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# THE INSTANT SUCCESS

... at ease and effortless

- MR. DAMODAR MANDA



अमरेंद्र  
अमरेंद्र मंडा

# THE INSTANT SUCCESS

... at ease and effortless!!!

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A Scientific Approach  
FOR AWAKENING EMOTIONAL & SPIRITUAL  
INTELLIGENCE

THROUGH 24 HRS. MEDITATION

By

DEMODAR MANDA

THE SECRET OF SUCCESS IS  
"CHANTING SILENCE IN SILENCE..."

Specimen copy



30/01/25  
अज्ञानमोक्ष संस्थान

## AUTHOR'S DESK



I was born on June 15, 1966, in Somadevarapally Village, Dharmasagar Mandal in Warangal District. My parents are Sri. Laxminarayana Manda and Smt. Kamamma Manda. I completed my Primary and Secondary education at Zilla parishad High School in the nearby village of Damera in Karimnagar District. I completed my plus two education in Government Junior College, Hanamkonda. I did my BE (Electrical) in the College of Engineering, Osmania University.

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I joined the APSEB in June 1990 as an Assistant Engineer and was posted in KTPS Palvancha. I have worked for 12 years in KTPS as AE and ADE. From 2002 to 2009, I worked as ADE in 400KV Mamidipally, Hyderabad, and 220KV Chandrayangutta, Hyderabad. From 2009 to 2017, I worked as a Divisional Engineer/Training and then as a Superintending Engineer / CTI & Enquiries at the Corporate Training Institute, TGTRANSCO.

I have done my research on Personality Development for the past 15 years. I have followed 24 Hrs. Meditation, thereby involving meditation in every activity. The outcome is the book I authored, "THE INSTANT SUCCESS". I hope it will meet all the requirements of human beings and achieve their goals. The ultimate reality of this book is explaining how a human being can excel in all respects automatically and the secret of confidence. I am sure that it is an Invention of an innovative Idea.



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Consolidating these concepts into a specific discipline, divyadarshinyoga, which I am sure will become, beginning of a new Era in the process of self-realization.

In CTI, I have trained 2000 employees of TGTRANSCO and 1000 students in schools and colleges in Asanas, pranayama and Meditation in physical mode.

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### Acknowledgement:

I express my heartfelt gratitude to beloved CHAIRMAN & MANAGING DIRECTOR, TGTRANSCO, Sri. D. Krishna Bhaskar, IAS for the kind support and encouragement.

I convey my sincere thanks to Sri. C. Srinivasa Rao, IRAS Member (Finance)/TGERC, Sri. K. Raghu, Member (Technical)/TGERC, Sri. G. Narsing Rao, Director/ Projects/ TGTRANSCO, Sri. J. Surya Prakash Rao, Director/ Lift Irrigation/ TGTRANSCO, Sri. B. Narsinga Rao Director/ Grid Operations/ TGTRANSCO, Sri. L. Murali Sagar, the Chief Engineer/ Training, Sri. R. Srinivas Rao, Superintending Engineer/Tech. to The Chairman & Managing Director TGTRANSCO, for their support and encouragement in writing the book.

I am very much indebted to TGTRANSCO management and all my friends, colleagues, superiors, and subordinates for their kind cooperation and encouragement.



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I express my heartfelt gratitude in reverence to Sri Swami Vivekananda and Master Sri Jiddu Krishna Murthy, whose teachings inspired me to write this book.

I would like to create spiritual ambience and spread the positive vibrations every where I move. So, let's sanctify our home, office, village, city, state and our country with purity, peace and harmony and enjoy Vasudaika Kutumbam.

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With Regards,

DAMODAR MANDA

Author

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Written in solidarity of my co-employees of TGTRANCO with a motto of relieving their work tensions during field emergencies and achieving physical fitness and mental balance in their life. So that, it will be useful for everyone in general.

I feel that Corporate Training Institute, TGTRANSCO, is my mother who gave me rebirth to my spirit.



**Dedicated to the  
Corporate Training Institute, TGTRANSCO,  
with love and honor.**

I wish the corporate training institute would be a sacred place for learning in peace and harmony.

**DAMODAR MANDA  
AUTHOR**



*30/12/25*  
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## Guidelines for Reading the Book

- 1) This book is aimed at realizing the divinity within. It has no discrepancy with any of the other yogic practices. It is an advanced Yoga whose limits go beyond the word 'practice'.
- 2) If the concepts of this yoga are understood in the right spirit, it may not take much time to catch the essence or realization. It is not a practice that is to be done separately; it is a meditation that is to be involved in every thought and activity at every moment (micro level) without any deviation.
- 3) You need not be worried about not sustaining mindfulness. The concepts of "Silence, Timelessness and Automaticness" help in the form of 24 Hrs. Meditation in expanding the conscious levels.
- 4) The main aspect of Timelessness and Thoughtlessness is to vanish the negative effects of 'I' or 'ego'. The mission of this yoga is **"the realization of the original state of human nature without deviation, a state where everyone leads a blissful life."**



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- 5) **24 Hrs. Meditation is the dynamic stability of the mind. Hence, the silence obtained by 24 Hrs. Meditation will be stable, reliable and permanent.**
- 6) **Being a certified teacher, I would like to give training in Asanas, Pranayama and meditation to those who have read this book.**



Draft Edition: June 2025



अनिल  
अनिल अंशु

## SCOPE OF “THE INSTANT SUCCESS”

- 1) Inspiring students and unemployed youth and making them self-sufficient by identifying hidden talents, Intuitive and creative skills. Motivating illiterates and underprivileged individuals to raise their self-esteem and enjoy their sovereign power.
- 2) To increase the efficiency of the employees by relieving work tension and achieving job satisfaction.
- 3) Reducing corruption by increasing awareness and life satisfaction techniques and showing how anti-social activities lead to self-destruction.
- 4) Developing moral strength and self-esteem of visually challenged and other physically challenged brothers and sisters by adopting special meditation techniques.
- 5) It will give a road map to all the Administrators, Executives and Industrialists to optimize their resources, maximize their benefits and achieve success.
- 6) Assisting the government in formulating policies on education, employment and health, and molding the children as national assets.
- 7) Coordinating with all the religions for tolerance and maintaining harmony in the society.
- 8) Developing patriotism and showing the value of life to experience the ultimate reality.

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- 9) Recognizing women as a vital force in the emerging society and identifying women's safety as the responsibility of each individual.
- 10) Taking up a Research study and developing practical techniques for understanding Instant realization. Arranging training for those who are interested.
- 11) Promoting physical health and mental health, rejuvenating the body and mind, developing resistance power to all diseases and becoming a companion during old age overcoming the pain of loneliness.
- 12) Helps in attaining Nirvana or “Moksha”, the ultimate goal of human beings.

