

HOLISTIC LIFE ORIENTATION

Source - Srimad Bhagavad Gita or Absolute Knowledge

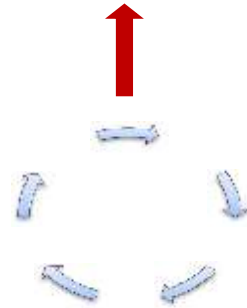


Authored by Sri. Dulipeta Sridhar - President PCT
Courtesy : Smt. Radhika, Smt. Nirmala, Smt. Amudha



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PARAMAKSHARA CHARITABLE TRUST

BHAGAVAD GITA IS KNOWLEDGE OF YOU, GOD
AND THE RELATIONSHIP BETWEEN YOU & GOD.
IT IS THE REALITY OF LIFE & FREEDOM.



HOLISTIC LIFE ORIENTATION

Source - Srimad Bhagavad Gita or Absolute Knowledge

First Edition in 2020

-: Contents :-

- * Methodology, Simple View & Prerequisites
- * Goal, Akshara Brahman & Progress
- * Tvam Tat Asi, Mahatmyam, Nyaasa & Dhyanam
- * A U M, Evolution & Life Quotient
- * Shakti, Harmony & Life Choices
- * Dharma, Present Age & Tips
- * Life Paths, Existence & Self-check
- * Cycles Of Birth & Meditation
- * Author & Thanks

Sponsored by Smt. Radhika-Banashankari, Smt. Nirmla-Padmanabhanagar, Smt. Amudha-Mantri Tranquil



PARAMAKSHARA CHARITABLE TRUST



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PARAMAKSHARA CHARITABLE TRUST (R)

(Regn No. VJN-4-00127-2019-20 dt 15-06-2019)

We are totally dedicated to the selfless service of the deserving poor - 1. Children 2. Old Aged Persons.
Our focus areas are to support them in Education, Health, Food and Gita Pravachans.

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HOW TO CONTRIBUTE TO THE TRUST

1. Cheques / DDs are to be drawn in favour of “**Paramakshara Charitable Trust**”
2. For online transfer, our Bank Details are : **CANARA BANK (Syndicate Bank)**
Address : No. 15, 10th Main, Sampige Layout, Pattegarpalya Main Road, Amarjyothi Nagar,
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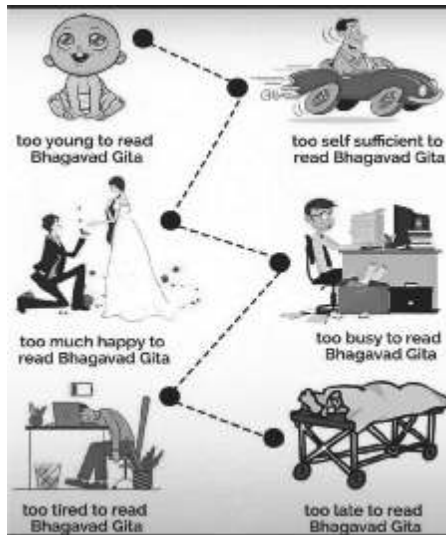
Transfer from Indian Account only, no overseas fund Transfer.

HOLISTIC LIFE ORIENTATION

Source - Srimad Bhagavad Gita or Absolute Knowledge



First Edition in 2020



Focus & Concentrate on Srimad Bhagavad Gita & Akshara brahman (AB) – **Start Now**

Absolute Awakening = **Macrocosmic Awareness** + **Complete Oneness** + **Total Brain illumination**
or **Soul expansion** of **AB** with **AB** of **Pure AB Light**

Paramakshara Charitable Trust

- Orientation – This book – **Holistic Life Orientation**
- Gita Mahatmyam / greatness– **Gita text Book from Gita Press or Annie Besant / Bhagavan Das**
- Gita Nyaasa / connect – Text Book
- Gita Dhyaanam / meditation poetry on Gita – Text Book
- Gita Study of 18 chapters/700 shlokas or mantras with meanings – Text Book
- Gita Aarathi / light – Text Book
- Study of the book published by our trust – **Holistic Life Vision**
- Meditation – **Guru Deeksha** (Online or in person)
- Practical – Visit to weaker sections living places & Contribute / **Help them**
- Read, Understand, Share & **Follow** in your life – during & after the study / pravachans

GOVINDA – GO(Gita/Vedic Knowledge) VINDA(Lord/Giver)



Enjoy – Study / Listen, discuss, reflect, laugh, learn hard & help poor with a smile of freedom.
Do **Life repetition** with dedication, you will definitely absorb the knowledge.

May Akshara Brahman bless you





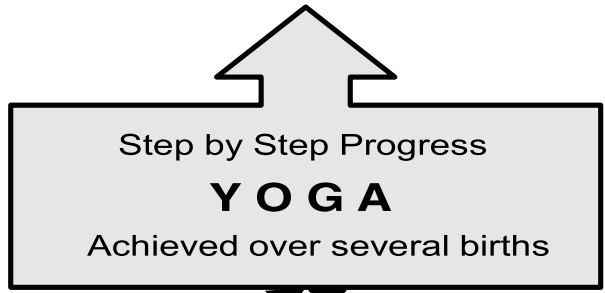
G I T A
J N A N A
&
M E D I T A T I O N
S H R A D D H A
&
B H A K T I

HOLISTIC LIFE VISION – A SIMPLE VIEW

Yoga = Union with AB & Path leading to AB

P R A C T I C E
&
D E T A C H M E N T

Akshara Brahman (AB)



Faster

Tough to start

Karma Yoga

Sanyasa Yoga

Renunciation of fruits

Renunciation of Ego / Doership

(Yagna, Dhaana & Tapas without Attachment or Hatred)

If you give the most precious knowledge jewel like Gita to ignorant - will he value it ?

Holistic Life Vision - Pre-Requisites

1. Take a pause in life & reflect the pravachans. Have faith & devotion / love to AB.
2. Empty or unlearn your brain / knowledge. Come with open mind.
3. Discipline – Body, speech & mind. Use the knowledge in everyday life actions.
4. Gita tells you the objective and how to achieve the objective in life.
5. Jivatma – Embedded soul seated in your heart & is a fragment of Akshara Brahman or AB or Pure Consciousness. It does not act, enjoys the world through senses and its consciousness levels varies - 7 layers & superimposed - Physical, Emotional, Mental, Creative, Bliss, Intution, Merged absolute.

