

ACTOR
AND
WITNESS

Actor And Witness

Shunyo

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Preface

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Actor and witness

For the witness, Krishna elaborates that he is satisfied with the soul in the soul.

Krishna elaborates about the witness that he is satisfied with the soul, in the soul.

For an actor, it is important that others must be working according to his expectations.

For a witness, only thing that matters is their presence:

For an actor activity matters and many a times it is about coordinated activity, where more than one person is involved. There are managers, supervisors, executives and workers , seniors and juniors present in any business or professional venture. This string of connectivity is such that people are answerable to each other. For effective execution of the task, it is often preferred to divide the work between the individual's in the team. When the responsibilities are divided, It is expected of the employee to complete own work efficiently so that the organization can keep functioning with qualitative output. This means the focus remains fixed upon the quality and the quantity of work.

Whereas the focus of a witness remains somewhere else. He's not much concerned about the activities of the individual rather he remains focused upon the cause of the individual's presence. In such a case individual and the work become secondary. A witness doesn't feel comfortable in such a set up where he has to constantly nudge other people for putting up a good show. He would rather prefer to have a small unit of oneself, where he can function independently without being

much dependent upon others. He's not too much concerned about the size of the business rather he prefers to maintain a good quality standard of a small unit. A witness prefers to intervene less in other's work as it requires distraction of the focus. As the prime objective of a witness is to constantly improve own vision, that helps him to spot the truth among differences and diversity. That is why he develops his own style of functioning, where subordinates & associates are dealt with respect & dignity. A witness knows that in the form of colleagues, it's the Lord or supreme consciousness itself, who is working along with him. So hierarchy doesn't matter rather it is the association of the people. A witness wants to keep balance between his divine duty, social duty and service. So the preferences of an actor and a witness are different.

To obtain the peace is about raising the awareness:

As jungle means dense area of trees and vegetation. Similarly peace is about dense coverage of internal power. Power can only get denser, when it rises above and goes beyond the reach of mind. In it's active state, mind continuously keeps using the power. That is why power is not allowed to rise and converge. Mind can only remain mind till the time it is active. In the deeper state of meditation when there is no activity, mind becomes no mind. In this no-mind state person can feel the dense presence of peace. As energy is known for it's ability of not getting destroyed and easily going through the change. Similarly mind can also go through the transformation.

This means an actor can think, imagine and guess about peace however cannot feel it until it goes through self transformation. A witness tries to maintain this peace, which is also known as the Omkar. Omkar is the state that is above the mind and next to the truth. This is the buffer zone between the mind and the truth. That is why only the peaceful one has the ability to realize the truth. Om Shanti conveys the same message that the truth is beyond the dense cover of peace. It means peace has the great potential to reveal the truth. It means containing the mind opens up the gates to the hidden possibilities.

As we know that sleep has the healing power and the ability to restore the balance. Similarly peace also has the healing power and balancing ability. In this way, mind gets healed before getting closer to the truth. They who get to experience the peace, come to know about a novel way of self-help. Healing is a multi-layered phenomenon. Being healthy and feeling healthy are two different things. Peace has the ability to make an individual feel healthy. They who can experience peace, get the ability to have better control over their speech, which is a remarkable attainment. In such a scenario, person increases own ability to maintain harmony within otherwise mind is known to disrupt harmony.

Stupidity and smartness:

Stupidity as we know is about downgrading or about inferior standard.

In Hindi the translation for smartness is 'chatur'. 'Chatur' is derived from 'chaturth', which means fourth. Fourth indicates towards the fourth dimension of being, which

is the universal consciousness or soul. One who continuously works upon own awareness and let it enter into the fourth dimension of being, then the smart thing that happens with the individual is that one becomes able to have super control over own acts. Now one can stay away from participating in all unnecessary debates and activities. It is about hands on this steering and focus upon the road.

Realising the ultimate truth is not about some magical powers rather it is about being super focussed that lets the person do superhuman or great work during the life. When the person loses interest in the obstacles, then the focus automatically gets trained upon the way ahead. This is the smart way. Around us trees are smartest as they don't waste their energy unnecessarily and don't utilize the excess energy and resources. They only have that much which is required and then utilize them optimally. They know how to minimize the wastage and maximize the output. As a normal human we don't generally get to reach at this level. This is how we are as an actor.

On the other hand witness is much more smarter as he knows perfectly that in which direction one has to move on and how to maintain a nearly constant maximum output. Witness knows that how to make the best use of a particular aspect and which aspects have to be left behind. This is about living the life with awareness. In such a case unnecessary aspects automatically go out of the focus. This is the reason that a witness can experience the comfort of stillness. An actor's mind is full of activities, that is why it keeps making contacts with others. Whereas a witness can experience the heights of samadhi that makes a person's mind go silent.

The search for originality gets completed at being the witness:

We get to see enough cut, copy, paste in people's behavior and talks. Not even others but even our behavior is a standard example of cut, copy & paste procedure. This means whatever effect our surrounding leaves on our mind, it keeps producing and suggesting us the similar types of programs and thoughts. Our ambience creates a typical kind of feeling within us and under the effect of this very feeling, a series of thoughts are generated. These thoughts get converted into our speech and that speech decides that what kind of relationship we get to develop with others and what do we observe in others and what we get to learn. It also decides that what do others learn from us. Many people might observe your style & looks however there are people who observe your depth. Only your originality and patience affects them. They might not speak but surely they want to know that how it is cultivated? When the person attains a certain level of maturity, then his observational capacity also gets altered. Now they might not get influenced by those people who have heaps of money but shallow nature. Now they want to observe something more deeper aspect of human nature and behavior. This is about our continuous pursuit of self development. Through our experience we know that it is difficult to bring positive changes in life. We might keep failing repeatedly but we don't stop trying. Recognizing the positive aspects of others, is also a part of our subdued earnest desire of self evolution.

Till the time person is in initial phases of earning, he might get attracted towards those people, who earn more and are quite successful. Once the person attains a definite comfortable monetary level then he starts focusing upon different aspects of other's individuality and nature. Now the thing that used to be primary becomes

secondary and the focus gradually becomes more intense as it moves from surface to within. Whenever we get to taste the originality within oneself, we start loving ourselves. As it is the evidence of presence of divinity within us. It also feels like upgrading from brakes to disc brakes against the compulsive nature of our mind.

Non aligned fraction of person's focus develops awareness:

In the case of an actor the focus remains invested in multiple directions. Whether that may be own professional growth, which involves skills development, knowledge gathering, experience gaining and related advertisement. The focus remains invested in all these sections for certain period of time and then the professional competency rises to the next level.

Same is the case with person's love interest as well. Whenever person becomes interested in someone, a whole series of thinking, imagining and making efforts get started. Person has to remain invested mentally, financially, emotionally and timely. This whole process creates a special kind of feeling of attachment. Through this a new family is created, in which one can remain indulged emotionally as well as ambitiously. This is how an actor perceives it. Same is the case with life's other ambitions and desires as well. A fraction of mental investment remains there as well. This is how we live the life of an actor.

Living in a palace and considering oneself king is quite different than living at the same palace and considering oneself a servant of the people.