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## PREFACE

Hi, I would like to share some of my ideas on 24 Hrs. Meditation. I feel meditation can never be a choice. It is as essential as breathing air, drinking water, and eating of food. Without meditation, life becomes materialistic, full of burdens, fear of uncertainties, fear of ill health and fear of death.

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Some people may justify and motivate themselves by saying these are all common or you have to fight. Some other people (those people who do not know meditation) may tell you that you have to be satisfied with what you have or control your desires to make yourself happy (but they can't tell you how to control your desires because they don't know the right way).

But nature's secret is that all the Energies and Powers are there inside waiting for you. You can access them at any time during your life span, but only with the instrument of meditation. Meditation is the only way to show you the right path to visit the divine power within.

Suppose something unwanted incident happens in your life; then your intelligence will act within no time and update the data in your chitta (mind) and protect you accordingly. If your ahamkara or ego does not accept, the judgment and contradiction make you unrest.



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Nullifying ego is not losing self-respect but coming out of ignorance or illusion; getting a thought is not a problem, living in thought is a problem. You need to understand this secret in meditation. Once you catch the secret, you will realize it in no time. This is THE INSTANT SUCCESS.

Please understand meditation in the right spirit. Make sure true meditation will never hurt you, never bore you or never trouble you. It is as easy as relishing Amruth and relaxing in mother's lap. Rejoice the treasure of joy and the heaven in every moment.

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Put your heart into every work, enjoy every moment whatever you do, feel or think. Because, moment (silence) is a source of joy and work or service is a carrier of joy. **Any extent of sorrow or grief will pass automatically in zero time if we leave (thought), but do not lose a single moment, because if you cannot enjoy this moment, you can't enjoy any moment.**

**“THE INSTANT SUCCESS is not merely a book, it is unique and first of its kind, a new invention of an innovative idea, a silent revolution. It is a complete life such that, it has answers to any question and every question in life”.**

But I feel it is my responsibility to make it reach everyone. Because I know the secret, I am experiencing the joy, so I shall impart the same to everyone. I am sure I will do it wholeheartedly.



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**“I am not a handsome guy, but I can give my hand to someone who needs help. Beauty is in the heart, not in the face.”**

**- APJ Abdul Kalam**

**WITH LOVE,  
Yours**

**DAMODAR MANDA  
Ph: 8125336806,  
Off: 9440810900**

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## MESSAGE FROM THE OFFICERS CTI/TGTRANSCO

Upon perusal of the contents of “The Instant Success” we are inundated with a plethora of thoughts which trigger the various episodes of positive thinking with an optimistic approach.

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The author has torched the path of success in every moment of life through the concept of meditation round the clock and made ease the meditation through automaticness which awakens whilst balancing between physical, emotional, spiritual and psychological parameters to set at high degree due to which we boosted our confidence and feels success in every walk of life.

Our kudos to Damodar Manda Sir for proffering such wonderful words through this book in an innovative and attractive manner we find all the ingredients in this book that are helpful for everyone to gain confidence at every moment and it caters to all the needs of the instant era to remain cool, calm and compose apart from healthy, happy and energetic life.

**With Regards**  
**Officers / CTI**  
(List of Officers overleaf)



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3	N. Venkateshwarlu	Assistant Divisional Engineer
4	Harish	Assistant Divisional Engineer
5	G. Sudhakar	Assistant Divisional Engineer
6	S. Ravi	Assistant Divisional Engineer
7	Md. Ahmed Hussain	Assistant Divisional Engineer
8	M. Nirmala	Assistant Divisional Engineer
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10	T. Indrani	Assistant Engineer
11	V. Uma Maheshwari	Assistant Engineer
12	V. Krishna	Personal Officer
13	Ahmedi Begum	Assistant Accounts Officer
14	S. Ranjani	Junior Accounts Officer



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## 1. INTRODUCTION

**It is not the strongest species that survive, nor the most intelligent, but the one who is the most responsive to change”  
- Charles Darwin**

It is felt that there should be a change in thinking; it should be innovative and creative.

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India is a source of abundant, traditional, cultural and spiritual heritage. Civilization is an evolution from ancient times. The modern techniques being adopted are still not meeting the needs of the people holistically. There is a lot of unrest, disparities, and violence prevailing in society despite so much Scientific and Technological advancement. Because the same is being utilized for fulfilling selfish goals and exploitation and leading against the Laws of Nature. Hence, there is a need to go for an innovative approach.

According to the Laws of Nature, order is there in the disorder. Patience is required to identify the same for the betterment of society. God has created the entire nature to make human beings happy and self-sufficient. However, human beings are searching for happiness somewhere else and making their valuable life miserable. What is the use of making so many rules and conditions without knowing the simple law of knowing the self? If somebody says it is “difficult”, he has to lead a life of difficulty forever.



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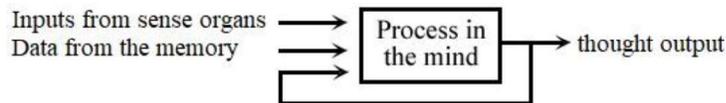
It is not a criterion of interest of an individual. It is the criterion of understanding the secret of nature. It becomes easy if you remove the mask (EGO). Ignorance in the form of ego prevails and causes unrest in society.

If anybody says it is “**easy**” without any doubt, he can always be happy forever because there is a lot of energy and confidence in the word “**easy**”.

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The purpose of learning spirituality (inward journey) is how to UN-identify with ‘I. Watch the silence in your mind.

See that your ‘**Inner Silence**’ is not affected by what you think or act because thought process and all the activities are ‘**automatic**’ or ‘**involuntary**’. The same is operated by your mind programming based on the processing of the inputs available from the surroundings and the data available in the memory with auto correction facility with feedback. This is what is known as un-identification with ‘I’.



This beauty is there in the ‘**creation**’ itself. Knowing this fact one can achieve perfection in all aspects of life. Lack of awareness (ignorance) of this nature’s secret is leading to ‘**suffering**’ in the human race.



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Please don't justify if somebody is driven by an ill spirit and does anti-social/illegal activities. Parents and teachers should nurture their children with good principles and ideas right from their childhood.

Everybody accepts that human life is very uncertain. This uncertainty is making everyone weak and is resulting in lack of confidence and enthusiasm. God has created human beings with abundant resources and such wonderful nature that no one needs to suffer even for a moment.

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So, this book explains how to understand the creation and how to enjoy every moment of life despite the troubles, and explains how to achieve the goals irrespective of the obstacles. Further, it enlightens how to realize oneself instantly by inculcating these concepts.

It is generally said that one may get “**confidence**” by gaining knowledge, skill, experience, efficiency, influence, money, health, etc., However, this book explains how to get confidence without all the above and how to gain all the above with confidence.

