

TEMPLE OF TRUTH

SHARIR
MIND
AATHMAN OR SOUL





During the time of Death, if you go along with it, It will be a bliss. If you are not ready for it, then it will be a forceful ejection and you will suffer death. It will be painful.

If you are a real seeker of Truth, then your suitcase should be always ready for departure.

· Sharir of healthy person has the capacity to heal many sick Sharirs.

Real healthy physical body will never be felt by you.

When we sit near the dead body of a person, the dead body always tries to absorb energy from the living one. That is why we always feel tired after attending a funeral.

It is always a pleasure to

attend the death of one who

died happily after living a

fully contended life.

· When we are moving with a group of people, the energy always flows from healthy body to depleted ones.

 Sometimes our Sharir absorbs negative vibrations from other Sharirs also. · The day you know that you are living in the body is the day of your freedom.



When your Mind which was very happy a few moments ago, suddenly turns sad, it means that somebody else's Mind is affecting

When a couple goes out happily from home and returns home fighting bitterly, it means that somebody else's Mind has cast their negative shade on you.

So when you are out with so many people around, never share your happiness to others. Who knows, somebody's Mind will cast their spell on you.

• The moment you realize that what is in your Mind is not yours, you will be half way out of the negative spell.

Don't ever think that what goes on in your Mind is known only to you. The moment the Thought is completed it comes out in the open.

· Once your thought comes out in the open, anyone can pick up the thought.

• Every thought gets

released into the Space with

Pockets of energy.

• The amount of energy released with each thought depends on the intensity with which it was formed.

• Thoughts can never die, it

floats in the space like

Balloons.

· Our Mind is always being bombarded by these floating thoughts.



· When we get rooted firmly in our being, then thought never arises.

• For every spiritual person, a moment will come, when even thinking becomes a very difficult task.

• Soul always gets overshadowed by the Mind. Don't ever think that you are all alone and no one is watching you. We are always surrounded and watched over by so many beings.

· Every nook and corner of the Space is crowed with so many beings without form.

Realizing the Self is not going to make you happy or sad. But, it will give you a life-long contentment.

• Self Realization is nothing but realizing that the Soul or

Aathman or Being is 'ME'.

• Our eyes are just Windows, Soul only looks through the Windows. That is why in Tamil there is a saying that 'PAARPAVANAI PAAR' which means, Observe the Observer. · We all beings are caged in the Sharir only.

The moment the Soul gets caged in a Sharir, its past life memories are hidden by a 'Veil of Maya'.



