

# **SPIRITUALITY**

**Srimad Bhagavad Gita way of life for Akshara Brahmi Sthithi (ABS)  
or Absolute Spiritual State**



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**Spirituality** is difficult to comprehend for non spiritual people.

Read it again and again and again.....

Follow whatever little you understand and you will slowly grasp it more.

We are all compressed finite beings, so expand and expand and expand.....  
through spirituality to infinite, eternal and absolute being.



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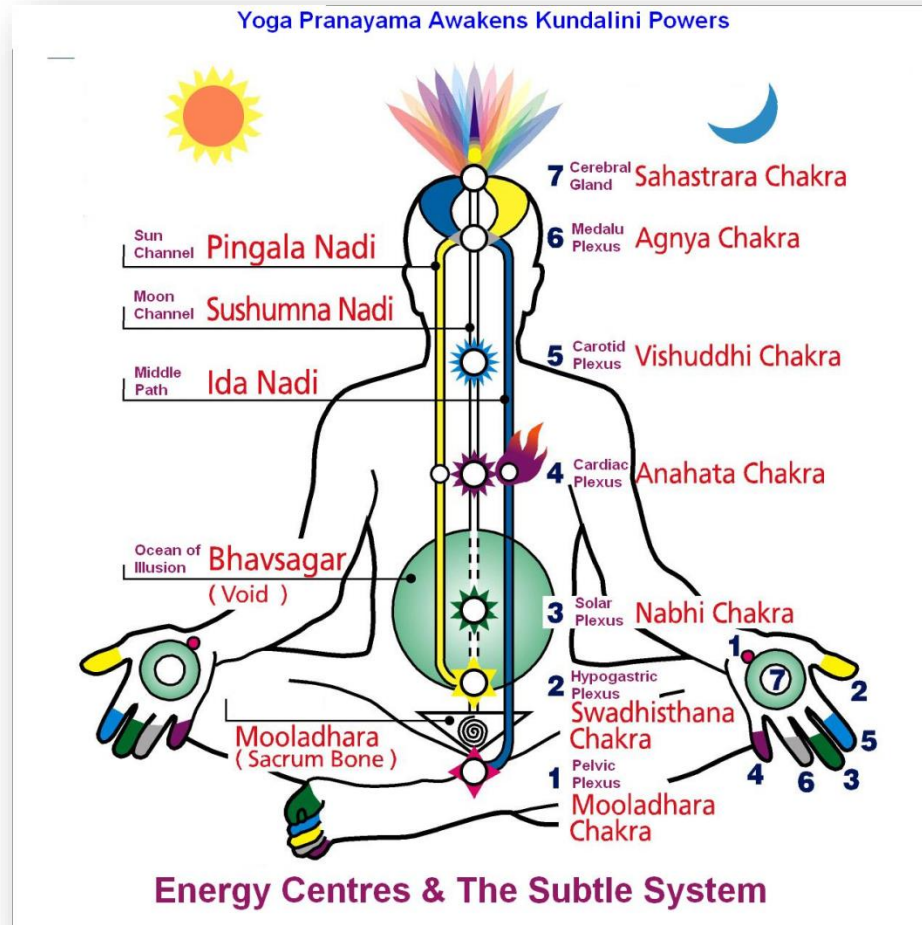
Yourself = Changing or illusionary self + Changeless or real or self luminous self

Changing self = Five elements, ego, reasoning, nature source,  
(nature) senses, mind, attachment, hatred, body, life energy,  
determination, sorrow & happiness.

When harmonised in the supreme self will become spiritual  
and creates awareness in the soul about its true identity.

Changeless self = Spirit or soul seated in your heart which is always spiritual  
but is unaware of this reality.