The backdrop of a witness remains nearly same. However rather than being attached with the backdrop, the focus of witness remains invested in gradual raising & expanding the awareness. The connection and bondage of an actor with the backdrop is quite different than a witness. As some people prefer to invest in stocks, whereas some others try to avoid it. Some people prefer to store the money whereas some prefer to invest in philanthropic activities. Same is the case with time as well. Either we invest our time in entertaining our minds or stilling our mind. There are multiple ways of raising own awareness. It depends upon the person's nature that which one suits the individual. The path that is most proximal to the person's nature is the more helpful.

With the development of awareness, karma gradually get aligned with the nature's way. In such a case awareness starts becoming stable.

First Phase of life is spontaneous, second phase belongs to the actor, third phase is for transformation and fourth phase is of a witness:

Childhood is the age of his spontaneity. People can easily connect with a spontaneous person, that is why a child attracts so many people. During the adulthood person embraces many responsibilities, through it one embraces many characters as well. Then there are development of secondary sexual characters and occurrence of various hormonal changes in the body. Under their influence one gradually starts leaving behind spontaneity and embraces a new character as a fertile male or female. A grown up male or female has to enter into relationship

and take the responsibility of managing the house, producing the progeny, sustain their needs and support their development in multiple fields.

This is a grueling phase, where one has to learn on two fronts. One is professional and another one is family. Both of the fronts are demanding. They don't only need the patience but skills as well. From here, there are two ways ahead. One is of going more deeper into the world and family system and another one is to gradually probe more about oneself. When this probing starts a completely new set of information start coming out, that are related with the person's natural or the divine side. Going towards the nature's side, one cannot remain the same. That is why person goes through a gradual transformation. Old ways and habits are left behind and more natural ways are gradually adopted.

Transforming the actor within oneself is a mammoth task. Old ways are not easily left behind nor they allow you to leave them easily. Although through the persistence one makes the headway. Actor keeps getting diluted and the witness keeps getting resurrected. Night gradually transforms into the day. Actor and activities start melting and the element of witness and spontaneity starts filling up. As there are multiple stages in life similarly there are multiple phases in life as well. Going through different stages is binding whereas going through different phases is the commitment to self evolution. Through this process only one paves the way for existence.

When the truth becomes visible then the actor becomes secondary and the acting becomes unnecessary:

On the contrary till the time truth remains hidden, actor remains valuable and acting remains binding. That is why third eye is valuable for getting the complete vision. Eyes are about the vision. A complete vision makes the individual complete. Third eye is an essential aspect of Shiva.

An actor has the limitation as it can only focus upon another actor and the acting. Witness has a privilege as he can focus upon the truth. In such a scenario rest other things become secondary or just an act. Which is not to be taken seriously. It is just like watching a play, where actors are acting. There is a difference between an act and the real life. During the life every act is taken seriously whereas during the play, actors just focus upon their acting without taking the interaction with other players seriously. They know it is scripted and they just have to play their part. In such a case everything is done without adding any emotions with others and their acts. A performer remains stuck with the script. Whereas during the real life, mind is the script writer that keeps improvising. Performance is scripted, so it is predictable whereas the act of the life is not scripted, so an element of surprise is always there. Just because of having interest in this element of surprise, actor remains hooked with the proceedings of life.

Another aspect is our own curiosity associated with activities. Thus the curiosity and interest keeps an actor viable. Neither an actor nor an expectator is inert whereas a witness learns this art of being inert. For an actor intensity remains in the act, which makes the intensity of vision diluted. Whereas for a witness intensity remains concentrated in his vision. This creates the proximity with the truth, which

produces the effect of peace and happy mind. Happiness and peace are interrelated. Peace is about the stoppage of unnecessary dispersal of power through sensory and motor organs. In this way it settles down and gets condensed. This condensed power works as a deterrent against the activities of the mind. This is what peace is.

When the person starts considering whole world beautiful, This means he himself has become beautiful:

It is said that 'beauty lies in the eyes of beholder' which means there is a function of beauty within. If it is on, then the world appears beautiful to the eyes. If it is off, then eyes keep looking for the beauty in the world.

Till the time seductivity exists in the person's mind, the world is not a beautiful place. There are only islands of beauty present on this planet. For an actor, some patches of the world are beautiful while rest of the world needs to catch up. There are places where ambiance and the people are beautiful whereas there are places that considerably lag behind on these parameters. There are places and people that are favorite whereas rest of the places fall in the regular or normal category. On the basis of this categorization an actor does lots of planning & makes the decision about the future.

Being handsome and attractive is about physical and mental aspect. Inner beauty lies deeper. Good looks is about outermost aspect. Mind can categorise looks in various grades, right from pleasing to distracting. Inner beauty cannot find anything ugly. World remains the same, people look at it through different visions.

More evolved person's vision is, world becomes that beautiful. The beauty of the vision lies in the ability to find the beautiful element within the person. This indicates the depth of the vision. The decision of the mind is based upon the proportion, structure and quality. All of these elements are visible through the eyes and analyzed by the mind. Mind can spot the degradation in the quality and looks over a period of time. Whereas the beautiful vision is not dependent upon the time. As the beauty has nothing to do with this span of the time. It is there right before the eyes and now. This now never becomes then, it always remains now. Looks goes through the change, on the parameters of now and then. Looks are age specific whereas beauty remains independent of it. Vision and definition of beauty is different for both an actor and a witness.

Actor and awards:

Aspirations of getting awarded and feeling of being the competent authority to award others is related to being an actor. There is a difference between award and reward. Reward is personal. It can happen on one to one level however award is a social ceremony. Award ceremony is organised & advertised properly, people are invited, whole proceeding is chalked out and then award is delivered before the public glare. Award is both about recognition and promotion. In the ceremony, the giver and the receiver both get promoted. When someone shows exceptional bravery or does something exceptional in the field of education, arts, literature, science, peace, sports, research, service, security etc. Then people or institutions feel encouraged to reward or award that person. Award is about felicitation and

social recognition. Reward is more intense than the award. As reward can be given anonymously and the token amount is fully handed over to the receiving person whereas award ceremonies are public and monetary investments are split into two parts. One goes into the organising the event and with the second part, some momento is purchased, upon which the names of both giver and the receiver are mentioned. It is a matter of respect to receive award whereas it is also a matter of respect for the person, who is chosen for giving away the award. So it's kind of a win-win situation. An actor feels encouraged and respected upon receiving the award. That is why many of his works are done keeping the potential awards in mind. When work brings along the social recognition then it becomes like a cherry on the cake for an actor. With the advent of social media a new way has been opened up for self promotion and getting oneself awarded by positive reviews and nice ratings. This is about self-managing an award for oneself. The actor within us probes every possible way to achieve own goals and aspirations as it knows that tapping every opportunity increases the chances of better future and an actor doesn't want to leave any stone unturned.

From recognizing the world to recognizing the truth:

When we find that a world is present before us then the mind thinks that i must prove myself to the world. To materialize this thought, one needs a complete package of skills, experience, knowledge, resources, a knack of exploiting all available opportunities, right platform and passion. If this package is missing then

it becomes difficult to materialize own dream. This is a typical approach of an avid actor.

Whereas a witness just sees truth before his eyes. World becomes secondary or just a pool of resources controlled by the nature. Living beings are not different individuals rather they are various biological machines controlled by one central power system. When the individual gets to recognize the one before the eyes, then it is not necessary anymore to make him convinced about our capabilities.