← Gunas → ← Suguna → Nirguna

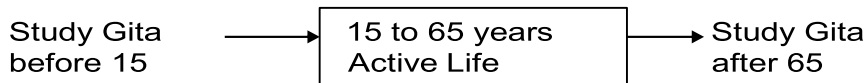
6. AB can act, still, all powerful, absolute consciousness.
Projected universe is changing / moving & is within AB.
7. Secret of life – Enjoy life in harmony with AB –
Live & let live without doership or attachment.
8. Gita yagna is a spiritual roller coaster ride of the soul consciousness,
from finite to infinite & beyond space / time.
9. Evolution of soul consciousness – Gita/Meditation – energizer.
Evolution of soul existence – Application of derived energy for universal good.
10. Your priority or choice or decision in the purpose / objective of life.
 - a. Personal – profit, pride, power & pleasure – rebirth
 - or**
 - b. Greater or larger interest – Karma / Sanyasa Yoga – liberation.

Holistic Life Vision - Goal

Consider yourself blessed if you get in contact with Srimad Bhagavad Gita in this life. It awakens you to the reality of life.

Nature can act & manifests according to its actions. It has no control over results. Learn Gita & act accordingly to clean karma and reach AB.

Better Option is read Gita early to lead **objective based life & not event based life.**



Gita should not be told or will not be understood by the following -

1. No Spiritual Discipline
2. No Belief in Gita
3. No Love to God or Akshara Brahman (AB)
4. Not interested 5. Finding faults or carping ones

I teach Gita considering it as my duty and not with any expectations including Moksham. I lead a simple & normal life with my family.

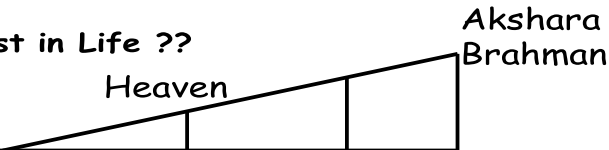
What is your Goal or Goalpost in Life ??



YOU



Money



Holistic Life Vision - AB

AB means **Akshara Brahman** or Macrocosm or Tat / That – Imperishable, Infinite, eternal, supreme, self effulgent, subtlest, all pervading, omnipresent abode of all & is basically unmanifested. Absolute state of existence, consciousness, power, being or feeling.

1. Soul or **Jivatma** is fragment of AB, seated in your hearts & purpose or destination of human life is to attain AB or expand/merge with AB.
2. Maya/Projected reality is changing & moving within AB which is still.
3. Soul does not act or manifest, embedded in 7 levels of superimposed consciousness / 7 states of existence. Enjoys this maya through 6 senses.
4. AB acts, all powerful, source of all, creates/sustains/devours & manifests at will.
5. Secret of Life – Enjoy life in harmony with AB through karma yoga & sanyaasa yoga endowed with faith and love to AB –
 - a. Selfless service by renunciation of fruits
 - b. No Attachment to anyone or anything - Just do your duty as human
 - c. Renunciation of doership of actions
6. Journey from finite to infinite or changing to changeless or moving to still is spread over several births, step by step progress through continuous practice and detachment.
7. Know AB thro gita, experience AB through meditation & reach the supreme goal of AB by practical living as told by AB(gita & meditation).

**I am soul- I am not the body - AB & soul are joined/seated in each other
 State of exit from present body is state of entry into the new body
 All creatures are separated by bodies but united through soul**

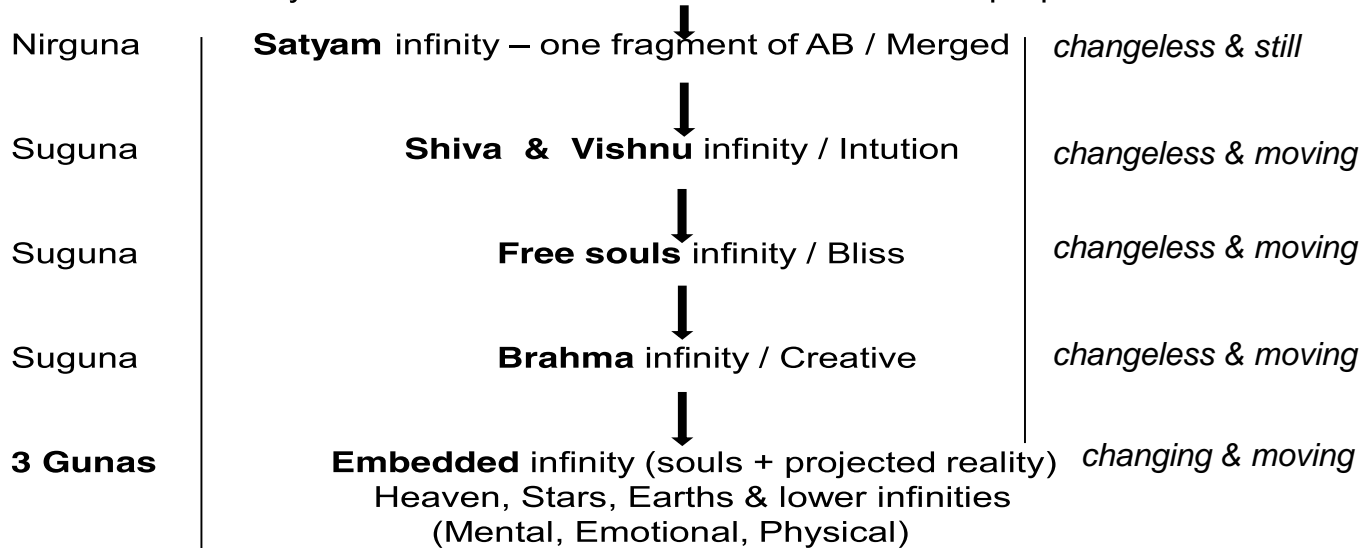


Holistic Life Vision – Progress



AB - Pure Consciousness or existence - Nirguna / Still / Paramatma / Changeless.

AB is infinity of infinities of infinite dimensions /functions /properties/ worlds.



If you remove infinities from AB infinity, AB infinity still remains

What is in you is present everywhere - Kshetra, Gunas & Kshetragna/AB

One needs to go alone to face interview with AB after this life, so detach !!

