

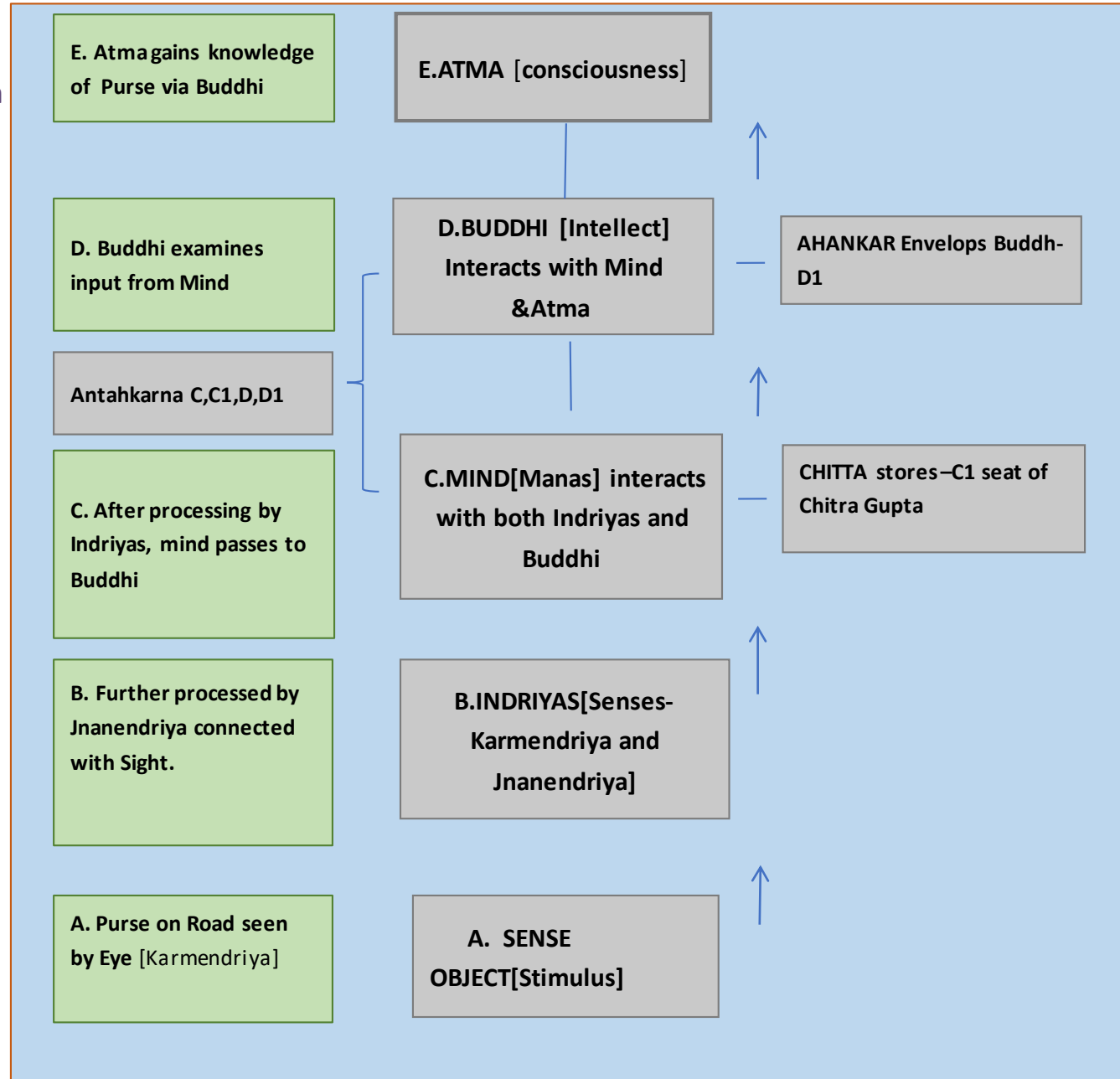
FLOW CHART OF A THOUGHT PROCESS

Every action good or Bad has a thought process from object to the Atma passing through the Indriyas, Mind, Buddhi, Ahankara and Chitta as shown

