



Exploring And Promoting
An Art Of Living That
Neither Hurts The Environment
Nor Any Culture Or Any Civilization.

HOW TO PREPARE FOR SPIRITUAL LIBERATION VIA AUTO SUGGESTION

Sleep is the most important and major event in our life. We spend more time in sleep than in any other activity of life.

During sleep our physical body becomes inactive. Although we see our body as one externally, we have three bodies functionally- that is: Physical, Subtle and Causal. The differences between these three bodies are as follows:

1. Physical Body: The external body made of flesh, bones etc and covered by skin. We suffer pain and pleasure UPON this body.
2. Subtle Body: The internal body made of senses, mind, ego etc., which we cannot see. We suffer pain and pleasure THROUGH this body.
3. Causal Body: The abstract basic mental tendencies causing desire, which is the primordial cause. We suffer pain and pleasure DUE to this body.

To distinguish these bodies, take the example of the eyes. The external fleshy organ which we call 'eyes' is the physical body of the eyes. The functioning of the eyes i.e., the ability to see - the working of the eyes with the life force is the subtle body of the eyes. The reason or cause behind the working of the eyes (desire to see) is the causal body of the eyes. Similarly the body as a whole has three different bodies to function.

What we generally call and understand "death" is only the cessation of our external life i.e. the death of the physical body. Subtle and causal bodies do not die until desires- the accumulated primordial mental tendencies- cease to exist. When no desire is left over, there is no birth and death. That is the ultimate liberation.

To attain liberation is the ultimate achievement in life. We can prepare for "liberation" by daily practice.

During sleep our physical body remains inactive, but subtle and causal bodies become active. All impressions based on our daytime activities be they physical, mental, emotional and spiritual are formed, sorted, grouped and stored up through the subtle and causal bodies during sleep. These impressions are called "TENDENCIES" or "SANSKAR" in Sanskrit. Also, during sleep, accumulated impressions of earlier activities lying dormant within us become active and mix with the present impressions to make new tendencies. Our feelings, temperament, habits, character, pattern of thinking, life style and action while awake are all influenced and forced by these "TENDENCIES".

Our sub-conscious mind is the seat of emotions, feelings, thoughts and imagination. It is like a blotting paper, all absorbent. It accepts all suggestions as true and genuine without any questioning, reasoning or condition, even if mechanically suggested. These suggestions are later automatically transferred to the conscious mind and we begin to think and act accordingly and become as such.

One of the best practical examples of this in our every day life is seen via advertisement. Businesses spend millions of dollars on advertisements through TV, Radio, Newspapers and other media. Repeated suggestions made through these advertisements go deep into the sub-conscious mind of the consumers and customers unconsciously & they accept the same without any trial, experiment, reasoning or questioning or contact. Resultantly, the sale of the advertised items go up amazingly very high.

All suggestions made to the sub-conscious mind at night before going to bed make the TENDENCIES effective, powerful and positive. To some extent the TENDENCIES of children can be made and even changed by suggestions made seriously & sincerely & with concentration by the parents, particularly by the mother.

What we are & how we are before sleep, influences the sub-conscious mind to a great extent.

Therefore to prepare for liberation, it is necessary to make sleep well planned, purposeful, peaceful and serene,

for which the following auto suggestions will be beneficial, to be practiced regularly at night before sleep.

AUTO SUGGESTIONS: To be practiced at night before going to bed every day.

Suggest the following to YOURSELF silently, seriously & sincerely and think and feel as such within:

I

I am Free.
I am Pure.
I am Strong.
I am Calm, Quiet, and Peaceful.

II

I am not the doer.
I am not the possessor.
I am not the enjoyer of the fruits of action.

I am only an instrument.
I am only a medium.
I am only a witness.

III

I cease to exist physically.
I cease to exist mentally.
I cease to exist emotionally.
I am detached from the world.
I am Dead.

IV

I am liberated.
I am Being, Consciousness and Bliss.

I am the Universal Self.

~ Swami Krishnananda

Love Internal Finally Enlightened
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