Without Jnana (Gita) & Dhyaana (Meditation) & Helping poor Life becomes insignificant

Holistic Life Vision – Tvam Tat Asi

Chapter 18 – Summary - **Tvam Tat Asi**

How to reach AB thro total harmony with AB based karma of compulsory actions of Yagna, Dhaana & Tapas – Tyaaga & Sanyasa

How Gunas affect your Individuality

Step by Step advise of how to act for reaching AB



Asi or Connection between Human & AB

Chapter 16, 17 – Guna based karma. How faith in gunas influences your actions.

Chapter 15 – AB Shastra or teachings or science

Chapter 13, 14 – Prakruthi, Purusha, Gunas & Gunatheetha



Tat or AB

Chapter 12 – AB devotee or bhakta

Chapter 10, 11 – Manifested & seen AB knowledge

Chapter 7,8,9 – Manifested & not seen AB knowledge & AB dharma/law



Tvam or Human

Chapter 6 – Brahmi sthithi – Meditation, Yoga sthithi & Yogi

Chapter 3,4,5 – Brahmi sthithi – Karma, Shoonya sthithi & Jivanmuktha

Chapter 2 – Trailer - Brahmi sthithi – Sthithapragna, viveka & swadharma

Chapter 1 – Maanava sthithi of Duality of likes/dislikes

Gita Amrutha, Gangodhaka, Shastra, Dharma, Jnana – choice giver of guna based or AB based life
Without taking care of parents & helping downtrodden, even if you are the richest, is it useful ?



Holistic Life Vision– Gita Mahatmyam

1. Shloka 1 – What is happening in this world of duality/guna maya/dvandamoha. Shloka 700 - In this world of maya, if you harmonise with AB & live, you will experience prosperity, progress, victory, infinite power, eternal joy & moral policy. While living, while leaving & forever.
2. Om Hum – You are that/AB So Hum – I am that.
3. Namaste/salutations – Tathastu/so be it – Svaha/well done. To reach AB.
4. Experience AB through yoga with faith and devotion. Understand, Visualise & Enter. AB enters this maya loka in some form to protect AB dharma & shows us how to live.
5. Gita Mahatmyam/greatness (to be read after you complete 18 chapters each time) Prarabdha does not affect your devotion. All gods are present. Supreme AB knowledge. It is OM
18 chapters life repetition – Moksham

| | | |
|-----------------|-------------------|--------------------------------|
| 9 chapters | - Godhaanam | AB is purest, self effulgent & |
| 6 chapters | - Gangasnamam | absolute radiance/light. |
| 3 chapters | - Somayaaga | |
| 1 chapter | - Rudraloka | |
| ½ to 10 shlokas | - Chandraloka | |
| ¼ shloka | - Reborn as human | |

Money is for this birth - short term, Spiritual progress is for several births - eternal

AB = Inner God (Kshetra + Kshetragna) + Outer God (Prakruthi + Purusha)
 (harmonise with soul thro Meditation) (harmonise with manifested AB thro bhakti)

Holistic Life Vision – Nyaasa

| FINGER | ORGAN | FORCE | ELEMENT |
|---------------|--------------------|-----------|-----------|
| THUMB | HEART | PHYSICAL | EARTH |
| INDEX FINGER | HEAD | EMOTIONAL | WATER |
| MIDDLE FINGER | SHIKHA | MENTAL | FIRE |
| RING FINGER | SUKSHMA SHARIRA | BUDDHIC | WIND |
| LAST FINGER | PROCREATIVE | ATMIC | ETHER/SKY |

NYAASA (connections)

Use this body to act according to **AB** dharma so that soul attains liberation.

Be like Sun who gives light to the whole world without expectations.

Do not think that this body or the world is permanent - only **AB** is eternal.

Do nyaasa (karanyaasa & hrudhyanyaasa) with gita mantrams or shlokas
(refer any book on gita by gita press for the corresponding gita shlokas)

Make yourself internally strong - physical/emotional/mental, so that you can overcome
and win over the external forces including sensory objects.



Holistic Life Vision - Gita dhyaanam or Meditation on Gita



1. Taught by AB through Sri Krishna to Arjuna.
2. Deposited by Veda Vyaasa in Mahabharatha, lotus like eyes to light the lamp of divine knowledge.
3. Gita is mother giving nectar of Advaita for moksham.
4. Vedas & Upanishads are cows, Krishna is the milker, Arjuna is the drinker & Gita is the milk.
5. Krishna destroyed kamsa, war was won by pandavas with him at the lead as charioteer. Supreme joy of mother Devaki & Guru for the universe.
6. Gita, born in the words of Parasharya (son of parashara is vyaasa), harikatha, sucked by bees/good men in the world, cleaner of karma in kaliyuga.
7. It makes impossible, possible.
8. Gita leads to vaikunta, cleans karma, prevents new karma, it is Shastra or science or teaching, it is dharma/law, it is ganga, told by AB himself thro Krishna's face/mouth/lips.
9. Gita – reading and adopting in life is the best way to serve AB.
10. Salutes to the Lord who destroys all negativity.
11. Gods, Veda chanters & meditators – praise, sing and seek AB thro Gita.
12. No one except AB knows about AB. He is refuge & Lord of the universe.

AB has given the nature the right to act but intervenes based on checks & balances.

Show your love to AB through detachment and not attachment

Absolute Macrocosmic Awareness Absolute Oneness Both sides of brain Awakened



(Grasp beyond senses)

Holistic Life Vision – A U M

OM or **A U M** is the name of AB

A U M is Absolute Knowledge & First Divine Vibration

Need to go beyond A U M to reach AB

| A | U | M |
|------------|------------|------------|
| RIG VEDA | SAMA VEDA | YAJUR VEDA |
| BRAHMA | VISHNU | SHIVA |
| WAKING | DREAMING | DEEP SLEEP |
| PHYSICAL | EMOTIONAL | MENTAL |
| FIRE LIGHT | MOON LIGHT | SUN LIGHT |
| EARTH | ASTRAL | HEAVEN |
| | | |

Mentioned in the beginning and end of vedas, upanishads, etc

**Every rupee counts, Every shloka counts, Every action counts,
Every meditation counts, Every moment counts, Every help counts and
Every attempt for renunciation of ego / doership counts.
Always introspect your life as per Gita & apply checks and balances.**