In such a case individual needs not to have such a package that an actor needs. This is such a great relief and a privilege for a witness. Now the passion gets replaced by the spontaneity and whole lot of mental involvement is not required anymore. As the mind gets involved with the truth now. Whenever an actor meets others, he tries to leave own impact on them. A witness is saved from this effort as he can afford to remain spontaneous or natural now. This effort of leaving impact on others is associated with excitement and few other stimulating feelings. On the other hand there is a state of tranquility related with recognizing truth. Tranquility and spontaneity go hand in hand whereas efforts and stimulation join together. A witness comes to realize this fact that it is unnecessary to provide oneself unnecessary dosage of stimulation and how as an actor we keep providing oneself regular shots of ripples that ultimately unsettle the transparent and deep waters of present. So the vision that must have been available to us gets blocked. A witness wants to keep this vision clear so that he needs not to waste the energy necessarily and one remains still in the unsettling waters of the world.

Nirman or development happens through the mind Whereas Nirvana or salvation happens through the soul:

First one belongs to an actor while second one belongs to a witness. Actor wants development. All the acts are intended to see some development. Mind is behind all the developments that happen around us. If the will, technique and material is there then development happens. Both mind and soul are the conscious elements. Mind can both develop and dissolve. It can keep maintaining itself or can transform. Mind can closely associate itself with the matter however upon getting transformed it is not dependent upon the matter to find or manufacture own identity. Mind is helpless in the absence of matter. However soul doesn't as it is a self thriving unit. It is not reliant upon matter. As mind is a conscious element that is why it is full of potential to create a new structure whenever it gets the right circumstances, which means right and favorable natural conditions. This is the basic reason of the rebirth. So the conscious element takes the shape of matter. It has the potential of transforming itself also. In such a case the seed of mind doesn't remain same.

Development needs matter, salvation doesn't. The process of salvation involves internal transformation. One can get to see people who are naturally inclined towards the material development and another group who is more devoted towards the internal transformation. Everyone has a choice and liberty as well. As the person remains surrounded with the materialistic structures and mind, so whenever the person gives freedom to mind, the pull towards diversions become stronger. In such a case walking towards the path to freedom becomes difficult. As the mind always chooses to move towards matter. As the desires, options and variety

remains there only. As well as the opportunity to act, getting involved with others, effort to materialize own dreams, rearing and breeding emotional attachments and sensual stimulation can be done only on the material side. That is why mind always chooses matter. As converting the wish into the effort is easier, which means it could be done in a short time span and it doesn't need any divine intervention also. This is how connection is established and strengthened with the material world.

First we are made to remember our names. Then we spend rest of our time to make others remember that name:

This is what an actor has to do, protect and promote own name. Life has two aspects, private and public. We want to keep our private life limited to oneself as there are many habits, presumptions, views & interests, which the individual wants to retain and don't want to let them sneak into the public domain. As it might hamper the public perception about them. That is why one aspect of life is guarded and another aspect of life is deliberately put into the public domain so that the perception about oneself could be gradually improved. In short we want to hide one aspect and expose another aspect. Both of these aspects are related to an actor. So an actor remains hooked with own physical identity and individuality both. As the physical structure is a tool to develop and maintain own individuality. In such a case our name becomes the core of our identity infrastructure. It means the thing that doesn't belong to us & which was given by someone else and devised by some

third person becomes the core of our identity. Mind develops the affinity with own name and mind has an affinity with own qualities and dreams as well. So all of them become a composite structure where everything is connected with another thing. When we are an actor, our approach becomes quite mixed as the end result of activities are quite mixed also. An actor tries to balance one act with another, just to make sure that the resultant of all the activities remain positive.

On the other hand a witness has nothing to do with own name, physical structure and individuality. Not even he remains aligned with own thoughts and related activities nor he is much concerned about others giving too much importance to their own individuality and the image. So this is the journey beyond the name and qualities. This is moving towards the convergence rather than the divergence. A witness invests own focus in entirely different direction than an actor that's why he utilizes the available tools differently than an actor.

Eyes remain same. One who utilises them gets changed within:

It means apparatus remains same, only operator gets changed. This change happens because of the internal transformation. It is often said in the armed forces that weapons remain the same only skills of the operating person gets changed. One who has improved skills, utilizes the same instruments in a more productive way. Same person with an improved set of skills utilizes the same instruments in a much different and useful way. This means operator should find ways to improve oneself.

Nuclear energy remains the same. Some produce electricity through it and utilize it for the development of the masses while some prefer to use them as weapon and create fear among the humans. Eyes remain same. A person utilizes them either to increase the feeling of seductivity by focusing upon the physical aspect of other humans or they could be utilized to probe where the necessity or need exists, that has to be addressed? Upon observation we find that plants don't have eyes or mouth yet they live a productive life. It means productivity is not about our external sensory organs. It is about some other internal aspect of ours. Eyes of Surdas were dysfunctional yet he could write beautiful devotional prose. It means irrespective of the fact that whether one is being supported by all sensory organs or not, productivity finds way to exhibit itself.

People born as a human being choose to indulge in completely different activities during their lives. There have been people who did not shy away from inflicting heavy damages to others. At the same time some people prefer to serve others. There are people who talk a lot however the content doesn't help others to improve themselves. At the same time some people talk very less, although whenever they speak, their words are full of wisdom. So the content wise their words are very rich. There have been demons in the physical form and deities in the physical form as well. This means the same apparatus can be used in two entirely different ways.

What's new? :

New means being out of repetition and being out of the set pattern of functioning. Being out of the tendency of copying and following. Being out of this passion of proving oneself and the desire of making others see the best of me. So that I could prove my salt. The tendency of competition and making others believe that I am not far behind. Making efforts to become a center of attraction and talk of the town. The tendency of promoting oneself, even by persuading others to do so. Willingly igniting curiosity for oneself so that a force of attraction could be created. Trying to place oneself in a commanding social position and then trying to extract the maximum benefit out of it. This is how we march ahead as an actor. When we minutely look at this complete tendency, then it is found that this is not new. It has been there, is there and would be there. This tendency keeps people taking under own control and make them run according to itself.

When a seeker tries to move ahead from this tendency and gradually get into the mode of a witness then often one gets confronted by this query that we know God is one but what's new you have got?

New is where he looks at, new is what he listens and new is his approach towards life. Now one knows that where to look for peace and comfort. Now there is nothing exclusive or special for the individual so the feeling of curiosity is taken away. One enjoys a completely new vision that is capable to provide tranquility. So it is like exploring a completely new feeling, which was not available through the mind. When the person leaves behind the old and predictable then everything else is natural and spontaneous. New means distance from darkness. New means a new dimension of yours and your development there.

New means establishing connection with everyone. Consciousness is always new as it is not trapped in any identity. It's free and considers itself 'no-one'. New means

unzipping the creative side of oneself. New means a new way of explaining about life and its various aspects. So the witness has all the new things that doesn't change with time or degrade. They are constant and eternal and that is the new thing for the mind.

The journey of witness is about knowing that what to see and what to listen. Only after that one comes to know that what to speak:

Seeing and listening is about someone's presence. Seeing, listening and speaking are such acts that keep person engaged throughout the day and life. Whenever we see someone or something, our mind passes some comments about that. This means that the sight of someone makes our mind active. An active mind starts speaking or performing some activities. During the connection with someone, a particular kind of feeling erupts within. This feeling could be anything but peace. Mind doesn't remain active anymore whenever it feels peace. It just goes silent. Whenever mind becomes active, it creates waves in the form of thoughts & images. To create ripples, mind has to come out of the peace.

