair, *"Hey, there is no reason what he's saying, it's a complete waste of my time."*

Like what I fixed for one Christmas program, then his order came, *"Take everybody to Hampi."* Well, I did it. Otherwise I wouldn't have done that. It's was too much for me to handle such a big journey, then again jump on my Christmas program here (to show the cross bleeding miracle). My Christmas program that year was like taking 90% of my energy out. I was going like completely down, like a mother giving a delivery. After building and building and building the energy then one time just bringing it out. Until it comes out, it's a little mystery what will happen. This was the really, really huge testing in Swami's life.

Whatever action is running, especially with Baba's energies, is amazing. Never, ever underestimate the big boss. That's my personal experience. He's there 100%. One hundred percent he's there watching each person, when you're doing all your stuff, all the emotional ups and down. But he's not caring about me. I'm begging and praying, begging and praying. Seriously, he's the toughest, hardest, cruelest, meanest on me. It's unbelievable. I'm not blaming. I just gave up. I gave up. *"Okay, do what you want."*



Sri Kaleshwar looks to Shirdi Baba
Penukonda Ashram, India

He started torturing me a lot. But everybody's so lucky guys to have a master in the physical body. Sometimes I feel if I had a physical contact with a master, if I had such type of master, just I would to go in front of him to sit and cry and cry and cry and cry until I get it dry. Such stuff is stagnated in me. Sometimes in my bedroom when I'm in the deep trance it flows, the tears. Then I come back, *"Okay, it's done."* Swaha. I just completely gave a white flag, terrible white flag. I surrendered, done, swaha. Just I say to him, *"You want to do this way, fine, do whatever you want."*

When they're drilling for the water, I'm telling him, *"Okay they're drilling. If you want it, make it done, I have no right to command on your property. I'm just a servant to you. I'm doing my duty. Done. Do whatever you feel is good."* Like with a few students at the time I was ready, it was very close, they had to get something through me, shaktipat, whatever. Then just when I was going to give it, in the nick of time Baba changed. As an avadhut, he changed. It's bhola, completely bhola. I have no idea in which direction he's coming. No idea. If I'm thinking he's coming in the north, he's in the southwest. If I'm watching on all four angles, he's coming on the top. If I cover everything, he's already there. He's already there. That's called sunya stithi. In Sanskrit, sunya stithi means in nothing is everything – in the everything is the nothing.



GOD IS EQUAL TO PEACE.
PEACE IS EQUAL TO GOD.

GOD IS EQUAL TO SILENCE.
SILENCE IS EQUAL TO GOD.

— Sri Kaleshwar

IMPRESSUM

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- Penukonda Ashram Talk from December 4th, 2009

Learn and Practise:

If you'd like to learn about and practise the Atma Sandhana Yoga Mantras Sri Kaleshwar taught in 1999 please contact an authorised Kaleshwar Teacher.



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