# INTRODUCTION



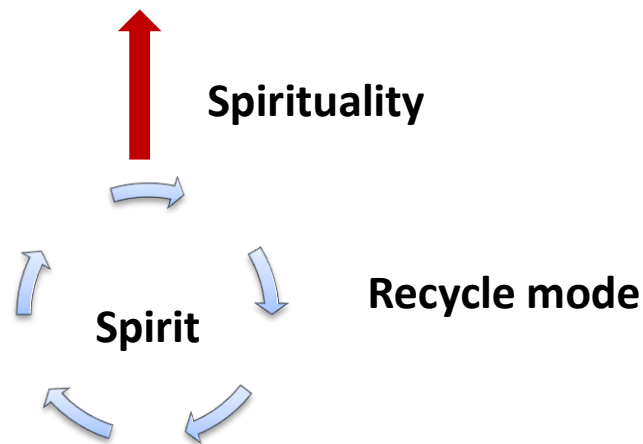
Spirituality - Move on from Mooladhara to Sahasrara Chakra or energy centre

**Spirituality** - When nature harmonises in soul & soul in the absolute.

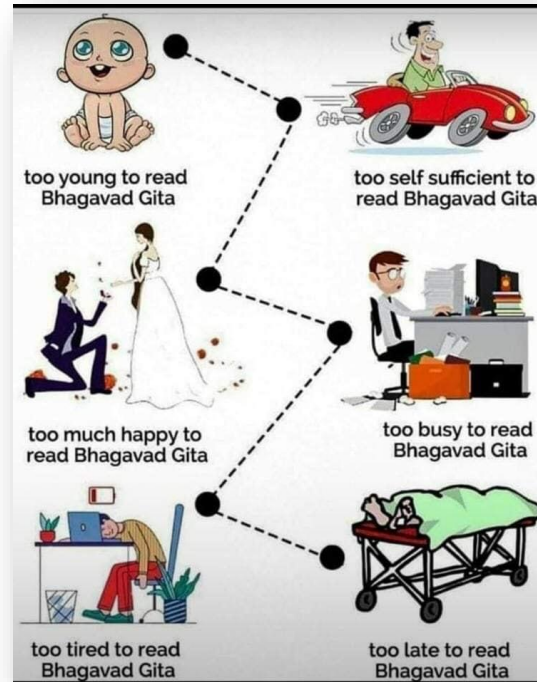
It unveils through enlightenment, the profound connection between the individual spirit or soul or you, supreme spirit and intricate dance of their relationship. It delves into the very essence of existence, illuminating the path towards true understanding and ultimate freedom. Gita as echoed by my teachings guides one to navigate this spiritual journey, transcending the mundane and embracing the eternal.

**Akshara Brahman (AB)** is the absolute, infinite, imperishable, omnipresent, eternal, **supreme** existence, being, light, power, spirit, self or simply the godhead. Spirit or soul is the unmanifested fragment of akshara brahman beyond human comprehension, present in the hearts of all.

**Attain supreme spirit – self effulgent / self luminous**



# Spirituality – When ?



## Start Now – Children & Adults

Spend more time in your life for Spirituality

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

## Left side of the brain

## Right side of the brain

Non Spiritual lifestyle	Spiritual lifestyle
NATURE BASED KARMA	AB BASED KARMA
I AM THE BODY	I AM THE SOUL
NOT HARMONISED IN ABS	HARMONISED IN ABS
TAKE IS MORE	GIVE IS HIGH
ATTACHMENT	DETACHMENT
HATRED	MIND IN EQUALITY
FEAR, ANGER, DESIRE	REASONING IN EQUILIBRIUM
PRIDE, DELUSION, JEALOUS	LARGER INTEREST
SELFISH	SELFLESS
CATEGORY A – DEMONIC	CATEGORY C – DIVINE
TROUBLE OTHERS	LIBERATION
CATEGORY B – RECYCLE	KARMA / SANYASA YOGA
LIMITED TO FAMILY	LIVE FOR ALL
TEMPORARY JOY	ETERNAL JOY
WORDLY & RELIGION BASED	ABS BASED