An active mind decides what to see. Whenever focus gets trained there, a particular kind of feeling emerges. Under the effect of this feeling, mind starts making the efforts in that very direction where it prefers. This act further activates the mind, which starts creating more feelings, thoughts and images. Under such conditions, mind cannot connect with the peace. This is a set pattern through which mind converts us into an actor. When mind decides for us that what to see and what to

listen then only it decides that what to speak as well. This is not a state of a free person. A seeker becomes realized, when seeing, listening and speaking comes under his own control. This is a state of a soul. Soul can feel peace at will. This is how a seeker makes oneself simple and spontaneous. When there are no bundle of thoughts present then person goes on in an spontaneous way. This means no planning as planning involves lots of thoughts and feelings. So planning is an unnecessary burden for a witness. As planning is about what to do whereas being witness is about how to be. They who have more precise control over their words, actually have similar control over what to see and listen.

An actor wants to convert own dreams into reality.

A witness wants to convert own realization into attainment:

This means both of them wants to reach their destination. Although destination is in two different directions for both of them. To reach the destination, one needs to take the journey. Karma is the vehicle for an actor while Dharma is the vehicle for the witness. An actor takes the help of quality and skills and he wants to keep improving on both of them. An actor wants to prove oneself and show it to the world. For this he prefers to advertise about oneself and that too quite efficiently. As one wants to fill all the gaps that exist between the dream and development. When mind becomes ambitious, then it doesn't remain hesitant to go into the competition or war. As it believes that ambition has to be fulfilled at any cost.

On the other hand, a witness takes the help of the Dharma or the divine duties and the sacred virtues. This journey doesn't require any competition or war. This is a path of austerity and divine duty. Any sort of advertisement doesn't help a seeker. So a seeker can keep walking alone and keep moving ahead on own path without intervening in anyone else's life. One seldom get to see the example of both of these journeys in one lifetime.

Emperor Ashoka fought many wars and one of them was Kalinga war. It was the most devastating war of his life. This war made him see so much bloodshed and sufferings that something deeply got too much affected by it. Later he renounced fights and accepted Buddha as his guide and master. He started following the way Buddha preached. This is how one turning point can change the course of life. People renounce old ways of life and accept a new one. What the dreams are for an actor, realization is for a witness. Mind has it's own dreams however realization is a divine intervention in the person's life. It is like putting the lime light on the destination so that one can get to know that which is his direction. It is like the lighthouse for the boats and ships. Now they know that in which direction they have to move ahead.

Whatever we do, gets registered in the memory. Work that happens spontaneously through the individual has nothing to do with the memory:

It means all the data stored in the memory is related with the mind and it's decisions. The implementation of thoughts and decisions of the mind has to be

registered somewhere, so that mind could refer it to whenever required. This stored data is known as the memory. So an actor has to deal with lots of data. As much as data we create, it keeps coming to us again and again through the thoughts and memories. This is a drawback as far as living in the present is concerned. Sitting on a moving bike and sitting under the tree are two completely different experiences. Moving bike is an active machine while sitting under the tree doesn't require any activity of the machine. The latter one is a very natural thing. Similarly being in present doesn't require any activity of the mind. It is a very spontaneous thing. For a witness this state is attainable. Whereas for an actor being in present is the most difficult thing.

All that work happening through a witness doesn't need to get registered in the memory. As it is all natural work. It doesn't need any mental wish or intellectual planning. As a waterfall doesn't need to restore any data, a river doesn't need to remember anything. All the natural processes are attached with a string of continuity or cycle. They don't start or end. That is why they can go on and on in a carefree manner. Whereas mental activities are about start and end. That is why there is a system that keeps registering all the activities done by the mind.

That is why all those people who live a natural life can meditate comfortably and can enter into the samadhi more easily. As it becomes much easier for them to detach from own mind and advance to the next level. These people can have the experience of two different heights as there is no obligation with them to remain stuck at the lower level. In such a case place remains the same although the individual gets two entirely different experiences.

'Sound and images' for an actor and a witness:

Various talks keep doing rounds in our heads. Various images keep appearing every now and then. Even if the person is sitting alone, his mind remains engaged in some previous activity. This means being aloof and being in solitude are two different things. Managing the state of solitude is not less than an attainment. Till the time sound and images keep appearing in the mind, state of solitude remains at bay. Meditative state is a phase of continuous stillness. For example when the person is in the house and door is closed then one is totally cut off from the outside world. If we don't switch on the electronic gadgets then this segregation is maximum. So home is a place where things could be arranged according to own taste and nature without any external intervention. Same is the case with the witness. Witness is able to create an environment for own mind that suits own nature.

It is not about cutting the connection with the people rather keeping the images and sounds of the external world at bay from own mind. Question arises that why do we need it? We all know that light objects can float in the air whereas heavy things cannot. We all know that how does it feel like being heavier. This all effort is to experience the lighter side of oneself and to experience our growth in the sky. You must have noticed that nature still maintains its presence around us without being aggressive towards animals and humans. The reason is nature expands in the sky and humans and animals expand their territory on the ground. Humans and animals are dependent upon the nature whereas nature is self-thriving.

A witness can listen to the subtle humming sound present between both the ears. This is the sound of the existence known as 'Omkaara'. When the mind gets to bathe

in this sound, its activities gradually settle down & now it can afford to relax & fix focus upon the subtle dot present above the head of everyone, which is known as the soul.

We keep concentrating upon what people say and do, that is why we search for the truth somewhere else:

As we keep our focus on other things that is why we keep searching for the truth in other directions. This means what we are not looking at, remains distant from us. As we can go closer to that thing only where we keep our focus fixed. This underlines the fact that there is a missing link in our search. What we won't see, can't get that. For example, if we are going through a road keeping our eyes fixed upon the buildings there, If a close friend is there on the road coming from opposite direction, then there is a high probability that we would miss spotting him. Similarly attractions and truth are not there in two opposite directions. They are there in front of us. Attractions are on the surface and truth is more deeply seated. They who have developed the required vision needed for the truth can spot it just before their eyes. This all happens by recognising own divine duty and sticking with it. This means no extra efforts are needed, just natural efforts are required. Natural duties keep the vision clean. Clean and hazy vision utilizes the individual's power differently, which provides two different results. This means every individual has the resources to achieve the ultimate goal of the life. Only thing that matters is how devoted and motivated we are to move in a particular direction. Internal motivation is too vital to work in a particular direction. They

who are able to ignore the unnecessary activities and keep concentrating upon the desired one, ultimately bear the fruitful results. Mind makes one selective while the conscience makes one wise. Being selective helps us to procure what we want while wisdom helps the person to stick with what is fruitful. Lord Hanuman is revered in the Indian society for utilizing all of his might for serving the Lord Rama dedicatedly. He could do it because he had the capable vision. Lord Buddha acquired the potent vision, that made his life full of fruits of meditation, stillness and peace.