I have much passion for writing this book and sharing my own experiences. It is written with a completely positive intention. There is no need to change the beliefs, practices or lifestyle. I hope it will fully strengthen your confidence and weaken your weaknesses.



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अज्ञानमोहं विना

**“If you don’t know how to enjoy this moment (let it be a trouble or a failure), you can never understand how to enjoy your life forever”.**

Instant success is living in freedom, living with confidence, living with Zero effort, living in the infinite, living without limitations, living without conditions, living in eternal bliss, living without suffering and finally, it is the easiest way for self-realization.

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Learn to control the “**Manosthithi**” to understand the “**Paristhithi**” because bliss is internal, not external.

This book is intended to prove your greatness, not mine (author).

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## 2. PATH OF TRUTH

“Everything strong and good and powerful in human nature is the outcome of the divinity within, each one of us has that infinite ocean of existence, knowledge and bliss as our birthright, our real nature, the difference between us is caused by the greater or lesser power to manifest that divinity”.

- Swami Vivekananda

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**What is “Truth”?**

The main characteristics of “**Truth**” could be

1. Everlasting (permanent);
2. Omnipresent;
3. Almighty;
4. Power of creation and destruction;
5. Metaphysical (physically nothing);
6. Silence.

Then, the only **TRUTH** could be **GOD**.

We can say the entire nature or universe is descended from the source of universal energy, naming it God.

God has the power of creation. God’s existence is everywhere, in everything and in everybody, including vacuum or space. Hence, there is no chance of “**evil**” in the world by nature.

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All the evil we see or think of is prevailing because of illusion or ignorance.

You can interpret scientifically that God is the flow of energy through the universe as a whole.

The divine potential will be awakened from Inner silence (see the 24-Hours Meditation) to fight all the evils. It will be easy if you understand the path of truth. It is living in accordance with the nature. It is the true life. The principles of The Instant Success will guide you in every aspect. You can understand the truth by the principle.

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**“If something makes you weak, it can never be a TRUTH”.**

**- Swami Vivekananda**

We can examine that all the negative thoughts such as selfishness, greed, jealousy, corruption, inferiority/superiority, laziness, boredom, dissatisfaction, etc., make us weak, hence, these are untrue. All the positive thoughts as unselfishness, love, honesty etc., give us strength; hence they are true.

**The law of nature:**

**“Those who are bound by ‘Silence’ will never fail, because we can see the God only in Silence”.**



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### **Concept of Nothingness (Humbleness):**

The energy which is the base for the existence of this Universe has no form or shape and can't be recognized with any of the sense organs. Hence, it may be interpreted that the energy exists in so minute form say "Nothing" but has infinite power.

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**"If you feel nothing in physical, you will become infinite in spirit".**

If you feel you are something, all the limitations will come into the picture, and you will never understand the infiniteness. Anyhow, all the physical activities at every moment are automatic, you need not forego any of your priorities by following this concept. Program the same in Auto.

### **The reason to be humble.**

As human beings, we have to understand ourselves and nature. God has given us all the resources for understanding and sustaining a successful life. We know that in this universe, everything is interrelated. This universe has trillions of years of history, and this may continue for even more. Whereas the average life span of a human being could be hardly 100 years. How can we compare this? Everything is a part of the universe and a part of creation. Then, why fight each other, compare, and develop animosity and supremacy?



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Everyone has the same origin, same power and resources. Hence, the differences we see are because of wrong perceptions and ignorance.

Man is misusing the God-given senses/resources, misleading themselves and falling into deep troubles where there is no way for salvation. Hence, to understand ourselves, we need to utilize our resources properly.

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As God is omnipresent, so exists in the hearts of human beings also. However, we know that God is beyond physical means. Once we realize this, we will be able to enjoy the infinite power of God and eternal bliss.

**The Importance of “work is worship”:**

**“Every duty is holy, and devotion to duty is the highest form of worship of God; it is certainly a source of great help in enlightening and emancipating the deluded and ignorance-encumbered souls of the Buddhas – the bound ones”.**

**- Swami Vivekananda**

**“Work every day by putting God in everything, and knowing him to be in everything. Work incessantly, holding life as something deified, as God himself, and knowing that this is all we have to do, this is all we should ask for. God is in everything; where else shall we go to find him? He is already in every work, in every thought, in every feeling. Thus,**



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knowing we must work. This is the only way, there is no other way”.

- Swami Vivekananda

### Ladder for going from the earth to heaven:

Suppose you are on the earth (finite state) and you want to reach heaven (infinite state), which is up above the earth. How can you get there? You may need a ladder. Can you guess what is ladder?

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Appreciate that God has provided ladder also. Try to understand that God has created everything required in this universe for the sake of your enjoyment. So, learn how to enjoy every relationship, living things, nonliving things, all comforts, troubles and miseries in this beautiful nature. That is the way to reach heaven, and that is the true ladder (NATURE).

Observe that evil in society equally helps for your realization as good in society does. Understand this is the creation of God for your benefit. Do not lose confidence; at least wake up now.

### To be a harmonious society:

Ask nothing and want nothing in return. Give what you have to give; it will come back to you, but do not think of that now; it will come back multiplied a thousand-fold. Helping others is only helping us.

- Swami Vivekananda



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People argue that the government is not resolving many issues in society. But understand that the government is bound by certain rules and principles as per the Constitution. Everyone is selfish and finds loopholes in every walk of life.

It is the people who have supreme power in forming the government. They may unite (oneness) and act accordingly in shaping society in cooperation with the government. The transformation from finite (present state) to infinite is possible with love and faith.

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### Truth Vs Status:

How can you find it very difficult to balance the rich and the poor? Why can't you educate the rich how they are losing their freedom and valuable birth by accumulating valueless riches? How can one expect moksha by donating with a selfish motto? Accumulation of wealth in greed reveals a lack of faith & lack of confidence, but not for securing life.

Only the TRUTH is the ultimate law of the universe. God has programmed the human mind that if somebody lives according to Nature or abides by the TRUTH, they will only enjoy all the riches of nature. **You can't exercise power over others. You can only love others.**

**“Life is ever expanding, contraction is death. The self-seeking man who is looking after his comforts and leading a lazy life; there is no room for him even in hell”.**

- Swami Vivekananda



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## Happiness as the goal of life:

Anyone can agree that happiness is the ultimate goal of life. But the greatest secret is that it will come to you if you do not invite it so that you can enjoy your life without foregoing any of your preferences, or else if you put effort or invite it, it will escape.

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Knowingly or unknowingly, the human mind is always in the pursuit of happiness as if atoms always seek octate form. But as long as you do not know the secret of putting in effort effortlessly, you cannot get the happiness that you are seeking to enjoy every moment.

According to science, the human mind can exist in four different states depending upon the brain wave frequencies, i.e.