Holistic Life Vision - Evolution

1. Evolution or progress - by life repetition of Gita leading to moksham.
2. Practice Gita daily with detachment to illusionary world.
3. Make it a habit and include in your daily routine.
4. It is a step by step progress to moksham over several births or cycles.
5. Stages of Moksham -
 - a. Naishkarmya Siddhi by renunciation of fruits.
 - b. Meditation – Saaropya - Sthithapragna
 - c. Samatva Buddhi Yoga – Saalokya / Saamipyra - Jivanmuktha
 - d. Jnana Yoga – Kaivalya & Saayujya – Gunaatheetha – Bhaktha
 - e. Moksham or dissolve in AB
6. One cycle of Gita – Gita Dhyaanam, Gita Mahatmyam, Nyaasa, Study 18 Gita chapters with meaning & Gita Aarathi.
7. To start with, dedicate minimum 1 hour for meditation, minimum 1 hour to study of Gita & minimum 1 hour to adopt Gita in life, increase this slowly with practice.
8. Flowers-some dry without being used, some are decorative, some used for puja. Humans- many waste life or go down, some come back here, few progress towards God.


There are many ways to get vedic knowledge - Gita is the best in Kaliyuga.

There are many ways to meditate GOD-Meditation as per Bhaagavatham is the best.

BUT

There is only one way to reach AB - Karma yoga or selfless service to poor/weak along with Sanyaasa yoga or giving up Ego/I/Me/Mine.

Holistic Life Vision – Life quotient

1. AB created this universe for pleasure and play – No attachment or hatred. We have converted this universe into pressure and pain with attachment and / or hatred & unhealthy competition – study, work, marriage, children, grand children, money, accumulation of wealth, etc etc.
2. Reflect – Go deep to find truth, surface will not take you to the truth.
3. Veda Mahamantras –
 - Rig Veda – Pragnanam Brahman/AB
 - Sama Veda – Tat Tvam Asi
 - Yajur Veda – Aham Brahman Asmi
 - Atharvana Veda – Ayam Atman Brahman
 - Gita – Om Tat Sat
4. Life quotient = GIVE  TAKE = varies from 0 to infinity.
More you give and less you take it nears to infinity.
It is human tendency to be more selfish as they become more money rich.
5. 25 life marks for reading Gita, family, friends, temples, etc.
75 life marks for adopting Gita in life.
Total marks nearing 100 = Svaha or Moksham.
This universe is created, sustained and destroyed by AB without any expectations and nothing belongs to anyone.

Worldly relationships are different like father, son, etc. Spiritual relationship is same.

Some stay back in the born country and become corrupt, some leave in quest of money and neglect their parents & country. Both are violating the AB dharma for humans.

Holistic Life Vision – Shakti (Power & Energy)

1. Guna Shakti / Prakruthi & Atma Shakti / Purusha both emanate from AB.
2. Guna Shakti has two components – Aavarana Shakti or covering AB & Vikshepa Shakti or diverting from AB.
3. Guna Shakti can be won by practice of meditation & detachment to this illusionary world of imbalance gunas to enjoy Atma Shakti & reach AB.
4. Guna Shakti – Duality, fear, anger, desire, likes, dislikes, attachment & hatred. Normally, this controls our actions if we do not meditate or know gita.
5. Atma Shakti – Yoga, peace, joy, liberation, harmony, clarity, detachment, gita, meditation, helping others & giving up EGO. Sparks in us by exclusive devotion with belief in AB. AB is present in Atma Shakti & not in Guna Shakti.

Both are by default in each of us, the way we lead life depends on what we depend or choose. Guna based karma or AB based karma.

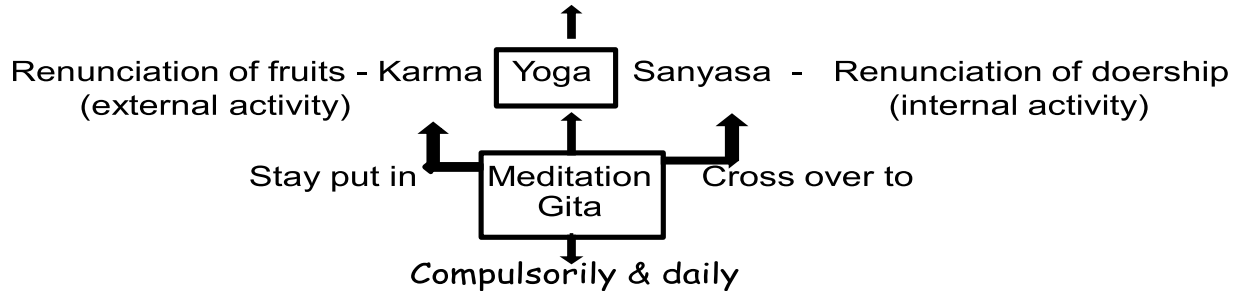
**Guna Shakti leads you to rebirth & Atma Shakti leads you to Liberation.
Gita and Meditation gives you the experience of both and shows way to Atma Shakti.
Power is the source (AB) & Energy is power consumed (Atma/Guna Shakti)
Many of us live to use this energy blessed by AB only for self/family - So Sad.**

Holistic Life Vision – Harmony

New born baby is like a new computer, whatever you feed it will live based on that, so feed it with *Gita* & not with mobile or TV or money.

1. Harmony with AB = Soul Alignment + Soul Balancing + Soul Dissolving
(using your body, senses, mind & reasoning – 8 limbed yoga)
2. Niyamas, yamas, yogasana, pranayama, prathyahara, dhaarana, dhyaana & Samadhi are the 8 limbs.
3. Harmony possible through meditation & gita by pondering on,
 - a. What do you want to achieve in this Life ?
 - b. Where do you want to reach after this Life ?