Consciousness looks at the stable reality. Soul is able to see the presence of existence in every living being. In the state of witness, one is closer to the supreme reality of the universe:

When one is able to see the reality then only the illusion can be known. Until this state arrives, one keeps considering illusion as reality. In such a case when illusion is considered as the reality then one has no other option but to get associated with it deeply. It is like working intensely but on the faulty and underpowered machine. In such a scenario, best of the results can not be achieved. Person keeps putting in the efforts however results are not conducive. That is why making the efforts are necessary but they have to be in the right direction. This may be the reason that in the gurukul period, students were kept away from the society and when they were ready, they were injected into the society. This is like injecting a potent medicine

into the body, that helps the internal immunity of the person to take care of the problem. This underlines the methodology of preparing oneself better before making the efforts. Theory precedes the practicals. Learning is followed by performance. As in military they say, 'more you sweat in practice, less you bleed in war'.

As being an actor we are more closer to the world. We take our acts seriously. If it is mind, it is serious. If it is consciousness, it is spontaneous. On the other hand, a witness feels more proximity with the supreme consciousness. This doesn't mean detachment from the world. Rather it is about detachment from the unnecessary activities of the world and association with the necessary ones. So in our vision, either it is the world or it is the existence. The existence is not away from the world. That is here and now and in everyone. Till the time one is too much involved as an actor, one remains forgetful about the fact. When our focus is attached with one point, it remains detached with another. The switch from actor to witness is about making it attached with the consciousness, not the matter.

There are two ways of looking at the world:

1. Looking at it, keeping all the classifications in mind. It is like looking at a big group of people, where everyone is exclusive and maintains own unique identity.
2. Looking at the all pervading truth, which melts down all the classifications. This means one becomes able to look at this stability amid the strong currents. It is about looking at the indestructible amid all the momentary things & directly

witnessing the conscious element among all the materialistic presence and objects. It is about looking at the source rather than the product & at that, which can make you spellbound and tranquil amid all those things that make you excited and talkative.

Whatever views we provide to the children that forms a vision for them. Whatever ideology we give to them that becomes a part of their identity. That vision and identity plays a great role in deciding that in what way, they look at the world.

It means childhood is a crucial phase for children and it matters a lot that what mental feed they are receiving from their parents. Person's nature is a primary thing but what kind of influences one is receiving, matters a lot. A part of every individual is an actor and another part is a witness. It all depends upon the fact that which part is dominating and which part is recessive. Influences that a child receives can strengthen their either of the aspect. It matters a lot that how convinced we are on some point. We are particularly receptive about the views of those people, whom we trust and admire. So it matters a lot that how evolved the people are in our vicinity. As they are our initial opinion formers. A child is very sensitive towards the opinion of those people. So our confronting or promoting a particular idea depends upon the fact that what our own views are. The journey of life is about transforming one aspect of ours into another. Which means transforming an actor into a witness. This is how from one type of vision, we switch to another one.

Vision is related to four different aspects:

1. Eyes: for material objects
2. Mind : focuses upon the dreams, desires and ambitions
3. Consciousness: knows oneself
4. Soul: can focus upon the soul in everyone and the absolute.

As a person maintains the material presence that's why eyes help in navigating the person from one point to another. As far as acquiring education is concerned, they are a very important tool. They play their own part in the process of learning and becoming skilled. They make the person see how the development looks like. As far as physical self dependency is concerned, they are an important tool. As the words and pictures are two important aspects of learning and understanding, so they who are passionate learners utilize eyes more efficiently.

Mind has its own vision, wherein many dreams and ambitions remain stored. That is why mind is selective about where to look at and what to look into. Where to focus and what to keep out of the focus. Where to focus for a longer duration of time and what needs short and little attention. How to utilise the available resources to achieve the goals and how the things can be manipulated to suit own interests? Where to find what and how to find the desired thing?

Consciousness is the element that knows about oneself. It is our gateway to the conscious world. Only this element knows perfectly about oneself. Till the time this element is not awakened within, we know about many things except oneself. The real awakening is the awakening of this element. Our leap from diversity to

oneness is facilitated by this element only. So it is about achieving a certain depth within. Through it one comes to realize that there is a path ahead that doesn't necessitate incorporation of mind.

Soul is that one element that can spot itself in others as well. It is the answer to all the queries related to the origin of life, diversity & differentiation. An actor remains completely unknown of it. Through refraining from diluting own focus, meditation and sticking with own natural duties, a witness gradually develops this vision that finally earns him the tranquility.

The state of witness is preceded by the state of acceptance:

As development and maturation is a gradual process similarly reaching up to the state of witness is also a gradual process. A small mango becomes large, dark green color becomes light green or yellow upon it's ripening. Student becomes teacher, intern becomes professional similarly the value of the words are left behind, when one comes to feel the invaluable silence. It means when one becomes able to come across the invaluable then only one realizes that silence has it's own unique tranquility that is beyond words. Words can not match silence. Words bring the feelings along, silence brings along the tranquility. Words are the worldly facility. When the person wants to connect with the absolute, words are not needed.

Internal world doesn't require any language.

Acceptance is attached with the devotion. The phase of acceptance starts when the person becomes devoted. As devotion is the connection with the absolute. Whenever this connection is there there is certainly a vector of attraction between the two. It is like climbing a difficult terrain of mountain. We can only imagine about the difficulties one faces, while going on a mountaineering expedition. As they have a strong passion that is why the difficulties get dwarfed. Same is the case with devotion as well, when it is there then difficulties become secondary. This whole internal journey is about the attainment rather than the achievement. Attainment is about development of soul whereas achievement is related to expansion of mind.

As far as life is concerned, mind wants abundance and smoothness.

It wants rapid pace, that is why it prefers to avoid the difficult path, that warrants breakdown of the speed. Acceptance is about being ready to walk the unprepared and difficult terrain without being too much considerate about the rapid pace of growth. It is about accepting the difficulties as a part of inner growth. When the mind gets ready to go slow and steady, then a section of it becomes free to get converted into the awareness.

Either we get to see the act or the individual. Neither we see the actor nor the one through which the actor develops:

When our eyes remain fixed upon the act and the individual then It is highly probable that we would miss the actor that is mind and the performer that is nature

and the one under whose chieftainship this whole universe is created. That is known as the supreme Brahman or the truth.

When the reigns of the eyes get shifted from the mind to the soul, then the individual gets to witness the truth in everything.

Neither the act nor the individual is important for the witness. He finds them restricted by the time. Whatever becomes easily visible to eyes get dissolved with the time. Witness gets to see the conscious element in everyone, which is the cause of material presence. This conscious element is not limited by time.

It means we only get to see only limited, momentary and fragile things through the eyes of the mind and body. Either we see the dream, reality or the truth. Whatever the scene is there, It engages our focus. This way it stimulates our feelings and our propensity to act. This means our activities are largely dependent upon the scene, which remains visible to us. This indicates that the person's activities explain that what the person is looking at. That is why during the lifetime of a person, a vast variety of work is seen. The same person might be able to do two starkly different activities, during the two different phases of life. As the person's awareness changes, so do his vision changes. That ultimately brings changes in Karma. That is why along with lots of ambitious activities, people get to see charity and service also. We have heard about the kings & invaders mercilessly attacking other states, just to acquire them. At the same time we have heard about them, who left for jungle leaving their throne behind and that too without having any regrets about it. There are people who don't hesitate in injuring others simultaneously they are people who treat and nurse others. There are people who prefer looting simultaneously there are people who prefer donating.