Spirituality  
Illuminates  
both sides  
of the brain

EVOLUTION & PROGRESS OF SELF THROUGH SPIRITUALITY								
BOW IS GITA	AB IN YOU	AB IN YOU	AB IN OTHERS	AB INSIDE & OUTSIDE	UNI-VERSE IN AB	SOUL SEPE-RATION	SOUL MERGES IN AB	GOAL OR TARGET ABS
ARROW IS SOUL	SARU-PYA IMAG-INE	SARU-PYA EXPER-IENCE	SALOKYA	SAMIPYA	GUNA THEETH	KAIVALYA	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;"><b>EXPANSION</b> OF YOUR AWARENESS</p> <p style="text-align: center;">FROM PHYSICAL TO ABSOLUTE</p>						SAHASRARA MULTI PETAL LOTUS



# OBJECTIVE & DEFINITION

Sahasrara – gate to supreme state of ABS



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Mooladhara – lowest state of consciousness, vision & oneness

**The objective is to convey to the fellow beings about attaining**

**Akshara Brahmi Sthithi (ABS)**

**through Spirituality or Life repetition of Srimad Bhagavad Gita.**

**Akshara Brahmi Sthithi or ABS or macrocosmic state or fully expanded state of soul existence is obtained over several births of progress, perfection and accomplishment.**

**In ABS, we microcosms will be in the absolute supreme eternal state of being. If we remain in the same state during the departure of the soul from this body, we attain the eternal state forever.**

**In ABS, our nature is harmonised in the soul & soul harmonised in the absolute through selfless sacrifice, meditation, renunciation of fruits of action, renunciation of doership and giving up of our ego.**

**ABS or State of Equanimity =**

**Equality to everyone and everything in the creation.**

**+**

**Equilibrium in all situations, whatever happens in this creation.**

**ABS =**

**Highest level of consciousness or awareness of akshara brahman or absolute being through gita.**

**+**

**Brightest level of vision of the absolute through meditation.**

**+**

**Complete & innermost oneness with the subtlest absolute existence through yoga of action and yoga of renunciation.**

**ABS =**

**Do karma with no attachment or hatred to anything or anyone.  
Support or help without expectations - Karma yoga of action.**

**+**

**Do karma with no doership or EGO, realising that everything happens based on individual, group or universal acts or deeds or karma. Nature acts according to gunas & nature manifests accordingly - Sanyasa yoga of renunciation.**

**ABS =**

**Move on from physical state to emotional to mental to creative to bliss to intuitive to merged to ABS.**

**+**

**Move on from human state to enlightened to harmonised to stable to liberated to beyond nature to devotee to ABS.**

**+**

**Move on from bonded state to naishkarmya to saropya to salokya to samipya to kaivalya to sayujya to ABS. (Refer page 6)**

**ABS =**

**God acts through you in the interest of the creation.**

**+**

**move towards zero error, zero karma & zero effect of nature or senses or sensory objects.**

**The law of individual & collective karma always prevails in the creation when we act influenced by nature or gunas & not in ABS.**

**ABS =**

**Everything exists in absolute in superimposed layers & absolute is omnipresent everywhere.**

**+**

**Either in this creation or at his abode, absolute being or god or akshara brahman is the lord, godhead, creator, sustainer, destroyer, subtlest & macrocosmic existence without which nothing exists.**

**If you accept the life objective as ABS, follow & take decisions accordingly, you live according to absolute law and are liberated from cycles of birth to changeless infinite reality.**

**If you do not accept ABS as life objective, you live based on Gunas or Nature and are reborn again and again in this projected, reflected, transient, illusionary & changing reality.**