Eternal God head or Absolute Infinity



Holistic Life Vision – Life choices

1. Life is a choice given by AB – Recycle in maya lokas upto creator brahma which is temporary, moving & changing **or** Liberation to absolute light which is beyond creator brahma, still, eternal & unchanging.
2. Pravruthi / honest but limited to family, recycles you in earth/stars/heaven, Nivruthi / Gita – leads beyond to AB, while Adho/ignorance – leads below earth.
3. Nivruthi – Know AB through Gita, Visualise AB through meditation, enter AB through yagna, dhaana, tapas, karma yoga & jnana / sanyasa yoga.
4. Here, belief in AB and devotion to AB is important along with continuous practice / detachment. It is a step to step progress over several births.
5. Take refuge in AB, Offer yourself to AB, Surrender to AB – win gunas & enjoy the pleasure and play of AB while living / leaving & forever.
6. Expand from finite to infinite, changing to changeless, temporary to eternal by harmony / yuktha with AB.
7. Yogi – practices karma yoga, meditation, buddhi yoga & sanyasa yoga. wins desire as sthithapragna, wins desire/anger/fear as jivanmuktha, crosses gunas/cause of desire as gunatheetha & becomes bhaktha, following gita.
8. AB – cause/effect, subject/object, finite/infinite, abode/source, seed/taproot, inside/outside, far/near & in moving/not moving.
9. This universe is a projection of AB's thought by unbalancing the gunas resulting in Jada & Jiva prakruthi. AB enters this projected universe of 4 integrated layers and 3 non integrated layers to takes various forms at will.
10. AB – Infinite, imperishable, eternal, supreme, self effulgent, self powered, absolute & subtlest existence, consciousness, being, reality & feeling/bhava.

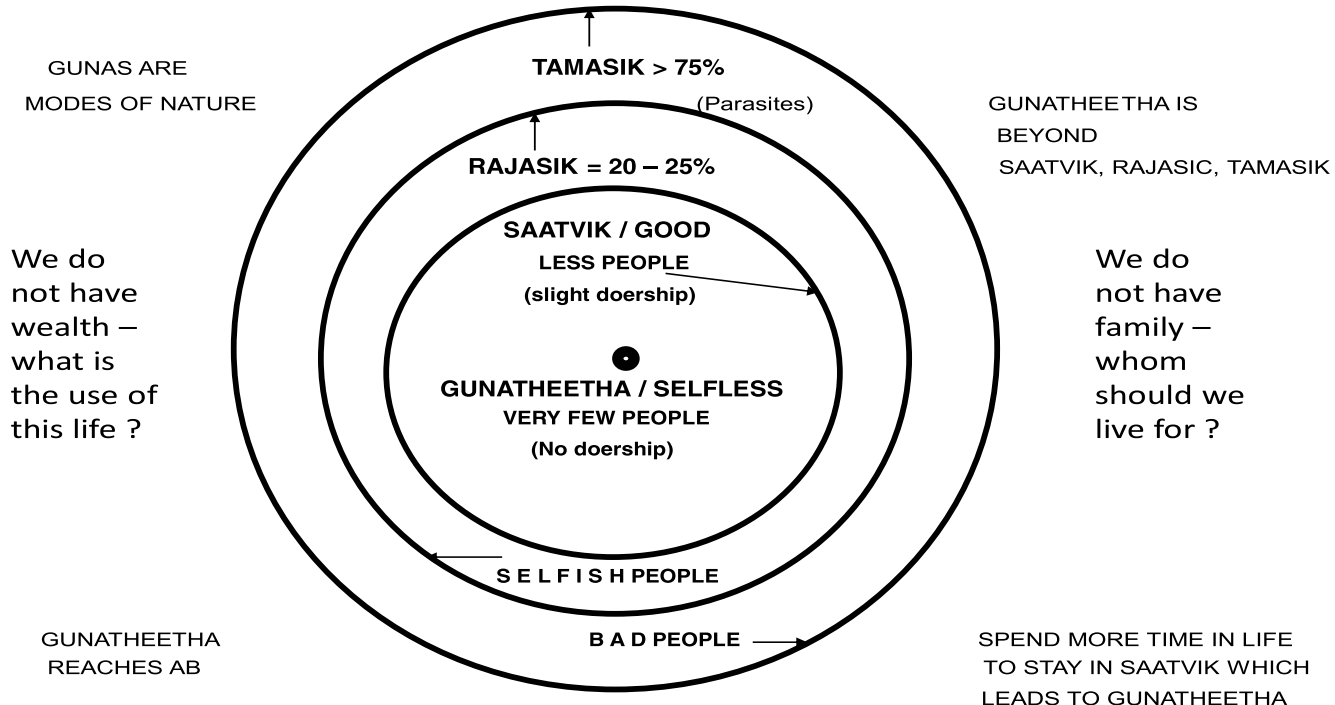
Holistic Life Vision – Dharma or LAW

| HUMAN SANATANA DHARMA | AB SANATANA DHARMA |
|------------------------------|---------------------------|
| GUNA BASED KARMA | AB BASED KARMA |
| I AM THE BODY | I AM THE SOUL |
| AYUKTHA | YUKTHA |
| LQ IS LESS | LQ IS HIGH |
| SAKTHA/ATTACHMENT | ASAKTHA/DETACHMENT |
| HATRED | MIND IN EQUALITY |
| FEAR, ANGER, DESIRE | BUDDHI IN EQUILIBRIUM |
| PRIDE, DELUSION, JEALOUS | LARGER INTEREST |
| SELFISH | YAGNA, DHAANA, TAPAS |
| CATEGORY A – ASURI | CATEGORY C – JNAANI |
| TROUBLE OTHERS | NIVRUTHI |
| CATEGORY B – PRAVRUTHI | KARMA / SANYASA YOGA |
| LIMITED TO FAMILY | OUT OF BOX |
| RECYCLE / TEMPORARY JOY | LIBERATION / ETERNAL JOY |
| RELIGION BASED | GITA VEDA BASED |

Left side of the brain is Analytical or Worldly - Right side of the brain is Spiritual



Holistic Life Vision – Present Age



KALIYUGA REALITY

Holistic Life Vision – Tips for progress

1. See/Study & learn or Experience and learn – choice is yours.
2. Life is a game, enjoy playing it by rules, win it, do not reside in the game always & how to play / win – refer Gita.
3. Detachment or Vyragya to this Maya / Illusion world created by AB for his pleasure & play, is the key to win.
4. Here, belief in AB and devotion to AB is important along with continuous practice / detachment. It is a step to step progress over several births.
5. Everything is temporary except AB.
6. Nirahankara – No I, Nirmama – No mine, Nirvairya – No hatred & Sanghavarjitha – No attachment, will lead you to liberation.
7. Energy drainer – Fear, anger, desire. Energiser – Yoga.
8. Game of life is played in Kshetra / Prakruthi. Moksham is for soul, so use kshetra to win the game. Death is peace, Birth is painful.
9. Gita is not to learn Sanskrit, but to learn life. We are separated by bodies but united through soul. AB is in me, I am in AB.
10. Maya – Relative – varies from person to person & selfish.
AB – Absolute – equally seated in all, larger interest & vasudaiva kutumbam.
11. We know a little about present cycle of chaturyugas only.
12. Who are you ? Where are you ? What are you going to do if you live for another 50 or more years ? Where is God ?
13. Gita is a game changer & you will see the world with a different view.
14. Detachment = No Attachment + No Hatred.