The first one is the **Beta State**:

In this state, we are mostly materialistic and can enjoy only physical comforts. There will be scope for wrong decisions, and we will feel dissatisfaction because in this state we will always tend to put effort into being happy, but in vain.

2nd is **Alpha State**:

This is a state of silence. This is possible only if your mind is relaxed and effortless, which is possible in meditation. In



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this state, your thoughts will be reduced, and you will get ideas so that you can make the right decisions and feel happy naturally without foregoing any preferences.

3rd is **Theta State:**

This is a state of deep silence or deep meditative state. In this state, you will have full command over meditation, and it is possible to keep yourself in silence and happy around the clock, irrespective of hurdles in life. We may call it 24 Hrs. Meditation.



4th one **Delta State:**

This is a state of Samadhi (as per Ashtanga Yoga). In this state, consciousness goes beyond the senses, and you will see happiness everywhere. This is a yogic meditation and is not possible for everyone.

**Flight analogy:**

Finally, let us examine an analogy of travelling in a flight. When we travel in a flight take off is not in our control, landing is not in our control and during the journey turbulence is also not in our control. Though we have concern about the journey, we hope safe journey and choose to enjoy the journey.

See that, takeoff is birth, landing is death and turbulence is ups and downs in life, nothing is in your control. Apply the same principle in your life and **do not try** to be happy, just



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**become.** (Because happiness is not a thought, you cannot cultivate it, it is a state of being). It must be unconditional or unchangeable, so that you can enjoy every moment in your life. Path of truth will always help you if you are not confident of your choice.

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### 3. AUTOMATIC PROCESS (Harnessing the Power of Subconscious Mind)

**You are not a drop in the ocean, you are the entire ocean in a drop; you are infinite, timeless; you are the creator, not the creation; realize.**

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#### **Automaticness:**

As per the available scientific evidence, the subconscious mind's processing speed is about a **billion times** faster than that of the conscious mind.

We can understand that the source for thoughts, emotions, and feelings is the subconscious mind, and then every thought becomes **past** by the time we (the conscious mind) know it.

So, we can't correct the past in present, but the correction, if any, will be taken up by the subconscious mind itself automatically.

All human beings indeed have the divine intelligence within, in the form of the subconscious mind governed by 'Prana Shakthi', (it is the energy that drives body and mind function together) to care, protect and accomplish any task, making everything automatic. Further, we have a conscious mind to enjoy every moment in Silence.

But as long as you are in the illusion of time, you cannot see the Silence. This illusion hinders understanding the truth and



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leads to unhappiness due to ego domination. So, if you can make time zero (see timelessness in chapter 4), you can see the Silence because every moment is automatic. This is the secret of Meditation.

Even if you do not realize/believe, every action/thought is automatic and timeless forever (at subconscious level). Then why do you bother for something? Your job is only to enjoy every moment of the wonderful life. It is you to decide whether you want to be happy or unhappy. Do not surrender your sovereign power to anybody. Freedom is already given to you by God himself. You are limitless, timeless, unconditional and infinite. Understand.

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No help is required, no change is required, no practice is required, no time is required, and no further resources are required. This is the time for enjoying the eternal bliss. If luck is not there, don't care. If God is not in favor, don't care. If health is not supported, one need not lose confidence (worry worsens the condition). If survival is a problem, don't care. Everything is automatic. Realize now.

If you could not understand. No problem. Could not be happy? No problem. Could not be satisfied? No problem. Could not concentrate? No problem. Could not compete? No problem. Could not control your desires? No problem. Everyone hates? No problem. Could not control emotions? No problem. Could not cope up studies? No problem. Living alone? No problem. Are people denying you? No problem. Do not have skill / knowledge



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/ efficiency / experience / Money / Power? No problem. Failing every time? No problem. Lost all hopes? No problem, and afraid of the future? No problem.

To come out of illusion, check yourself moment to moment (zero time) and observe effortlessly if you can be **Silent** even for few seconds, though you want to be. You can easily understand that you cannot.

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Now, be mindful and try for 1 hr.; then you can easily understand that you will go on doing or thinking something automatically. To experience happiness, live in zero time (timelessness), then you will see the joy in silence (24 Hrs. Meditation, refer to chapter 4).

### What is living?

Does living mean to carry out activities according to “**Dharma**”? Can you define the limitations of the Dharma? Is it possible to live without any selfish motive? So, what is true living?

True living is going beyond Dharma and Adharma. It is a state of oneness or infiniteness or unconditional or unlimitedness. For the journey from finite to infinite, start with Dharma. Gradually, when consciousness expands, the horizons of the Dharma increase; ultimately, when you are realized, both will vanish, and you will see the oneness or the state of inner silence.



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If you are in ambiguity, the same can be clarified from the fundamentals of TRUTH. Please understand, here everything depends upon the level of wisdom or understanding of TRUTH. Therefore, if your state of mind is perfect (as per the TRUTH), whatever physical activities you are carrying out are immaterial.

### **How are all the physical activities governed?**

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All physical activities are governed by nature's stimulation processed moment to moment as per the data available (stored) in your mind automatically duly making necessary corrections from time to time. Your intelligence works perfectly. Unless you interfere, it is very easy to control your emotions, and you can accomplish any work effortlessly. Then you will never see any troubles in your life unless you interrupt/alter the process. This is the beauty of the automaticness.

### **Are there any limitations of automaticness?**

Please observe whether you understand/realize not, every moment in your life is still be automatic. However, if you are unaware of it, you will lose in materialism.

### **What is human effort?**

Human effort should also be an automatic process. Unfortunately, the competition among human beings is for



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supremacy rather than livelihood. If the competition is within the self, there would be more fruitful results than earlier. Hence, the concept of automaticness will promote more unity among human beings.

Otherwise, there is no human effort. If you feel human effort is required, it will go out of control, and you will become imperfect. Realize that human effort is an automatic process, and you can put the effort, if you know how to put the effort effortlessly.

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**Concept of this moment:**

**“If you cannot enjoy this moment, you cannot enjoy any other moment”.**

Put your heart into every work and in every thought. Be effortless, don't care whether you are mindful or unmindful, and enjoy every moment whatever you do, feel or think. Because work or service is a carrier of joy, and the joy is there in every moment. Then, any tough task will turn out to be automatic, effortless and joyful.

But if you put any effort into accepting any moment, it is impossible to enjoy that moment.

**Then you may ask, if everything is automatic, what is our duty?**



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Please understand, whether you feel or do not feel the beauty of automatic-ness, everything, every moment goes on automatically.

However, if you can observe (effortlessly) the automatic-ness every moment, you will become free from all the sufferings, and you will start enjoying what is eternal bliss. Then where is the question of human effort? This is the beauty of human life. That is why it is called Instant Success.

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### **What will you do if an infinite power is given to you?**

Generally, people argue that they will eradicate all the evils in society and do justice to all the people, and others may quote that they want to make the country prosperous and luxurious or convert the earth into heaven and say many more.