**But God has given you the right & freedom to choose as per your wish, no compulsion.**

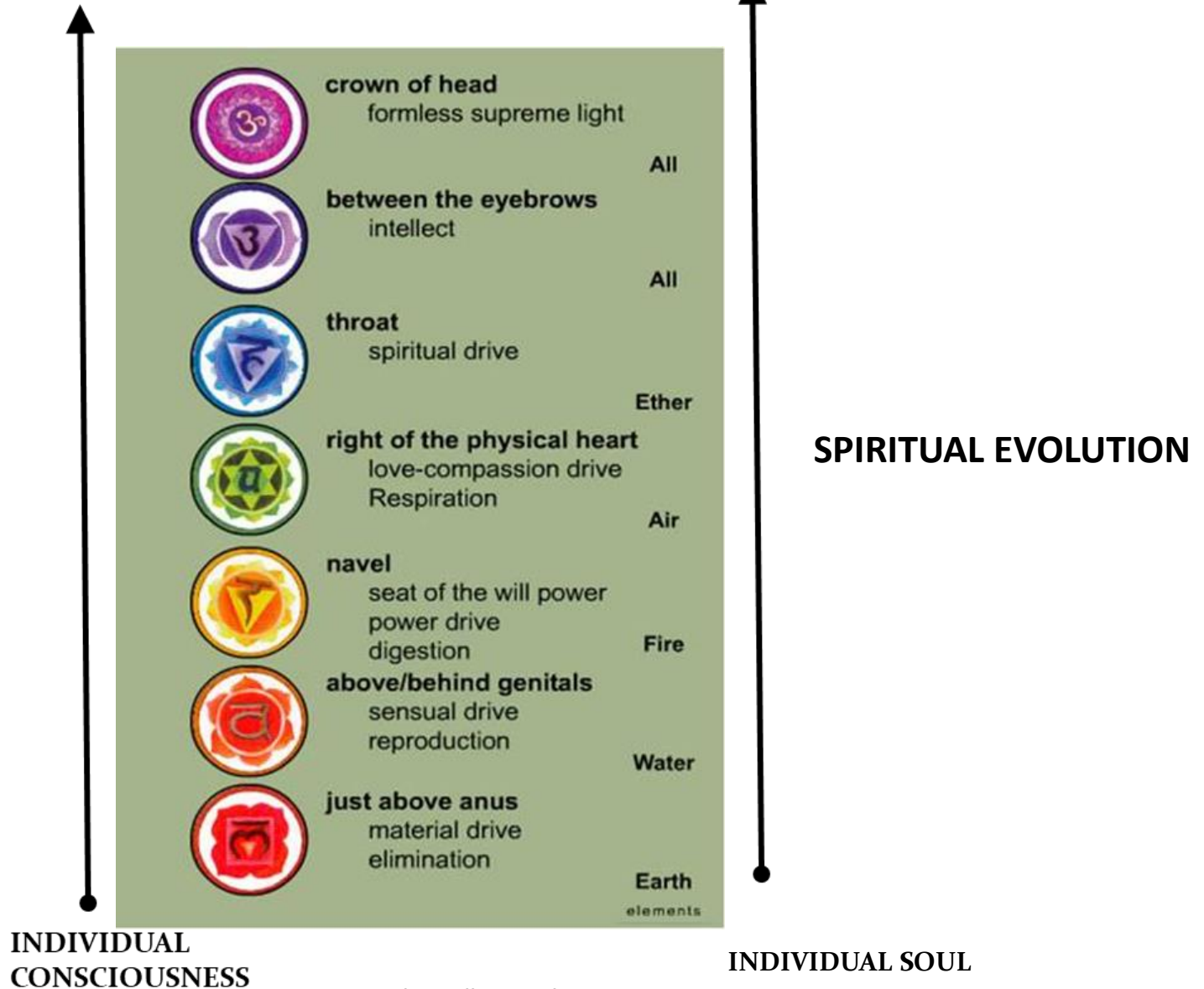
**The best way to live is to lead life without selfish fear, anger and desire.**

**Selfless means living for no profit, no pride, no power and no pleasure, in the interest of the creation, with shraddha or faith and bhakthi or love in akshara brahman or absolute being.**