A witness gets to see the expansion of mind outside and consolidated development of consciousness within:

Outer one is the lotus of Maya and inner one is the lotus of consciousness. Either of the development depends upon the fact that in which direction one is letting own energy flow. A witness is able to see both the activities. A witness can see the effect of both types of development. That is why he knows that immense potential is there within every person. It all depends upon the individual that which aspect he wants to develop. It is the direction of the individual's focus which decides that whether the individuality would develop or the consciousness. So within the individual when the actor becomes functional, witness becomes dormant and vice versa. If potential is there then possibility is also there. Which means every individual has both the potential and the possibility. No matter how hard one tries to engage with the world, one remains within the confines of nature and existence keeps supporting everyone fully. Same condition is there with the truth seekers also, only the direction is reverse. A witness comes to know that for the existence, both of these travelers are equal. There is another group that keeps working on own intellect. This group is more disciplined and devoted towards own work than them, who are driven by own desires only. A certain level of control over the mind, makes them develop this quality of discipline and devotion. In this way witness can see the general population, intellectuals & truth seekers. As well as he can see their devotion in their respective directions. Now he comes to know that behind every development, there lies a common vital force. He also witnesses that how development and progress ensues. How people get to move in their lifetimes. How

simultaneously growth and activities keep happening in multiple directions and how nature keeps funding all these developments. The direction of these activities might be too different but it helps everyone to rise up the ladder of awareness. When we keep aside all the worldly developments and accomplishments then only one development is left behind and that is the development of individual's awareness.

A witness gets the unique facility of witnessing the still and the volatile in one same person:

On the other hand actor can only see the volatile & active side of the person. A witness doesn't get affected by other's activities as he knows that the activities are temporary and they keep changing at a rapid pace. Having own focus fixed upon them means keep getting affected by them consistently. As the focus remains fixed upon truth so a witness learns not to get affected by someone's activities. This is the basic learning of a witness, which he gradually learns over a period of time. As the transition from an actor to a witness is not sudden. There are two ways of it. In the first one, person goes through a gradual process of change and then at some moment the real transition happens. In another way, the transition happens under the effect of past life efforts and innate desire of achieving it, now the person gets inspiration to bring changes within.

We have been brought up in such a way that we were taught to look at the individual or individuality. Even mind likes to look towards the individuals. Even

mind likes to check out the individuals. As there is a lot of diversity there and among the diversity there are some specific features that attract the mind. Another point is our own mind and its ways. When these ways take over our life, then we look perfectly fine from outside however our vision gets taken over completely. Now onwards we only look there, where our mind asks us to. This fixation of the vision activates those centres in our mind that keep replaying those images. Resultantly some specific feelings keep erupting within us. These feelings create such an environment, where the person is left with no other option but to waste internal power in some kind of physical indulgence.

Till the time person is not a witness One thinks that this is normal and a common happening. For an actor any sight is an stimulation of indulgence. For a witness the case is different. In the absence of stimulation, any mind-body activity is just a representation of the functioning of mind. In the presence of truth, mind and its activities become secondary.

More shallow our vision is, more we want to look towards the world & more we are dependent upon what it offers to us...

More our vision becomes deeper, lesser curious we get, which in turn gets hold of our unnecessary wandering:

Which means our wastage of energy into unnecessary wandering becomes limited. Which saves the person's time as well. This huge sum of energy and time is available there for utilisation. This makes the person wealthier as far as own

resources are concerned. This wealth gradually makes a person more richer as far as the utility of the opportunities and producing the fruits through the journey of life is concerned. Depth of the vision is directly related to the outcome of the life. That is why they who have deeper and stable vision are able to give more to the world.

As it is often said that it is not about how much you work but it is about how smartly you work. When your focus gets directed in a particular direction, it becomes your passion. A passionate work provides you better results. However this passion can be transformed. It all depends upon what your natural field is and in which direction your passion is flowing. If in case you have lifted your nature up to the level of a saint and still you have passion, then your passion helps the people in a positive way. It may be able to bring some positive change in someone's life. The changes has short as well as long term effects. Passion is a tool to earn satisfaction for oneself and others as well. So largely it depends upon the person's vision that how it is being utilized. Your passion makes you less calculative and more devoted. That is why you cover some extra miles as you don't think, you just flow ahead without being too considerate about the secondary things. Your passion brings rewards along. It only depends upon the individual's vision that whether these rewards are exclusive or shared. If someone's passion becomes someone else's guidance and facility then the individual becomes an institution. When you glance over the history, there are numerous examples available there. Your passion in the material world becomes your devotion in divine world.

In Indian system, there has been the concept of moksha or salvation.

This has been propagated by the ancient sages, who reached up to the awareness of a witness:

It is interesting to notice that among the talks of a definite life span and real life evidence of it, from where this concept of salvation comes from and being maintained since thousands of years? Salvation is about finding some element in the living beings that is the seed or cause of one being present in our physical form. This means all living beings are like travelers, who are on an excursion of getting experience of maintaining a body and living in a confined space called world. One unique thing about this journey is that the living beings tend to lose the most basic state of oneself. Nature's divine and material side, both aggregately construct a form and a world for the living beings. In such a condition conscious element of the living beings, that generally remains attached with the divine side and too far distant from the material side, gives birth to a new dimension of itself. In this conscious element an awareness remains seated that can develop into an identity and even ego. This awareness can develop and maintain one dimension and can even travel to another dimension to have a better and deep understanding about oneself. This awareness in a particular dimension is responsible for all the developments and the activities happening there. One who gets to know about this phenomenon, gets to understand the deeper aspects of the life more clearly. From here only this awareness about salvation is gathered. They who were able to transform their flare for individuality & identity into awareness, got to know about this deeper fact about oneself and everyone. This may be a matter of belief for many, simultaneously this is a matter of journey towards the higher grounds for many as well. So this is about reaching and knowing. This is what a witness is all about. An actor can only believe or may reject any piece of information however a

witness has no belief in believing. Belief is like carrying a big weight upon own shoulders. Whereas Knowing is about gliding in infinity.

For an actor religion means beliefs, traditions and unique set of prayers.

Whereas for a witness religion means own natural duties:

As a degree is awarded by the University only, similarly religion is awarded by the nature to the individual. Universities are the authorized institutions for providing the diplomas or degrees. As they ask you to fulfill certain criteria, follow a particular curriculum and pass the examination. Similarly it is the divine nature that provides the ladder to the individual through which one climbs up the ladder of awareness. Till the time we don't have our own personalized religion, we keep remaining stagnant at a certain level of awareness. This personalized religion is about becoming aware of our own divine duties. When the person integrates them in daily life, one gets a way to limit the activities of mind and increase own awareness gradually. Through this one gets to taste more stable form of emotions or being. Now the person becomes more aware of the state of stillness and peace of divine nature. Stillness is about the dynamic stability. It is devoid of inertia. Nature is dynamic and stable as well. Mind on it's own cannot find this experience. This is one of the reasons that divinity and deities have been a part of human culture. They who got to experience this in their life, have no option but to share it with others. As this is the divine way of functioning. In the realm of divinity everything flows. There can't be obstructions and exclusivity. That is why information flows through

the individuals and through this only, they get to make themselves free from this cage of exclusivity. The sea and sky has no categorisation, land has. Mind has drawn various lines on the ground.