Holistic Life Vision – Life Paths

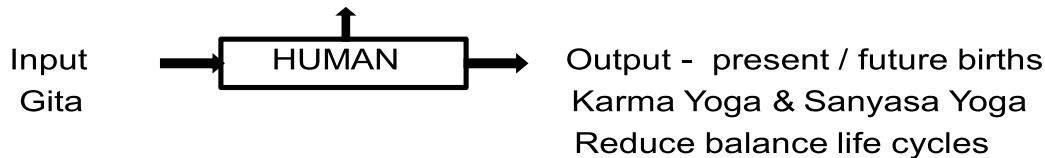
Apply path correction in your life now

Live like a tree giving shelter, fruits & purifying the environment selflessly



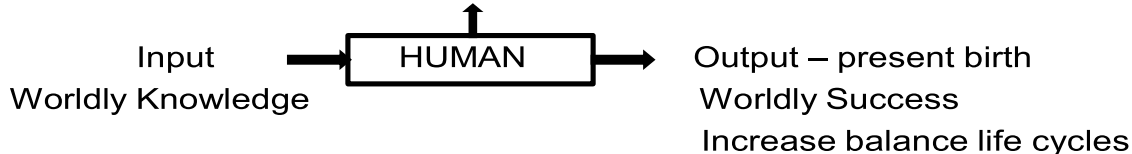
Path 1

Creator Brahma & higher leading to AB



Path 2

Heaven or Stars or Earth or Below

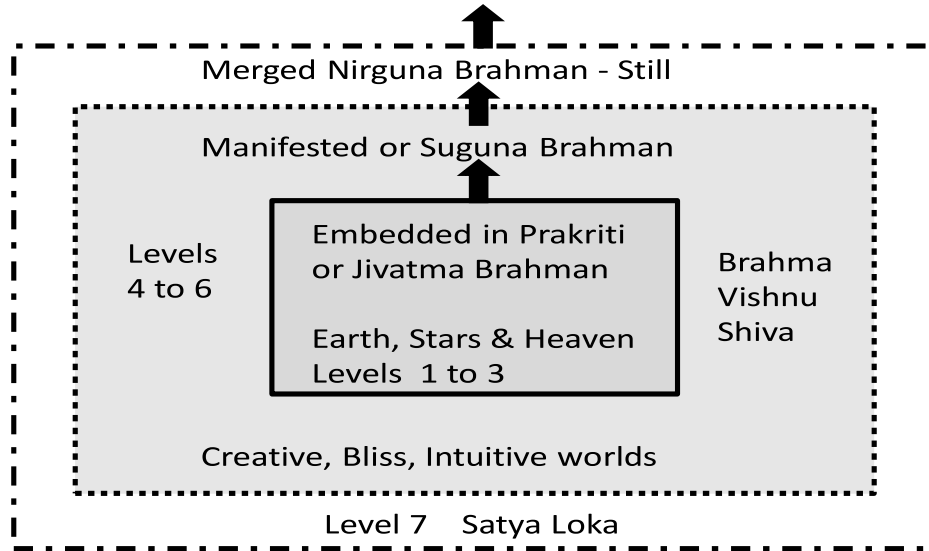


Combination of above paths with Gita & Meditation leads to Path 3,

Path 3 = Path 1 + Path 2 = Reduce the balance life cycles faster = AB
(example, a selfless doctor reaches AB faster than path1)

Holistic Life Vision - Existence

Absolute Nirguna Brahman or Akshara Brahman or Absolute Existence - Still



LEVELS OF EXISTENCE

Everything is sourced, seated & rooted in AB

AB manifests in different ways in the various levels

From the smallest microcosm of embedded beings to higher microcosm of divine beings to highest merged microcosm to the Absolute Macrocosm or AB

Holistic Life Vision – Self Check



Free Soul - reach AB

Sanyasa or EGO or Doership Check – Enter AB

1. Why things are happening the way it is happening ?
2. What is yours and who are you ?
3. What is your contribution in your progress or otherwise in Life ?

Karma Check – Enter AB

1. How much time did you spend in your life for you or your family ?
2. How much you have taken from this creation beyond your necessities ?
3. How much you have given back to this creation ?

Meditation Check – Experience AB

1. What do you think when you are not feeling well ?
2. What are you afraid of, who or what angers you, what you like or do not like ?
3. What is in your head (mind & reasoning) most of the time ?

Gita or Veda Jnana Check – Know AB

Rank the following people from Rank 1 to 7

Person A – climbs difficult mountains and visits a temple

Person B - studies Gita and practices Meditation daily most of the time

Person C - runs a company and supports many employees

Person D - works honestly for a company and takes it forward

Person E – works in army and serves the nation

Person F – Honest politician working for country's progress

Person G – Person lives in the interest of the creation

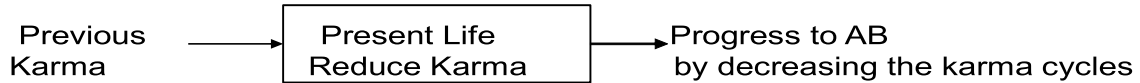


Embedded Soul

Holistic Life Vision – Cycles of Birth

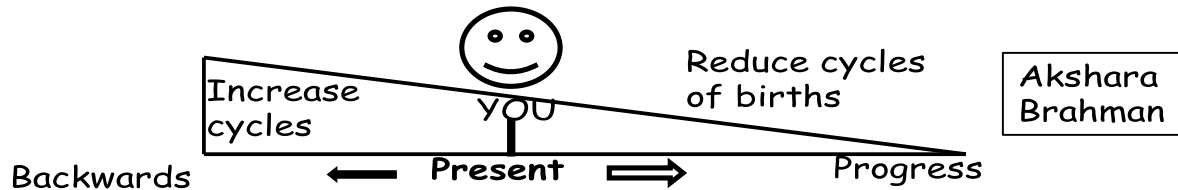
You are born in this birth based on your karma of previous many, many births.