Please understand that the present world is governed by infinite power. Are the resources available at present are not sufficient to make everyone happy? Can anybody tell one reason for non-enlightenment? Is there any luxury that can give you more happiness than eternal bliss? Can anyone tell what more he requires for his self-realization? Alternatively, let us take someone who is very enthusiastic and wants to reform society when infinite power is given to him. Please understand, is he different from nature? Can he do anything at his discretion?



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Impossible. Please realize that everybody and everything in this universe is part of nature only; hence, every moment is automatic.

Hence, the right answer to the above question is “**Accept everything as it is**”.

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Please understand that, in the external world, the universal energy (Super Soul) drives everything in Auto, whereas, internally (within ourselves), the subconscious mind controlled by Prana Shakthi (Soul) drives everything every moment in Auto.

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## 4. 24-HOURS MEDITATION

### Introduction:

The instinct of the human mind is to search for happiness or satisfaction in every moment continuously, but in vain. Because unconditional happiness can be experienced only in the Alpha state of mind.

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Meditation is a state of being, not a state of action. One should understand how to put efforts effortlessly.

**Meditation:** Thoughts come out of dissatisfaction. Dissatisfaction is sustained because of unfulfilling needs, wants / desires. The fulfilment of needs or desires cannot be met 100%, because satisfying one desire breeds another desire, and it is a never-ending process (vicious circle). Thought is associated with pleasures and pains. We can't stop thoughts because it is the physiology of body and mind.

Mostly thoughts are negative or dominated by I/Ahankara/ego (Ignorance). But the solution lies in strengthening of Intelligence, whereas Intelligence becomes active by meditation. The process is weakening the Ahankara by withdrawing efforts, i.e. removing the 'I' effect.

Let it be any thoughts, feelings, emotions, or any disturbance in the mind; do not apply any Knowledge, skill,



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efficiency or experience to alter or reject the process, instead just accept as it is or say ok, ok. If you are 'not ok' with a particular thought, you can be continued with 'not ok', which implies accepting the thought of non-acceptance. Then there will not be any contradiction between thought and response. It is continuous and an effortless process as long as your thought persists. This is the basis for 24 Hrs. Meditation.

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Forget mindful or unmindful, it is purely automatic. Every moment is meditation irrespective of your state of being or time. Just enjoy the silence effortlessly as if you are in heaven.

Because thought is generated at subconscious level, it will become past by the time it reaches the conscious mind. So, we (the Conscious mind or I) can't control the thought because it is already past. Hence, the only way to control thoughts is to leave them to the subconscious mind. So be effortless.

If you refer to Ashtanga Yoga, you will find how to practice meditation.

- 1) **Observe – Mindful or Unmindful – Follow up of – thoughts, Actions, or Moments → Dharana (concentration)**
- 2) **Observe – Mindful – Withdrawal of efforts → by applying Silence, Timelessness or Automaticness → Meditation (Dhyana)**



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### 3) Absorption (No observer) of – Thoughts, Actions, Moments → Samadhi Meditation.

**24 Hrs. Meditation:** The application of meditation principles in your daily routine is the essence of 24 Hrs. Meditation. It makes every moment and every task blissful and effortless.

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It is relishing every moment of life, whatever you think, feel or act.

The result of negative emotions causes suffering which is in the form of pain, fear, anxiety, sorrow, grief, misery, dissatisfaction, boredom, laziness, etc. Enjoying the bliss even in the negative thoughts (heaven is there even in the hell) is still possible with 24 Hours Meditation.

It is a natural phenomenon and an automatic process. Achieving the benefits of Meditation / Samadhi sthithi is still possible with minimum practice. The heart of these principles is called 24 Hrs. Meditation. Learn how to practice un-practice. Realize every moment is a meditation.

### Ignorance / Illusion, Awareness / Observation:

In the physical mode generally, you may analyze certain activities, incidents, qualities or what is good or bad in a relative way, in the form of thoughts. Though you are very rational and acting according to dharma, in most of the cases you may not get desired results. Then you will find contradiction as expectations



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are not met and get thoughts of some emotional reaction or dissatisfaction out of **ignorance**.

Or else, if you **understand thought is untruth and an illusion (no matter how efficiently you may think)** and maintain effortlessness without interfering thought process, the response and thought process go together **automatically** (in subconscious level) without any contradiction, and you can **enjoy (observe)** every moment.

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If you understand it perfectly and able to accept every moment, you can enjoy even the interruptions (whether mindful or unmindful). **Keep a check on your senses (Transcending - going beyond the senses) without making a judgment.**

**Acceptance:** Accept the past to be happy in future, or if you do not accept, the future also troubles you in the form of suspense or fear of uncertainty until you accept it. There is a realization in the acceptance. This is not a logic; it is a programming of our mind. Observe.

Physical acceptance cannot be treated as acceptance. The proof of acceptance is rising of positive energy but not a weakness. You should be able to enjoy even the failures. The secret is that **accept the thought of non-acceptance from moment to moment and so on** and a relief can be seen in the pain. It is possible only if thought is not interfered with (24 Hrs. Meditation).



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Therefore, please see that acceptance is non-interference or non-rejection, non-interruption or non-struck-up in thought. Even if you are rejecting thoughts and so on... say "OK" in your mind. Observe. **This acceptance of non-acceptance every moment is a concept of acceptance.**

### **The Secret of Acceptance and its flow mechanism:**

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Thought (Negative or Positive) generation in the Subconscious mind → sensed by the Conscious mind → Accept → Bliss, if not accepted → Suffering or Accept non-acceptance (Accept your weakness) → bliss or if can't accept the non-acceptance, leads to suffering forever.

Finally, you can see bliss even in suffering since you are timeless; every moment is automatic, whether you are mindful or unmindful. So, relax and enjoy the ok state.

Accepting our weakness (here, not Accept is the weakness) implies accepting the truth (OK state) by heart (you need not be loud or need not tell anybody), i.e. non-interference of thought process and breaking the rejection of thought. Then, we will overcome the ignorance or illusion automatically.

Even if you won't understand this, I know the secret. I am 100% confident and reiterate and assure you that every moment in everyone's life is a meditation. Whether you recognize it or not, whether you are mindful or not, whether you believe it or not. In my heart, every person is divine, and I will see the divinity



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everywhere. Because meditation is silence or silence is meditation, and both consist of one thing, which is BLISS.

**The greatest art in the world is seeing the greatness in everybody and everything in every moment.**

**Watching does not tire you and does not exhaust you if you do not correct what you watch. Meditation implies a mind that is so astonishingly clear that every form of self-deception comes to an end.**

**- Master J.K.**

On watching negative effects of your expectations get nullified and concerns will become challenges or opportunities. Even the negative effect of expectation of silence is also gets nullified.