Mind thinks that it knows the religion and it can keep carrying out the activities in the name of it. Mind thinks that if anyone can understand the religion in the best possible way, it is him only. On the contrary the reality is that whenever the religion appears, first thing that get disappeared is the mind. Mind is the first casualty of this silent revolution.

Actor, witness and 3 stages of life:

Three stages means childhood, adulthood and old age. Actor is just an instrument of own mind. Mind associates itself with each of these stages deeply. That is why an actor often says that he is a child, he is adult or an old person. It means one identifies oneself with each of these stages. One also looks at other people according to this categorisation. Actor judges own chances and position in the society according to these stages. That is why there is a trend in the society where children try to look grown up and mature people try to look younger. An actor wants to maximize own chances and possibilities. That is why many a times children are heard saying that they are not a child anymore and grown-ups try to prove that they are young enough. Upon looking closely we find that the golden era of cuteness, innocence & carefree life is childhood. Golden Era of freedom, looks, possibilities & opportunities is adulthood whereas the golden era of

experience, financial health and fame is the old age. Childhood and old age have their own set of limitations and restrictions as well. As far as the opportunities of outdoor activities are concerned, middle age group has its own advantages. So the mind of an actor can easily look at the life according to the specifications of its every segment.

Whereas for a witness these segments are related to the one's physical forms only. Each of this segment has its own effect upon an actor's mind. That is why mind can be found producing thoughts that are specific to these segments. We also know that the thoughts are too variable and the emotions they produce are too variable as well.

A witness wants to keep own focus fixed upon the source of life that is why these sections don't hold too much relevance for him. That is why a witness is not too much concerned about the age specific thoughts and emotions. For a witness three stages of life are a part of the physical presence, not the one who is the one & only source of life. Whatever the nature creates is a different thing than the one who remains at the center of nature. It means what a witness feels is entirely different from what a regular mind feels.

Thoughts are associated with just a section of whole picture:

They compose the information, speculations and emotions related to just that section. When the person's vision becomes expanded and gets the competency of seeing the whole picture, then that moment becomes so overwhelmingly calm that

it makes the person speechless. In this very moment person gets to experience the absolute love. Why this problem of thinking and over thinking is related to one section of living beings that are humans and animals? Plant kingdom also lives life however their way of living is entirely different from humans and animals. Whenever we are not involved in our natural activity, mind keeps wandering. So whenever the person is sitting idle in a relaxed position and wants to feel completely free and light, his mind keeps spotting the movement happening on the TV, mobile, internet or in the room and then it starts creating a specific kind of feeling associated with that movement. At this moment, person looks relaxed however his mind keeps working and creating unnecessary turbulence. Is relaxation about feeling pleasant or feeling still and tranquil? If it is about the first one then getting involved into the desired activity might provide it. However if it is about feeling calm and still, then it can only be provided through being involved in own natural activity. As it is too difficult to find any other method that can make the mind still. People have tried various hallucinating substances however their effect is short lived and full of side effects. So it is not spontaneous and long lasting method. It is only a stop-gap measure. As the mind become strengthened, it's vision start getting constricted. Our ambitions could be sky high, our dreams could be too vast however proportionately our vision becomes constricted. In such a case whatever limit of vision remains available, it keeps producing thoughts, emotions and feelings according to that only. Person has no other option but to keep feeling them & live with them. It means our dreams & ambitions are a limiting factor for our vision.

Thing that gets considered a problem by an actor, is a mere obstacle for a witness:

The sensitivity towards problems are different for both of them. This means the sensor of mind works differently for both of them. This is the reason that both of them use this facility of life differently. An actor has a limitation as he views the world according to different perceptions that are provided by own mind. Whereas a witness has no such influential mind that keeps casting its effect on every moment of life. That exactly is the state of the witness. The journey or development of a witness is about moving away from various perceptions of mind and looking at the world as it is. The most prominent thing about the witness is that he can view the presence of truth in the various forms of life present around him. This makes his mind tranquil and a tranquil mind cannot produce perceptions. All depends upon the extent of interference of mind that how the things are being considered. When we look at our future through the shadows of our past, then even small obstacles appear like a big hindrance. A witness is least concerned about the past as he has a more beautiful picture to look at. So when eyes get fixed at the beauty then even large hindrances appear like small obstacles. That is why a witness chooses not to react, whereas an actor almost always goes with the reaction. A witness gets to achieve this state by modulation of own mind and focus. This is the secret of those sages and kings, who could live in the jungle for years without showing any dissent. Sacrificing the comforts and rights was not a big issue for them as it is nowadays. They could accept the adversities with greater ease.

On the other hand an actor gets modulated by own mind.

Eyes, mind and focus are closely interrelated. The eyes of a witness are not looking for someone and not searching for something. The movement of our eyes get

increased, when the mind is active and continuously producing thoughts and images. This happens during the dreams also. Mind produces emotions and eyes can express them. As we know eyes are a tool of mind however they are the mirror of the mind as well.

Our society is dominated by the mind. So it is better just to keep viewing the activities of the mind without intervening in them:

Every reaction gets exhibited under the influence of the mind. By dishing out the reactions, one becomes a part of this mind driven society.

Earlier sages used to disconnect completely from the society and they lived outside of the social circle. When we look at it deeply then we find that connection with the social activities is more of a mental tendency. One may or may not be able to lose interest in mental tendencies by living in the mountains. Whereas there have been people, who lived within the society however mentally they were completely detached from the regular activities of it. This happens when one gets soaked within own natural work and through this he establishes connection with the truth. In such a case excitement of social activities get replaced by the tranquility of truth. This is the reason that many people remain immersed in scientific activities throughout their lives but they become more spiritually aware without any external intervention. Dr APJ Abdul Kalam had said that "all the religious activities should pave the way for the spiritual awareness".

Albert Einstein once said that "he believed in God, who reveals himself in the orderly harmony of the universe." These people were not followers of any particular belief, they only shared what they knew and felt.

It means there is a relationship between the immersion within own natural work and the refinement of own vision about the truth. This means you need not to be a believer or follower. All that you need is the dedication towards own natural inclination, duties and the support of righteousness. This combination makes a person to reach such a level, where one becomes able to make distance from unnecessary mental activities & resultantly one comes closer to the truth. Stillness of mind plays a vital role in making that part clearer to us, which generally remains mysterious for an active mind. This makes a connection between a still mind, dedication towards natural work, clear vision and a productive life.

Whenever a witness speaks, it appears that he is silent:

This mysterious silence in the speech of a witness is a unique phenomenon that is not apparent in the speech of an actor. That is why whenever a witness speaks, it is called as a discourse or sermon. This blend of speech and silence is very very rare. Whenever someone listens to such kind a discourse, one feels that it is like a flow of river. This sound is not a targeted sound, which means it is not aimed at anyone. No one is being addressed. No one is being involved. It appears to be the sound of a river or waterfall or blowing of the breeze or swaying of the tree's branches. One

feels like, it is the sound of the nature. It is happening on its own pace. This palpable silence in the discourse is because of the silence of the mind.

You may or may not agree with whatever he is saying but you don't want to interrupt also. You may or may not pay attention towards his words also but you definitely feel tranquil by the flow and stillness of his discourse. It means the whole matter gets shifted to some other level, where it is not about being in agreement with each other rather it is about feeling that element of peace that can be felt in each other. This means words become secondary. Something else takes over that is often unexplainable but can be felt surely. It feels like that his pace is matching with the pace of surrounding nature. Many a times listeners enter into the state of trans or meditation. It means the presence of witness helps in entering into the meditation. A witness doesn't prepare his speech rather he goes spontaneously. To do that all that he needs is a pure vision and adequate power.