# EXPLANATION

SUPREME  
CONSCIOUSNESS

SUPREME SOUL



**Spirituality is to lead a life for spiritual progress, meaning your soul progressing towards supreme soul for moksham or liberation.**

**A spiritual person is not attached to any religion or culture or worldly or family principles or boundaries.**

**Spirituality is a way of life and anyone can adopt it despite being bound by family or worldly responsibilities. One doesn't need to be single to become a spiritual person.**

**Spirituality is not a business as perceived by some people.**

**A spiritual person lives according to the human principles in the larger interest, as told by akshara brahman in recent times about 5000+ years ago, through srimad bhagavad gita.**

**Know, see, feel oneness & enter god through spirituality.**



**The destination of the spiritual person is attaining ABS while living, during leaving and after leaving.**

**This is the absolute & supreme macrocosmic state of existence.**

**It is a three dimensional accomplishment or sadhana.**

**Dimension 1 -**

**Akshara brahman knowledge through study of gita - clarity of existence.**

**+**

**Dimension 2 -**

**Visualising akshara brahman thro meditation - getting immune to gunas.**

**+**

**Dimension 3 -**

**Complete oneness with akshara brahman through Yoga – nullifying our karma(experience difficulties & share wealth, happiness, knowledge) and renunciation of our ego & doership.**

**When all these dimensions converge we attain the objective of spirituality.**

**My spiritual services to all are focused to make one know & adopt spirituality, in the memory of my late mother for the well being of ALL.**

**Spiritual person is not a sanyasi, understand this important aspect that spirituality is best way to lead our human life.**

**Spiritual person lives for the supreme being or supreme spirit or purushottama or godhead or macrocosm.**

**Spiritual person performs karma or actions every moment through body, speech & mind for the supreme by harmonising our kshetra in our individual spirit which in turn is harmonised in the absolute light.**

**Spirituality is possible by the life repetition of srimad bhagavad gita without getting attached to our kshetra or gunas or nature and living in the larger interest of the creation.**

**Detachment = No Attachment or Hatred in all situations.**

**Spirituality is achieved over several births.**

**Our consciousness moves from lowest mooladhara chakra to highest sahasrara chakra or centre of consciousness.**

**Individual spirit or soul expands from microcosmic state to original macrocosmic state of existence or reality or being, resulting in eternal supreme bliss or pure joy or ultimate peace or original abode from where we all came from.**

**What is Gita ?**

**Gita is the documentation of principles, processes & system of existence as explained by god or akshara brahman.**

**Projected or reflected or illusionary or changing or microcosmic infinite reality or existence is called maya.**

**Eternal or changeless or macrocosmic or infinity of infinities reality or existence is called akshara brahman.**

**Each chapter is a process of existence. All 18 chapters together is the system of existence.**

**Gita should be the first page or priority in your L I F E.**

**Sri Krishna a form of akshara brahman is asking arjun to fight the War or dharmakshetre or kurukshetre or battle in a spiritual way as a duty with no attachment and in the interest of the creation or greater good.**

**It is god's message to all human beings in kaliyuga or present age or new age to lead a spiritual life with dharma of humanity & not getting attached to family or money or any sensory objects.**

**God has created us to enjoy the universe without attachment or hatred or stress by following spirituality.**

**A non spiritual person lives in duality or dvandvamoha and is reborn again and again.**

**A spiritual person lives with clarity realising he is in god & god is in him and tries to move on from normal state to absolute.**

**Attachment means deep passion which leads to expectation to desire to anger to loss of reasoning to memory loss to destruction.**

**Spiritual person sees God inside, outside, everywhere, in everyone & everything. He feels, he is soul and not the body. Seeing through the spiritual eye he realises that gunas or nature or behavior varies in everyone but the soul is the same, a fragment of God in the hearts of all.**