#### **Timelessness:**

Observation is an effortless watching what you think, act or feel from moment to moment. Can you be aware of your thinking continuously? Very difficult. Whenever you feel concern for something, you lose awareness without your knowledge. You will realize this when you restore your awareness. If you observe at this instant your pain for not being aware for quite some time, will be offset. Nullify the effect of un-mindfulness with mindfulness.



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During observation, you will be in the present (mindful) whether you think of the past or future. Observe further, you will slowly understand what is meant by present, whether it is 1 second or 1 milli second or 1 microsecond. If you observe effortlessly or by withdrawing efforts (following moments), finally, you will experience the complete state of awareness, and hence, time becomes zero. This is how the speed of your mind can be witnessed (auto mode); this state of complete awareness is called timelessness or **zero time**.

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**“Freedom means no condemnation whatsoever of what you see in yourself”. “So ‘to live’ is to be free of time, and when you say ‘if’, you are introducing time. And time is the greatest sorrow”.**

**- Master J.K**

Let us examine with another example, if you divide any work into infinite parts, each infinitesimal, so the subconscious mind can accomplish every part in infinitesimal or say in zero time (if we compare it with the speed of the conscious mind).

Let the subconscious mind generate and process the thought in a nanosecond or picosecond, but understand **zero time** as far as the conscious mind is concerned because the conscious mind's speed is lesser by a billion times than that of the subconscious mind.

But, you are under the illusion and the impression, that you (conscious mind) are the doer and do not know the fact that,



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thought is already past, by the time it is sensed by conscious mind, hence interfering all the thoughts and continuously suffering and getting dissatisfaction, thereby creating problem also to subconscious mind.

**So, understand, effortlessness, zero time or forget the time to be silent to avoid thought interference, because every moment is automatic; then, conscious mind will become free, and allow free flow of thoughts (zero thoughts). Enjoy and relish every moment, because joy is there in the moments.**

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When time is zero, there can't be any thoughts that make you weak, spirit rises, conscious expands and goes beyond the senses; the subconscious mind will perform all the actions automatically. Enjoy the Bliss.

Bliss is there in the moments, not in the incidents. Incidents are only medium through which we go from a finite to an infinite state. This is a state where all the suffering ends because **suffering is the result of living in the past.**

#### **Sustaining observation:**

Observation is not finding whether you are mindful or unmindful. If you really observe, reaction to each thought will go and the negative effects of un-mindfulness also will go, then you will be able to enjoy every moment without interfering thought process.



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Now, please understand that the problem is the non-realization of the automatic adjustment of the “observation”. Hence, getting worried about breaks in the observation, which is again associated with ‘I,’ becomes a concern forever. Instead, if you withdraw effort and forget the time, we will never lose the observation. “Observe the non-observation” the feeling of ‘I’ is nullified. Whether you are mindful or unmindful will not affect your bliss.

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If you focus on the work, you will draw only a pleasure (even if you have passion for that work) or else, if you are under the impression of ‘zero time’, you can enjoy every thought, action and state of being in every moment even if it is a grief. Observe. (Even if you are unable to withdraw efforts or unknowingly put efforts, say ok, ok, then efforts will be withdrawn automatically).

**24 Hrs. Meditation in brief: Enjoy Mindful Effortlessness with the help of 1). Silence, 2). Timelessness and 3). Automaticness.**

1. Forget everything, completely relax, enjoy the **Silence.**
2. Enjoy **Timelessness**, understand zero time, be effortless, forget the time (zero thoughts) and see the silence in each moment.
3. Enjoy **Automaticness**, leaving everything to your **subconscious mind.**



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4. **Enjoy, ok' state** in every thought and action, so as not to give scope to your conscious mind to interfere. If there is any break, follow the 'ok' state or accept or accept the non-acceptance.
5. **In 24 Hrs. Meditation you can enjoy even your in-attention, it is winning over failures, troubles, and sufferings and enjoying thoughts and emotions every moment.**

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**Please understand that the 'ok' state is not compromising; it is liberating your conscious mind and avoiding interfering with the flow of the thought process to give freedom to your subconscious mind to fight against all the evils or negatives with full energy and confidence.**

Alternatively, you can adopt any mind relaxation procedures such as Music, Sports, Service, Research, Japa, Tapa, Parayana, Yagna, or any other rituals, etc.

But please see that your mind shall be in an Alpha or Theta state for transcending your consciousness **beyond** the senses to enjoy the bliss in every moment. So, it must be a round the clock process.

#### **Perception:**

**"If you are looking with the eyes of the past at the present, then you will never understand what the living thing is".**

**- Master J.K.**

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Observe that everyone strives to do their best in doing their day-to-day activities. However, you compare them with each other and differentiate them as worst / best. This comparison only creates inferiority / superiority, stress / ego... so on and all other negative feelings. However, we can't find fault with comparison. Hence, the problem is with the perception. Then what is the right perception or how to perceive nature in the right manner?

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Suppose you are feeling bored at some instant; it is because of some sort of dissatisfaction at that instant, and you expect something to overcome the boredom. But you don't observe what boredom is. If you understand, boredom is created because of your wrong perception, and if you realize the right perception, you can eliminate the boredom.

Understand that, as God exists everywhere, happiness exists in every moment and every happening. No need to struggle for understanding; it is just your true nature. Forgetting the basic things, and you are searching for happiness somewhere else. Such as in the comforts and luxuries, which are not true happiness. Then how can you be happy, and how can you overcome boredom?

### What is the right perception?

Recall that, **“If something makes you weak, it can never be a Truth”**. You look for material comforts and think of pleasure, which is momentary and breeds dissatisfaction later.



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Understand that dissatisfaction is there in the thinking and judging. But judging is living in the past.

Instead, if you observe (enjoying every moment or every fraction of a second) without naming, you will find what the Truth is and start enjoying every moment. Troubles are also filled with joy. Why do you see suffering in the troubles? Enjoy the heaven, even in the hell. Show the path of truth to rest of the world and become a vanguard of the spiritual journey.

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Suppose we are experiencing some difficult situation. Normally, we feel bad for unwanted happenings because of the rejection (non-acceptance). Now, if you make time zero or forget the time, then you will see the silence and develop confidence. Hence, follow the concepts 24 Hrs. Meditation without deviation, you will enjoy every moment.

**“It is a meditation that brings us nearer to Truth than anything else”**

**- Swami Vivekananda**

Replace effort with love. Then you can happily say, **“I will not accept defeat. My winning is your happiness. I always strive to achieve it”**. The un-selflessness never gives you dissatisfaction.