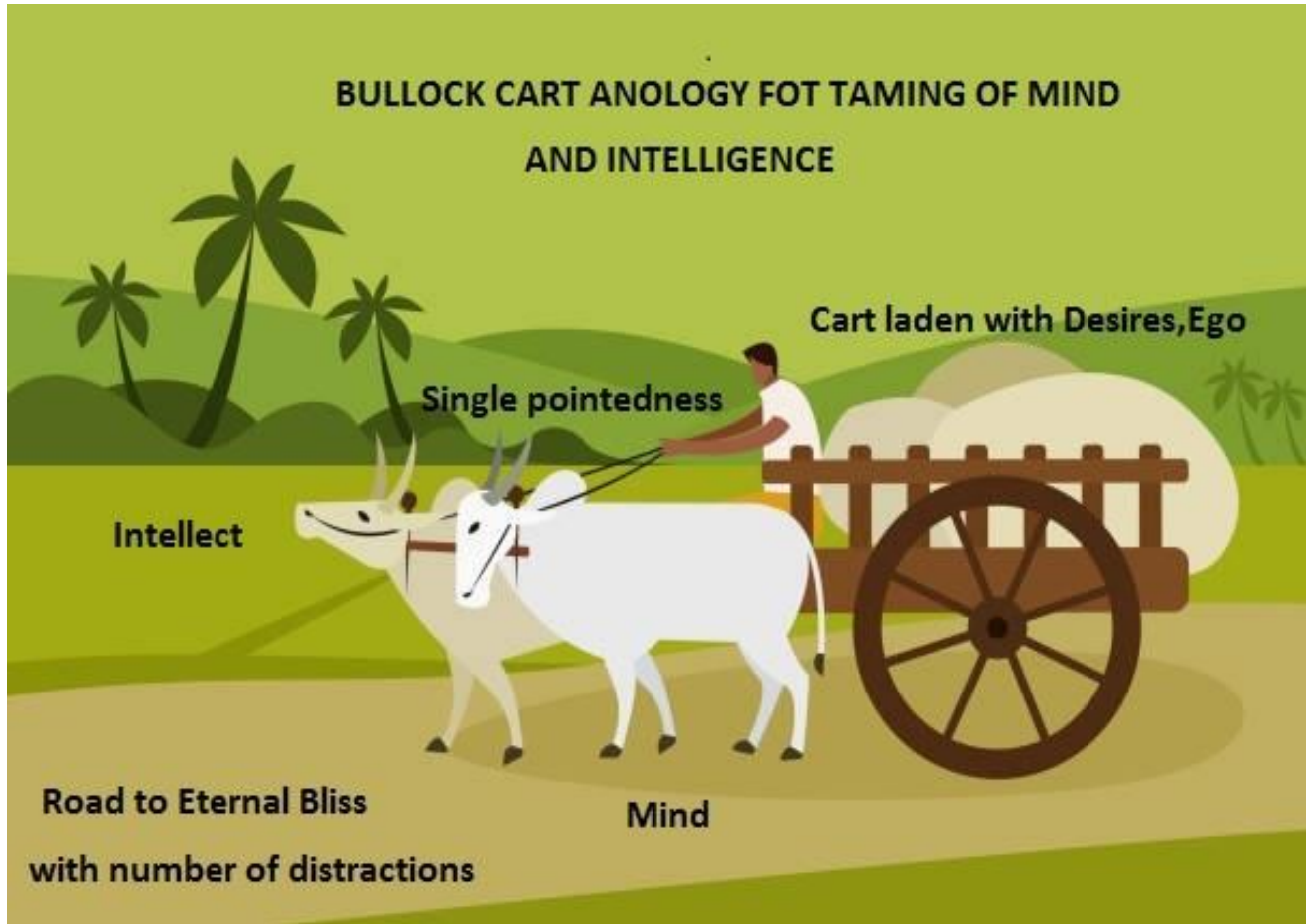
- 1.The thoughts originate from sense object.
- 2.The thoughts are sensed through the Indriyas to Mind
- 3.The Mind screens it, based on the Chitta stored and sends to intellect for screening.
- 4.The intellect is influenced by Ahankar or ego while screening.
- 5.The thoughts finally reach the Atma or consciousness.
- 6.THE ATMA IS SUPREME BOSS, AND SHOULD CONTROL THE INTELLECT.
- 7.THE BUDDHI MUST CONTROL THE MIND.
- 8.THE MIND MUST CONTROL THE INDRIYAS
9. THE INDRIYAS MUST PERFORM ACTIONS AS PER INPUT FROM MIND.