**Everyone is united by the spirit or changeless reality but looks separate due to gunas or nature or changing reality, this is the maya or illusion.**

### **Duality or Dvandvamoha**

**Derived from the latin word duo meaning "two" denotes a state of two parts – Duality (surface and internal)**

**Duality or Dvandvamoha is due to superimposition of mortal/gunas & immortal/spiritual planes, it is the moha or delusion effect leading us to a pair of opposites. It is a barrier to see self or changeless reality, prevents consciousness to progress from surface (nature) to the core (spirit). Consciousness is dynamic between the detached planes of creation/illusion & the source of creation/absolute.**

**Surface duality - like & dislikes    Inner duality - body or soul**

# CONCLUSIONS

- 1. In essence, ABS represents the pinnacle of spiritual attainment, achieved through repetitive study and application of the teachings found in Gita.**
- 2. It is a state of macrocosmic existence where the soul reaches its fully expanded form over countless lifetimes of dedication, discipline and spiritual practice.**
- 3. In ABS, we, as microcosms embody the absolute supreme eternal state of being. Crucially, If we maintain this even at the time of departing from this embodied state, it ensures eternal liberation and bliss.**
- 4. It is the ultimate goal of our journey through existence, transcending the limitations of the material world and attaining everlasting union with the divine supreme.**
- 5. Spirituality includes gaining divine knowledge, practicing divine meditation & doing selfless divine service to the creation.**

- 6. Human birth is to realise & follow spirituality and enjoy the creation without attachment.**
- 7. A Spiritual person can be a family man or a non family man or anyone else. Do not mistake for sanyasi & strive to become spiritual soon.**
- 8. A spiritual person does not live only for himself or only for family or only for pilgrimages or only for religion or only for money or only for functions or only for festivals, etc. - he lives for God and in the interest of the creation & A L L.**
- 9. Spirituality is diminishing and religion is expanding due to misconception of religion as spirituality & attaching gita with religion.**
- 10. Spirituality should be introduced at very young age to children.**
- 11. Spirituality is the only solution for world's peace and progress,**

# ANNEXURE

Following are the 18 chapters with a total of 700 shlokas in Gita.

1. Arjuna Vishada Yoga

*Normal state of human being*

2. Saankhya Yoga

*Transcendental or discriminative spiritual knowledge*

3. Karma Yoga 4. Jnana Karma Sanyasa Yoga 5. Karma Sanyasa Yoga

*All you want to know about actions or deeds*

6. Atma Samyama Yoga

*Meditation*

7. Jnana Vijnana Yoga

8. Akshara Brahma Yoga

9. Raja Vidya Raja Guhya Yoga

10. Vibhuti Yoga

11. Viswaroop Darshana Yoga

*Manifested & unmanifested forms of supreme creation & divine law or dharma*



**12. Bhakti Yoga**

*Love to god in action*

**13. Kshetra Kshetragna Vibhaga Yoga 14. Guna Triya Vibhaga Yoga**

*Changing and changeless reality with the connection*

**15. Purushottama Yoga**

*Supreme being & creation - Shastra or science of existence*

**16. Daiva Asura Sampad Vibhaga Yoga**

*Divine & demonic properties*

**17. Shraddha Triya Vibhaga Yoga**

*Power of faith*

**18. Moksha Sanyasa Yoga**

*Liberation by renunciation*

*How gunas or modes of nature influences our lives*

*Life Choice - nature or god*

# **ANNEXURE - STRESS FREE LIFE FOR SPIRITUAL JOY**

**Worldly wealth is for this birth only, while the spiritual wealth is eternal for all births.**

**SFL or Stress free life, will liberate your jivatma or embedded soul in your heart from your kshetra, to harmonise with absolute being or akshara brahman or AB and become jivanmuktha to attain moksham or sadhana or shreyas.**

**Spiritual wealth & progress or siddhi towards AB is by SFL - to live joyfully, leave in peace & attain absolute joy after this birth by life repetition of srimad bhagavad gita.**