#### **A BRIEF SUMMARY ON 24 Hrs. MEDITATION:**

Meditation is not an activity; it is a state of mind or inner silence. Internally, it is a process of reduction of thought



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frequency by withdrawing efforts, in turn, relaxing the mind but not by cultivation of minds. So many popular ways of mind relaxation techniques are available, here we see the absolute, easy and perfect way which lasts for a longer time.

We see life is all about descending from universal energy in the form of birth as a child, growing, developing intelligence, learning various skills and exploring innovations with great efforts and difficulties despite the risks and challenges, finally leading a life in dissatisfaction till the end.

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But no one is showing interest in knowing what the true life is, even though it is easy, even though it is heaven at their fingertips, even though they can enjoy it without losing physical comforts or privileges. So, how ignorant is he? What an illusion he is in.

It is not to learn something, it is just knowing the secret, enjoying the heaven on the earth and uniting with universal energy, the source that he came from. Awake now.

Let us see our origin and how it is related to meditation.

We say that this entire universe is descended from a powerful energy; we call it universal energy, and the existence of that energy seems to be everywhere in the universe. We call it soul. We understand that the only truth in the universe is the soul.

Apart from the soul and physical forms, living things or nonliving things or so on, are conspicuously found to be having



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existence with different intelligence, though they are not permanent like the soul.

Within the human body, we also see that different parts of the body have different intelligences, out of which the human mind has the highest form of intelligence. In the human mind, the subconscious mind is more powerful than the conscious mind.

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It is the subconscious mind that cares and protects us intuitively from time to time and keeps us in a blissful state unconditionally. The conscious mind is self-centered and is associated with I or ego. It always interferes with thoughts, seeks physical comforts, produces dissatisfaction, and all negative thoughts lead to suffering. Presently, you may cope with the stress, but physically, when you become weak, you can't escape from hell.

Now, anyone can understand easily that meditation is meant for awakening your consciousness by leaving everything to your subconscious mind.

I will give a simple formula for meditation and explain meditation.

“Observe – mindful – withdrawal of efforts – with the help of – silence, timelessness, Automaticness.”

**Observe:** Observation is so simple that I substitute the word ‘enjoy’ or relish every moment for observation.



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**Mindful or Unmindful:** Sometimes, you may be unmindful or preoccupied due to the whimsical, eccentric or unstable nature of your state of mind. Enjoy zero time, live in moments or say ok, ok, the power of mindfulness offset the negative effects of unmindfulness.

**Withdrawal of effort:** Observe that there is a chance you may be putting efforts for being effortless. No problem. say ok, ok and so on. . Then the effort will be nullified, be quite natural or put the efforts effortlessly and enjoy the effortlessness.

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So, observe, meditation is a state of effortlessness with the help of 1. Silence 2. Timelessness 3. Automaticness

1. **Silence:** Sit comfortably, close your eyes, leave your body and mind free, forget everything and relax. See the Silence in every thought, action and in every moment. Silence makes intelligence stronger.
2. **Timelessness:** Forget the time (zero time), and then you will understand what the timelessness is and be able to experience the silence in every moment so that your conscious mind will become free, or if you introduce time, the conscious mind react to thought, again you will be in trouble.
3. **Automaticness:**

As per the available scientific evidence, the subconscious mind's processing speed is about a **billion times** faster than that of the conscious mind.



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The source of thoughts, emotions, and feelings is the subconscious mind, so that every thought becomes **past** by the time we know it.

Hence, we can't correct the past in present, but the correction, if any, will be taken up by the subconscious mind automatically.



Similarly, every moment-to-moment subconscious mind cares for and protects us automatically.

So, people seek different remedies for the stability of their mind, like music, sports, rituals, etc.

Rituals are meant to improve stability of the mind, not to please Gods. When performing rituals, one should focus on God to achieve stability of mind rather than following the procedures of rituals with a motto of pleasing Gods. Please do not analyze the physical shape or decoration of God. See not to drift your mind here and there. **Life (Service) is meant for helping yourself and for conquering yourself.**

I would like to give one more example: say you are physically healthy, if you are locked in a room alone. (even no mobile) providing necessities, how many days you can enjoy the loneliness or how many hours? Or please understand how we are habituated for dependence. God has given nature not to increase the slavery but to liberate yourself from the slavery.



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So, show your love, kindness, unselfishness, sacrifice, unity, integrity, determination, etc. Feel that every moment of your life is an opportunity given by God to prove what you are to liberate yourself. Then you can enjoy your entire life irrespective of hurdles and sorrows.

Is it difficult to understand? Is it difficult to follow? Is time required? Awake now.



#### MEDITATION PROCESS:

First of all, you should choose the right meditation time so that nobody can disturb you and you will not get sleep when you sit in meditation and see that empty stomach. If you want afternoon, it must be before lunch, or if it is night, it must be before dinner, for morning Hrs. It must be before sunrise, after having brushed and emptied your stomach. Before sitting, warm up your body. If it is morning, at least complete Suryanamaskaras and breathing exercises. Finally, finish the Bhramari Pranayama followed by meditation.

Please don't think we can achieve anything by practice. But Meditation is not practicing something. The Alpha State of mind can't be achieved through any practice or Cultivation of mind. Meditation is learning how to un-practice the practice.

Everything thing I explained in detail in my book THE INSTANT SUCCESS. The true power of the mind can be seen only in Silent State.



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**Meditation:** Sit in Sukhasana, put dhyana mudra (preferably), i.e. put right hand in left hand, touch tip of both the thumbs and keep it in your lap. Close your eyes. Leave your body free; leave your mind also free. Take a deep breath and breathe out very slowly. Then chant Omkara once, which is a combination of the letters A, U and M, which conveys the meaning that you are the Energy.



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Be mindful of normal breathing, focus on the breath, then shift your focus on to your eyes, see the eyes with eyes closed for few seconds, then observe how the moments (time) are passing with your mind eye about 30 seconds. Once you start enjoying moments effortlessly, the act of Dharana merges into Dhyana since the awareness of moments covers all thoughts, actions and disturbances and consciousness expands.

Then forget everything, completely relax your body and mind, see the silence in moment to moment, be effortless, do not force your body or mind, if you are forcing involuntarily, say ok ok, and so on, then you will see the silence, enjoy the silence, forget the time, every moment becomes automatic and effortless. You need not bother for any thought, emotion, feelings or disturbance. If you are lost in thought and become unmindful, no problem, say ok ok in your mind, because every moment is automatic, be effortless.

If you are having worries, experience the worries without rejection, or if you are happy, experience the happiness without alteration and so on. You will find relief in non-rejection. Need not have any resources, do not expect anything even if you are



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unable to catch the essence of meditation, continue with ok state, even if you feel the difficulty say ok ok in your mind, if you are involuntarily putting effort say ok ok and so on and maintain the silence as long as you wish. **Please understand that there is no moment that is not a meditation, and there is no moment that is a suffering.**

Please keep your eyes closed, put Namaskara mudra, take a deep breath, and chant omkara 3 times and followed by a Shanthi mantra.