IN ORDER TO PERFORM KARMA RELATED TO SREYO KARMA LEADING TO BLISS, TWO IMPORTANT ASPECTS ARE TO BE NOTED.

- 1.PURITY OF ANTAH KARANA- ACHIEVED BY TAMING OF MIND AND INTELLECT BY MEDITATION
- 2.THE FLOW OF CONTROL SHOULD BE TOP DOWN - OR FROM ATMA TO BUDDHI TO MANAS TO KENDRIYAS.



ROAD TO ATMIC BLISS



1. Cart cannot move by itself, needs two yoked bullocks to pull it to destination home.

2. the two bullocks required are compared to mind and intellect.

3. if the two bullocks are to reach the destination safely, they need to be properly trained, controlled and guided in following areas

a. Knowledge of road, and the destination [corresponds to our awareness of sathya, dharma, shanthi, prema and our ultimate goal of life]

b. One pointed attention required by the bullocks to avoid going on wrong path or wrong turn [comparable to our physical distractions, desires, materialism, etc. so firm conviction, perseverance, determination to be cultivated]

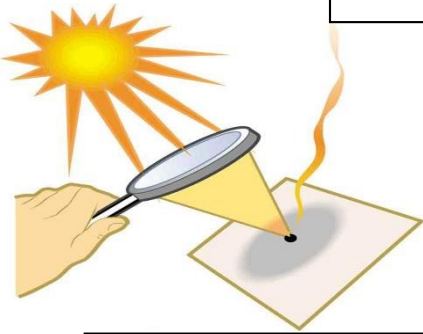
c. The art of pulling the cart efficiently to be taught to bullocks [like for instance reciting lords name along the path]

So by proper training of the bullock or mind and intellect by practise of meditation we can safely reach our destination.

ATMA IS BASIS OF ALL
CREATION..Swami

MBA concept and Meditation

YOU ARE NOT THE GROSS BODY,BUT YOU ARE ACTUALLY 3 IN ONE MBA...SWAMI



Focusing the Sun Rays can be powerful.
So also the scattered Rays of our mind and intellect
when focused in contemplation of Lord can help us
realize our Atma by burning up the body and Mind,
from MBA leaving behind only Atma A and then to BLISS
[Sachidananda]and Truth.

THIS IS OBJECT OF MEDITATION

We pray to Swami, for spiritual awakening, from untruth
to truth, in our Prayer "Asatho Maa Sadgamaya". Let us
practice spiritual Sadhanas told by Swami.

concentration

M.B.A
MIND+BODY+ATMA

M.A
MIND+ATMA

A
ATMA

TURYA STATE OF
SPIRITUAL
AWAKENING

THE AVASTHAS

Jagrat [Awake]
All three Active

Swapna [Dream]
No Body consciousness
during concentration and
contemplation.

Sushupti [Deep sleep]
No body or mind awareness,
Like when meditating.

TURIYA
Deeper Sleep State when
Atma attains realization or
true bliss.[Sat]

Intentional withdrawal process of Mind and Body from Jagrat Avastha is Meditation.
The ultimate Stage in Meditation is Turiya State for Atmic Bliss.