**To lead a SFL or stress free life stop taking from this world more than for simple survival, follow varnas/profession & ashramas/based on age - as per Gita.**

- 1. Release physical stress by exercises, yogasana & balanced diet for good health.**

2. Release **emotional** stress of fear, anger & desire by calming down through gita meditation & pranayama.

3. Release **mental** stress of decision making by removing ignorance through gita spiritual knowledge.

4. Release **karma** stress by helping distressed beings through gita karma yoga.

5. Release **selfish ego** stress of I.me, mine by detachment to our kshetra or body, mind, reasoning & ego through gita sanyasa yoga.

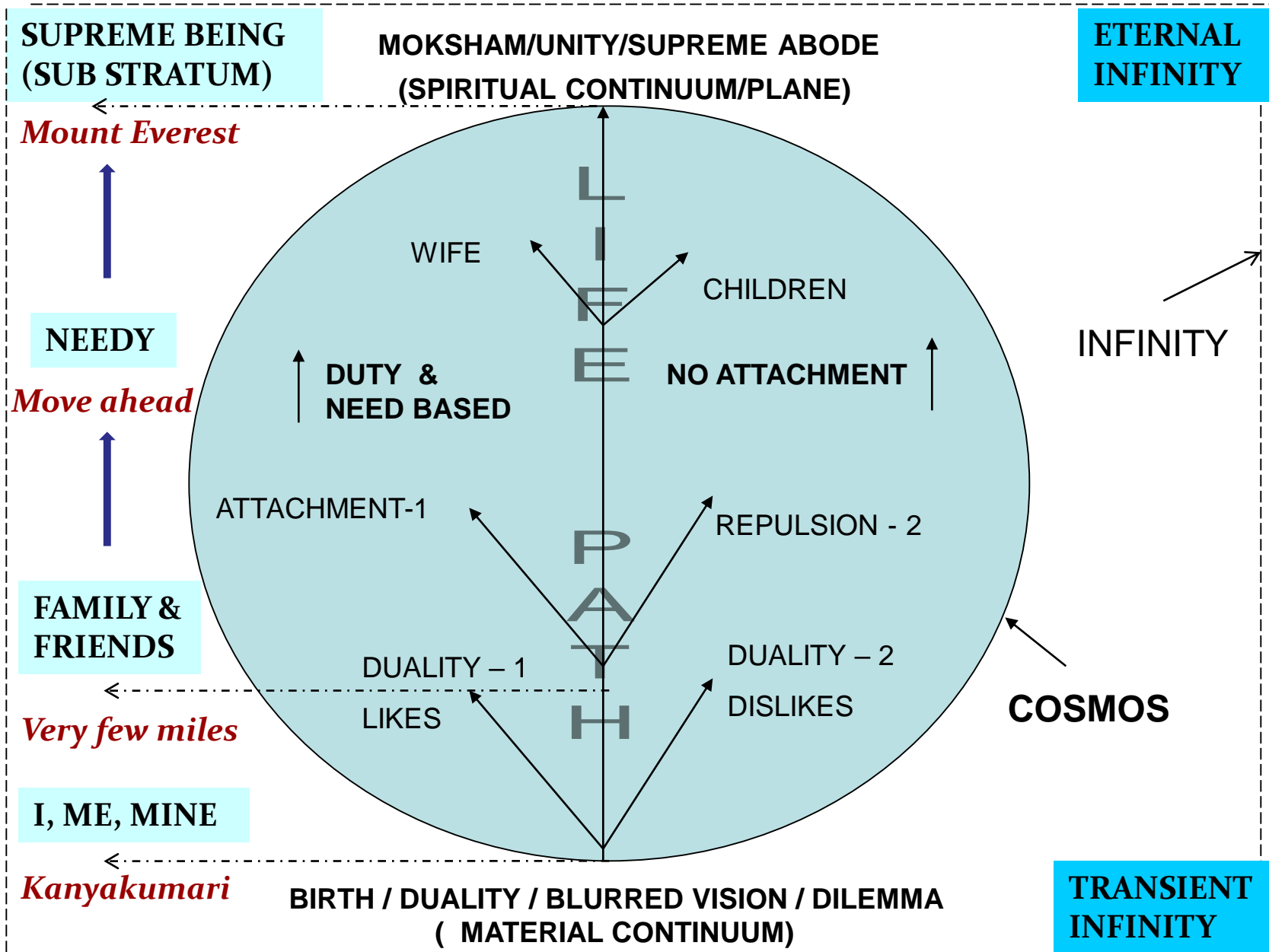
Do it with hard work, commitment & be **Selfless**, having no hatred or attachment or expectations to profit, power, pride or pleasure.