We have gone through this multiple karma cycles from a long time, do you want to do it the same way this birth or want to progress towards eternal joy.



1. Spiritual Discipline – Yagna, Dhaana ,Tapas & no doership.
2. Belief in Gita / Vedas
3. Love to God or Akshara Brahman (AB)
4. No Attachment or Hatred
5. No Fear or Anger or Desire – Harmony with AB
6. Realise that you are fragment of AB in the present state based on track record

You cannot change the previous karma or deeds but use the present birth to reduce karma by sharing good, helping poor and experiencing difficulties.



Holistic Life Vision – Meditation as per Gita / 1

Basic function of nature is to act & that of soul is to experience the act.
Act as per absolute dharma by harmonizing with AB for progress & bliss.

1. **Object** of Meditation = Akshara Brahman / Absolute Light / Absolute Being.
2. Objective = Yuktha = Harmony, Oneness & Union with AB.
3. Soul does not act, internal nature interacts with external nature.
AB is in me - I am in AB.
Ultimate state – Everything is in me – when you totally dissolve in AB.
4. Expand from finite to infinite
Expand from separate to oneness
Expand from individual to universal
Expand from physical consciousness to absolute consciousness
Feel I am the soul, not the body.
Move from inside the box to out of box.
Move from 4 petal lotus or mooladhara chakra to infinite petal or sahasrara chakra.
Move on as yogi to sthithpragna to jivanmuktha to gunatheetha to bhakta to bhakthavatsala to moksham.
5. Practice at least 2 times a day, minimum 30 minutes each time before food.
6. Enjoy & experience the eternal bliss by harmonizing with your ishta devatha as symbol of AB. You will experience beyond the senses.
7. Seeing AB in Jivatma by your brain or Seeing AB by your brain in heart.
8. Ultimate state – Experience light inside you within infinite absolute light.

Holistic Life Vision - Meditation as per Gita / 2

Procedure to meditate – Brain experiences AB/God thro soul in your heart by consciousness expansion.. Always try to help poor / deserving & try to reduce your EGO for progress in meditation.

Stage/State 1 – God is in me as soul – **Saaropya** – Harmony of your body, mind, reasoning & EGO with your inner god or embedded soul or jivatma.

A. Read Gita, Do Yogasana or exercises & Pranayaama.

B. Sit straight, comfortable, close eyes, focus in between eyebrows.

Imagine your heart, fully blown lotus, sun, moon, jyothi lights concentrically.

Imagine your ishta devatha in the centre of the above. Join light with your istha devatha.

C. Feel oneness with soul in your heart by chanting in mind as below to go beyond senses.

Aham Jivatman, Jivatman Hridaye Tishtathi, Aham Jivatman Akshara Brahman.

Stage/State 2 - God is in everyone – **Saalokya**

Harmony of your inner god/soul with outer god present in others beings also as soul.

Continue stage 1, then chant in your mind - **Akshara Brahman Sarva Bhooteshu Tishtathi.**

Stage/State 3 – God is inside & outside, in everything & everywhere – **Saamipya**

Harmony of your inner god/soul with outer god present far and near you or creative soul.

Continue stage 1 & 2, then chant - **Akshara Brahman sarvatra baahya anthara samaha sthitham.**

Stage/State 4– No I or Mine– everything is a spark of God & is in God only- **Kaivalyam**

Harmony of your soul with outer god/free souls. Continue stages 1, 2, 3 & chant -

Jaganivasa – Yasya anthasthani bhoothani, yena sarvam idham tatham.

State 5 & Ultimate – I am in God, so everything is in me only – **Saayujyam / Moksham**

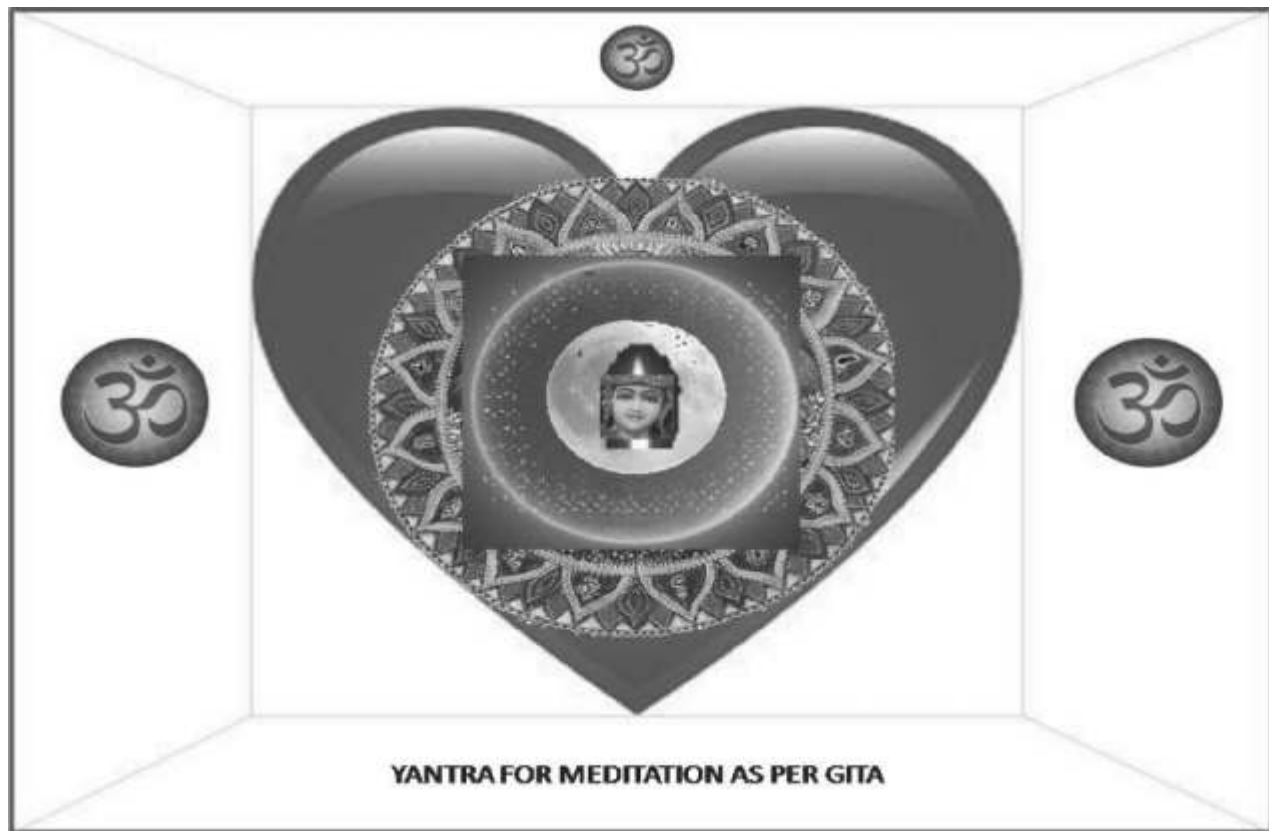
Harmony of your soul with outer god – intuitive soul, merged soul and supreme soul.

