



Reducing Rajas and Tamas

How does one reduce, or at least slow down, the two powers of *ajñāna* -?

- ① the TAMASIC *ĀVARANASĀKTI* (concealment)
- ② the RĀJASIC *VIKṢEPASĀKTI* (distraction)

2. THAMAS IS PUT DOWN BY RAJOGUNA.

(*) RAJAS IS DYNAMIC ACTIVITY. SO

- increase formal PUJA, JAPA, some loud PRAYERS, attending lectures by some pure & spiritually progressing souls & also doing any KARMA without motive but selfless i.e. for helping other poor or needy people i.e. going to Hospital or in GERIATRIC Ward just hearing the words of some old patients sitting by the side etc.
- LOUD CHANTING OF PRAYERS (OF SAINTS) or (PTO) GOD & CHANTING LORD'S NAMES

(A) RASAS, after some time, to be put down by SATYWA :-

① STUDY OF SCRIPTURES ② NOT STARTING ANY PROJECT, even if it is selfless - Schools, Ashrams etc ③ MAINTAIN MEDITATION

④ SATSANG OF REPUTEDLY EVOLVED SAINTS & READING THEIR BIOGRAPHIES & Teachings.

⑤ + ④ can be together omitting ② above.

II A BOTH THAMAS & RASAS can be put down by TAPAS alone.

" ^{THRU TAPAS} → ^{FINAL ACHIEVEMENT}

JAPAT SIDDHI JAPAT SIDDHI

JAPAT SIDDHI NIRANTARAM")

ALWAYS PERMANENTLY

GURU MANTRA ALONE IS SUFFICIENT TO EXPLODE & TEAR OUT ALL VEILS & PULVERISE ALL IMPEDIMENTS.

III PRAKRITI & GUNA NEVER WERE N ARE. ATMAN ALONE IS WHICH HAS NO GUNAS. GUNAS are non-existing impediments acquired thro' conditioning for births, ^{the} religious tests etc.

So refuse to believe in this existence.

REPEAT MANY TIMES NILVANA SHANTICAM

OF KDI SANKARA

"MAHO BUDDHI AHANKARAH NATHAM

- - CHIDANANDA SWAROOPAH SIVOHAM SIVAROOPAH

☉ & then repeat 100 times

I AM THE PURE ATMAN

WHICH IS

NITYA ^{BUDDHA} ~~BUDDHA~~ MUKTA SWAROOPAH

ETERNALLY CONSCIOUS & LIBERATED AM I

Reman

DAILY MORNING REPEAT THE

ATLEAST 5 (at least 10) VEDIC

SANTI MANTRAS.

ONE AMONG THEM IS VERY SHORT -

THE OUTBURST OF ONE TRISLENKA MAHARISHI

- ON HIS REVELATION. IT COMES IN

TAITTIAREYA UPANISHAD

"ADAMVRIKSHASYA RERIVA - KIRTIH

PARSHAT GIRE RIVA - ek. 3 lines only"

BY CHANTING THIS ALONE ONE GETS THE
RESULT OF CHANTING ALL THE VEDAS.

DAILY PRAY TO THE MOTHER:-

MOTHER YOU ~~CAN~~ ALONE CAN
REMOVE THEM - I NEITHER KNOW
WHAT THEY ARE & HOW TO REMOVE -
MOTHER YOU ARE ALL POWERFUL -
I AM NOTHING - PL. KEEP IT AS
NOTHING - DO NOT SUPERIMPOSE
SOMETHING CALLED GUNAS ON
THEM. MOTHER I DEPEND ON YOU:-

☉ On whom else can I child depend
on & appeal to. MOTHER, BE GRACIOUS

☉ IT IS MOTHER'S GRACE & GURU'S
GRACE which can remove them all
in a JIFFY

LOVE & OM

Question

How does one reduce, or atleast slow down the two powers of ajnana?

1. The Tamasic āvaraṇa-śakti (concealment)
2. The Rājasic vikṣēpa shakti (distraction)

Response:

- I. Tamas is put down by Rajoguna.
 - a. Rajas is dynamic activity. So increase formal puja, japa, some loud prayers, attending lectures by some pure and spiritually progressing souls and also doing any karma without motive but selflessly i.e. for helping the poor or needy people i.e. going to hospitals in geriatric ward just hearing the woes of some old patients sitting by their side, etc.
Loud chanting of prayers (of Saints) on God and chanting Lord's names.
 - b. Rajas, after sometime, to be put down by Sattva:
 1. Study of scriptures
 2. Not starting any project, even if it is selfless – schools, hospitals, etc.
 3. Mainly meditation
 4. Satsang of reputedly evolved saints and reading their biographies and teachings.
- II. Both Thamas and Rajas can be put down by Japa alone.
“JAPĀT (through japa) SIDDHIH (final achievement) JAPĀT SIDDHI
JAPĀT SIDDHIR NIRANTARAM (always permanently)”
Guru mantra alone is sufficient to explode and tear out all veils and pulverize all impediments.
- III. Prakriti and guna never were or are. Atman alone is which has no gunas. Gunas are non-existing impediments acquired through conditioning for births (as per religious texts, etc.). So refuse to believe in their existence. Repeat many times ‘Nirvana Shatkam’ of Adi Sankara.
Mano buddhi ahankara chittani nāham
Chidananda rupah shivo'ham shivo'ham

I am the Pure Atman
which is
Nitya Buddha Mukta Swaroop
Eternally conscious and liberated am I.

General

Daily morning repeat atleast 5 (out of 10) Vedic Shanti mantras. One among them is very short – the outburst of one Maharshi – on his realisation. It comes in Taittreya Upanishad.

“Aham vrikshasya rérivaa -

kirtih prishtham gireriva – etc., 3 times only”

By chanting this alone one gets the benefit of chanting all the Vedas.

Daily pray to the Mother:

Mother you alone can remove them – I neither know what they are and how to remove. Mother you are all powerful – I am nothing – Please keep it as nothing – Do not superimpose something called Gunas on them. Mother I depend on you. On whom else can a child depend on and appeal to. Mother, be gracious.

It is Mother’s grace or Guru’s grace which can remove them all in a jiffy.

Love and Om.