Asathoma Sadgamaya,  
Tamasoma Jyothirgamaya,  
Mruthyorma Amrutangamaya,  
Om Shanthi Shanthi Shanthihi.

**Meaning:** Our journey is from Untruth or Illusion to Truth, Darkness to Brightness and from Death to Immortality i.e., towards enlightenment and peace.

Now, rub both your palms and keep them on your eyes. Once again, rub both your palms and massage your facial muscles and neck muscles and open your eyes in closed palms.

You can realize one thing in meditation: you need not lose any preferences or incur any losses by accepting every moment or accepting every thought as it is. This is only a technique to avoid rejection or interruption of the thought process so as

(1) to enjoy the original state of being the “bliss”.



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- (2) to give freedom to your subconscious mind to develop confidence and work effectively and efficiently.
- (3) to raise your conscious levels to relish every moment and every activity in nature.
- (4) to gain so much of knowledge including realization of secrets of nature such as

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- (i) a feeling that there are no failures, no hatred,
- (ii) a feeling of universal oneness, etc.
- (iii) One can enjoy more happiness in meditation than that of earning a name, fame, popularity, or money. But it does not mean that you will not have growth. Instead, you will have more growth with self-contentment and lead a creative life, so that you can proceed with your ambitions without any hesitation.

- (5) To know how to apply the same thing in your daily routine so that maintaining and enjoying 24 Hrs. Meditation.

**Finally, please enjoy the “OK STATE” at any time and every time, at any moment and every moment and in any thought and every thought in your lifetime, irrespective of hurdles, sorrows, failures even if no one does cooperate or even no one believes you. This is the secret of my efforts.**

These concepts will act as your companions during difficult times in your life. Do not believe me; believe yourself.

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## 5. INNER SILENCE

### What is Inner Silence?

Inner silence is there in every thought, feeling and action and in every moment.

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Inner Silence is directly proportional to how much you are leaving yourself free from ego or I.

You can see the inner silence if you come out from the illusion of 'I'. Learn to know the silence in every moment whatever you think, feel or act. **Just relax and forget everything.**

When your conscious mind is liberated or becomes free from thoughts, you will experience the silence, the original state of being the bliss or the state of timelessness, then you will perform all actions in perfection and auto. The state of this silence is called inner silence.

Inner silence is the source of all qualities of truth, like Love, Compassion, Empathy, Inspiration, Confidence, Intelligence, etc. We can achieve inner silence in 24 Hours Meditation.

**It is better to have a heart without words than words without a heart.**

- Gandhiji



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Achieving Inner silence is an instant process. If you ask time, practice is required and becomes never-ending, then you can't achieve forever. So, practice un-practice. The negative effects of the EGO will be addressed automatically.

Bliss will come to you when you do not invite it. Once you want to catch hold, it goes beyond your reach.

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**Though you are unable to get the inner silence, you need not be worried. It will not come when you try or expect it, but it will exist when you feel no problem. Even if you expect or try, say ok ok, and so on, (See Timelessness in chapter 4).**

All the time is gone in vain; all the riches and status are useless, and whole life becomes useless. No happiness, no satisfaction. All the knowledge earned became useless. What is the use of God given life? Who is great? Who are the least? Leading lives so blindly.

This is the reason for violence, confusion, chaos, misery, and grief. Even then, nobody wants to realize. Then how can we understand what the life is?

The interest, passion, curiosity, dedication, commitment, confidence, inspiration, courage, knowledge, discipline, happiness, satisfaction, bliss and enlightenment and everything can be achieved by silence.

It is as easy as relishing or enjoying every moment naturally. Don't say without concern we can't do any work. The



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only culprit for sorrows, troubles, differences, and selfishness is expectation (thinking).

Some people feel that they are thinking very efficiently and making the right decisions from time to time and earning name, fame, status, wealth and power, thereby strengthening their ego. It is not thinking; it is only an idea that will fetch you good results. You will get creative ideas when you are silent.

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**You are thinking (Concerned) because you can't keep quiet from thinking, or circumstances are forcing you to think automatically out of ignorance.**

**“The solution to all the problems in the life is there in Inner Silence, not in thinking”.**

Because intelligence becomes active during the silence and ideas come out automatically. This is called intuition, which develops absolute confidence. Research reveals that 98% of the power of the brain lies in the Intuitive mind. Hence, we can't always find a solution in the logical mind (2% power); that is how many times logic fails and we are pushed into troubles.

As you go deeper and deeper into the Inner silence, the joy rises, satisfaction grows, and all the negatives will be nullified. And there comes a tremendous confidence.

**“All the physical activities are automatic even if you do not feel so. You can enjoy even a tough task if you do it in silence”.**



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By physical way you can do the work as per your capacity, by meditation you can do the work beyond your capacity. By physical means you have to work hard, control desires, put restrictions and make the life materialistic, by meditation you can be creative, innovative and perfect, without putting any effort, or need not struggle with your desires (you can enjoy everything including troubles).

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Life is not there in fantasies. Life is there in inner silence. Life is there in moments. The physical world is just a carrier towards eternal bliss but not the bliss itself. The best way of enjoying nature is in 'giving', not in taking or expectation. Learn the art of giving, and you will get back in multiples. Understand, "helping others is helping yourself". Humble, honesty, toleration and love, etc., are energy-storing activities.

### **What is the answer for what I am to do?**

There is immaturity in the question. Can you be idle at any time without doing anything? Your body continuously responds to nature's stimulus, and what to do or how to respond also depends on the data available at hand and inputs through the sense organs. Everything is an automatic process.

However, whatever you are doing, whether right or wrong, feelings of dissatisfaction, selfishness, ego, etc., are the state of immaturity of your mind. A solution to all the troubles is there in your Inner silence. Silence is there behind every action, every feeling, every thought and every moment. Observe. **The quieter you become, the more you can hear.**



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## How do we practice the realization?

No practice is required for realization. (Meditation will not be treated as a practice). No resources (knowledge, skill experience, efficiency, etc.) are required. Practice is there in the understanding itself. If you live according to the law of nature, you will become self-sufficient. Everything will be achieved automatically. Practice un-practice.

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**“Happiness is there in the moments, not in the Incidents”**

As happiness is there in the moments, do not lose the moment. Every moment is wonderful, whether positive or negative, loss or profitable, giving pleasure or pain, because every incident is associated with the moment.

You will find happiness if you do not try for it or do not expect it, or else if you try to search it, you can't get it. Do not think it is sitting idle. The duties, responsibilities and decisions will be taken care of effectively and automatically by your subconscious mind if you do not interfere, i.e. in Silence. However, if you introduce 'I', you will be living in the past and hence losing your original state of nature.

**The greatest secret is Chant silence in silence.**

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