Continue stages 1 to 4 & chant - **Om So Hum, Akshara Brahman Paramam, Yuktham Akshara Brahman,**

Tvam Tat Asi, Aham Akshara Brahman Asmi & Pragnanam Akshara Brahman.

Harmonise step by step - Nature with inner god & inner god with outer god, outer god with AB.





YANTRA FOR MEDITATION AS PER GITA

| BOW IS GITA | AB IN YOU | Gita and Meditation Roller Coaster | | | | | SOUL MERGES IN AB | GOAL OR TARGET |
|--------------------|------------------------|--|--------------|---------------------|-----------------|-------------------|-------------------|-------------------------------------|
| | | AB IN YOU | AB IN OTHERS | AB INSIDE & OUTSIDE | UNI-VERSE IN AB | SOUL SEPE- RATION | | |
| ARROW IS SOUL | SAARO-OPYA IMAG-INE | SAARO-OPYA EXPER-IENCE | SAA-LOKYA | SAA-MIPYA | GUNA-THEETH | KAIVA-LYA | SAAYUJYA | MOKSHAM REACH AB OR GOD |
| BOW IS MEDIT-ATION | START | STATE 1 | STATE 2 | STATE 3 | STATE 4 | STATE 4 | STATE 5 | FINAL STATE ULTIMATE DISSOLVE |
| BOW IS MAN-TRAM | 4 PETAL LOTUS | <p style="text-align: center;">EXPANSION OF YOUR AWARENESS</p> <p style="text-align: center;">FROM PHYSICAL TO ABSOLUTE</p> | | | | | | SAHASRARA MULTI PETAL LOTUS |

ALL THE BEST FOR HOLISTIC LIFE

Govinda = Go(creation) Vinda(protector/lord of)

Govinda = Go(Jivatma) Vinda(present in/lord of)

Blessed are people who learn & use Vedic Knowledge to enjoy life in this birth

Krishna means one who attracts you towards AB, very relevant to kaliyuga as guna forces(fear, anger, desire) are very strong, moving you away from AB.

Dulipeta Sridhar - Honorary Life Coach & Mentor based on Bhagavad Gita

- Bachelors in Civil Engineering @ University of Mysore - 1985
- Masters in Civil Engineering @ Bangalore University
- Advanced Management Program @ Indian Institute of Management, Bangalore.
- Structural Engineer for many award winning structures
- Lastly worked as CEO of a Real Estate Developer Company
- Author – Holistic Life Vision, sourced from Srimad Bhagavad Gita
- President – Paramakshara Charitable Trust for poor & deserving
- Free Gita Pravachans & Meditation @ Old age homes, Orphanages, etc - 2014

We should earn for our survival and then continue earning for people who helped us to be self sufficient & for poor/deserving people.

Distribution is Natural & Accumulation is Man-made.

Move on from this free rented world to original permanent eternal abode of AB



ENJOY THE LIFE OF NO DILEMMA THROUGH GITA

(5D to achieve neutrality of no attachment or hatred, equality to all, equilibrium in all situations and zero fruits of deeds)

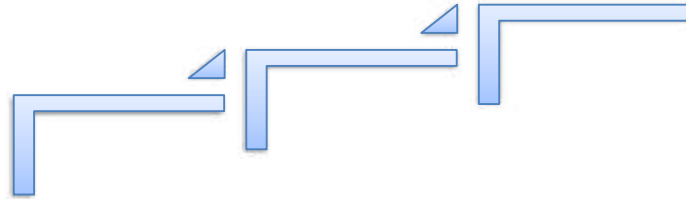
DETACHMENT BY EQUALITY TO ALL
DISCIPLINE OF BODY, SPEECH & MIND
DEDICATION TO SERVING POOR
DETERMINATION IN HAPPINESS & SORROW
DOERSHIP (I, ME, MINE, EGO) RENUNCIATION

Thanks to Smt. Radhika, Smt. Nirmala, Smt. Amudha for sponsoring this book

Holistic Life Orientation - End

Paramakshara Charitable Trust

PROGRESS TOWARDS GOD BIRTH AFTER BIRTH
USING BHAGAVAD GITA KNOWLEDGE.



ಯಜ್ಞಾರ್ಥಾತ್ಕರ್ಮಣೋಽನ್ಯತ್ರ ಲೋಕೋಽಯಂ ಕರ್ಮಬಂಧನಃ | ತದರ್ಥಂ ಕರ್ಮ ಕೌಂತೇಯ ಮುಕ್ತಸಂಗಃ ಸಮಾಚರ ||
ಯಜ್ಞದ ನಿಮಿತ್ತವಾದ ಕರ್ಮಗಳಲ್ಲದೆ ಇತರ ಕರ್ಮಗಳಲ್ಲ ತೊಡಗಿದ ಈ ಮನುಷ್ಯ ಸಮುದಾಯವು ಕರ್ಮಗಳಿಂದ ಬಂಧಿತವಾಗಿದೆ ||
ಅದ್ದರಿಂದ ಅರ್ಜುನನೇ! ನೀನು ಆಸಕ್ತಿರಹಿತನಾಗಿ ಯಜ್ಞಕ್ಕಾಗಿಯೇ ಜೆನ್ನಾಗಿ ಕರ್ತವ್ಯ ಕರ್ಮವನ್ನು ಮಾಡು ||



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Helping hands are better
than Praying Hands