God resides in your heart, so anything is possible for you with AB blessings.

May God bless you with SFL for **Bhukthi** of worldly happiness & **Mukthi** of eternal peace.

# ANNEXURE

EARLIER YOUR LIFE PATH BECOMES SPIRITUAL PATH - EARLIER YOU OVERCOME DUALITY & REACH MOKSHAM.



**SUPREME BEING  
(SUB STRATUM)**

**MOKSHAM/UNITY/SUPREME ABODE  
(SPIRITUAL CONTINUUM/PLANE)**

**ETERNAL  
INFINITY**

*Mount Everest*

**NEEDY**

*Move ahead*

**FAMILY &  
FRIENDS**

*Very few miles*

**I, ME, MINE**

*Kanyakumari*

**BIRTH / DUALITY / BLURRED VISION / DILEMMA  
( MATERIAL CONTINUUM)**

**TRANSIENT  
INFINITY**

ATTACHMENT-1

DUALITY - 1

LIKES

WIFE

DUTY &  
NEED BASED

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CHILDREN

NO ATTACHMENT

REPULSION - 2

DUALITY - 2

DISLIKES

INFINITY

**COSMOS**

# LAST WORD

Choice of spirituality for eternal absolute bliss or normal life for temporary happiness is your decision.

Examples of people who chose spiritual life beyond personal, family, country, political, religious boundaries -

1. Ramakrishna Paramahansa
2. Swami Vivekananda
3. Dr. Abdul Kalam
4. Mother Teresa
5. Siddaganga Mutt - Sri Shivakumar Swamiji

and many others who are not visible in public domain. I salute all these spiritual, divine, enlightened & noble people.

**Tips : Faith, devotion, patience, practice, detachment**

**Tools : Study Gita, do prescribed actions or works, breath control or pranayama, physical exercises or yogasana, senses control, meditation and help poor and deserving.**

Thanks to god, my family, my students, my disciples, PCT, printer and everyone who has supported me to publish this book

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4. Meditation Experiences of the Author
5. Pravachans by the Author
6. Life Experiences of the Author
7. Akshara Brahman's Blessings

**Spirituality enlightens individual and collective karma. It guides you how individual karma can influence or change collective karma. Spirituality enlightens about birth cycles, motivates you to live for all the births & also reduce the cycles. It guides you how to lead the present birth to influence the future births.**

**Spirituality enlightens you about the functioning of akshara brahman and his creation. Spirituality activates the energy centres or points in the body for self to harmonise with the god. Spirituality eventually leads the soul to awaken, experience and dissolve in akshara brahman.**

# KARMA COMMUNICATION

Option A (Normal) - You act & god experiences – Incur karma

Kshetra → Jivatma → Akshara Brahman

Option B (Spiritual) – God will act through you – No karma

Akshara Brahman → Jivatma → Kshetra

**MAY GOD BLESS ALL HUMANS WITH SPIRITUALITY**



**Gita Rishi Sridhar Krishna**

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**Spirituality is beyond all boundaries**

This book is released on the occasion of author's 60<sup>th</sup> Birthday for free distribution

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