On the other hand when an actor speaks, it feels like one is in a hurry. A discrepancy is evident between the pace of his mind and the mouth. Mouth tries to match the pace of the mind. Actor is a bit faster and wants to deliver before someone loses his interest in his talks and drifts own focus in some other direction. So during the talks he tries two things. One is to retain the listener's attention and another thing is to deliver quickly.

When vision becomes evolved enough to spot the truth in the physical beauty, it becomes capable:

During our growth phase, it becomes part of our conditioning to recognize and appreciate the physical beauty. We have seen our elders valuing this aspect of the physical form. We had seen this in the society & movies that physical beauty is a sort of privilege and reverse of it is some type of a drawback. During the growth phase person goes through the hormonal changes in body that makes one go through various changes in the bodily structure, known as development of secondary sexual characters. This makes the person get attracted towards the physical characters. There is a phase in life, that makes the person become more vigilant towards the presence of physical beauty in the vicinity. Gradually the person becomes adapted towards it and becomes much more considerate towards some specific physical characters of other people. This attractive side of the person's physical aspect creates a specific identity for that person. In such a case others as well as person himself or herself start identifying oneself with that particular character. This particular kind of vision takes the focus away from person's other aspects. In such a case we are never able to cultivate that vision that is particularly capable of finding the truth among the individuals. It means that different kinds of people and even the same person during different phases of life has difference in vision. The difference among them is based on their ability to focus upon different aspects of life and even beyond that also. The vision of a normal person and a sage is totally different from each other. A normal attached human can have oneself converted into a sage just by gradually working upon own vision. In earlier stages of life for Rambola his wife was the most beautiful thing of his life and in the later stage Lord Rama became the center point of his life. His wife ratnawali was too pretty by looks however the fact that even Rambola later came to know that she was a highly evolved spiritual person. She told him to keep his intensity intact however shift his focus away from her and train it upon the

truth. This shift changed the course of the life of Rambola, who later got recognised as Tulsidas, who penned down Ramcharitmanas.

An actor takes other's words seriously whereas a witness takes the truth within them seriously:

This is a story of every one of us. Till the time our internal vision is not developed enough and we haven't learnt to remain dependent upon it all the time, We have no choice but to remain entangled in the web of words.

An actor is too much concerned about that who speaks what? who spoke what or what someone would speak? For an actor it is a matter of great concern. If someone is about to speak something, then till that time actor keeps guessing and planning the answer. Actor judges people on the basis of their words. For the mind, words are more dangerous than the sword. That is why it is said that select your words carefully as they have the power to improve or deteriorate the relation. Beautiful words can make someone's day and bad words can even hurt people. It is often said that pen is mightier than the sword as the pen writes the words. As mind categorises people, similarly it categorises their words as well. This whole process of guessing, listening, feeling, responding, again speculating and cultivating new feelings keeps going like a vicious cycle. We have seen this whole process in our lives and we start participating in this process since childhood. Age progresses, stages of life change but this process keeps continuing. Even in the old age it doesn't stop.

On the other hand very rarely we get to see people, who are not at all concerned about the words being spoken. They remain in a unique tranquility that makes them not at all concerned about that very thing, which is one the most bothering thing for most of the people. It seems that they have found a common ground between themselves and others and rather than the words, they prefer to value that ground only. This is how they elevate themselves to some different height, where their words don't remain the talks anymore rather they become the discourse. In such a case, they are for everyone. Everyone can connect with what he delivers.

An actor has two works at hand simultaneously:

One is to keep thinking about own actions and second is to keep judging others. Which means being engaged in two distractions simultaneously. In this way the person's focus keeps getting shifted between oneself and others.

Talks and feelings remain the common factor although sometimes they are about oneself and sometimes about others. It means thoughts and feelings are that factor, which create distinction among people. No matter around whom, thoughts and feelings remain draped although they keep pulling person's energy towards lower centers. This methodology is common among all the people. So whatever person acquires through the thoughts and feelings is quite similar in all the persons, irrespective of the geographical background, cast, creed color, gender and belief. Till the time we are not aware of this fact, we keep finding differences among us and keep grading people according to those differences. This whole process

involves the exercise of the mind, which keeps strengthening the mind. Mind creates two groups. One group belongs to oneself and the another group belongs to the rest of the world. It appears like that the game is on between these two groups, however the reality is that this game doesn't belong to the individual rather it belongs to the mind. Mind creates this whole game and it keeps involving other's minds as well. Till the time this game remains on, person's spiritual inclinations remain subdued as all the activities can be divided into two parts, which are crafted and natural.

This means till the time one is under the effect of own mind, the actor within the person remains at the forefront and the witness within the person remains dormant and undeveloped.

Mind and Time are correlated with each other. Mind ushers into the various dimensions of the time. Whereas a no mind state keeps concentrating oneself towards the center of that point which is responsible for the development of various dimensions of time.

Sanyas or renunciation:

Renunciating the world has been a little confusing for all of us. Does renouncing mean cutting off from the world and living in seclusion?

We must understand one point that just similar to education as far as the spiritual journey is concerned different people are on different levels. As in education there

exists classes, internship & practice. Similarly on our spiritual journey, we are mere students, interns and practitioners at different points of time. It means there are various steps of it. Transition from one step to another happens at an appropriate time. However one has to remain aware of it and ready to embrace this transition. They who successfully go through this transition perform well at the next step. Some people are readily prepared for this transition and some are hesitant towards it. They who are prepared make fast progress. Similarly renouncing the karma is just about going through the phase of education and internship, where the person remains under the guidance of the teacher. For the course, which involves education and the internship, student goes to the school. Once the course gets finished, student gets relieved from the school. Now a new phase of life as a practitioner and professional get started. Now the person gets back to the society to render his services. Same methodology applies on renunciation as well.

Real renunciation is not about renouncing the karma rather it is about renouncing the mental setup of an actor. Whenever the person feels like that he needs rest from too much mental activity, one can march ahead towards being a witness. As then the work gets done by the nature in the absence of unnecessary thoughts, scrutiny & efforts. Whenever the person drifts away from being an actor, he lets the internal nature work freely. It is a secret that all the works get done by the nature only. Mind only executes it's own ideas. Even in the absence of these ideas, things keeps happening. In the absence of these ideas and efforts, natural work happens more proficiently. The actor within us only claims the ownership. An actor remains involved in own desires and dreams. While being in a state of witness, person's nature keeps working on the purpose of his life. A playful mind is a hallmark of an actor while a stable mind belongs to a witness.

In fact one can never abstain from natural work. Nature is the live example of it. So one can only modulate and fine tune the karma happening through oneself.

When the person comes to know that all the happiness and love that one looks for are there within one self, then the person gets to earn that state, which he was looking for:

Now one just wants to become stable over there. This stability is filled with containment, it's functional, natural, unbiased and non-inclined. This is known as being a witness.

In this case, there are only duties to be fulfilled. As the person's search is about the eternal joy and stability. It is everyone's earnest desire to make oneself that capable, where one becomes competent enough to remain distant from the unpredictable aspect of one's being. It is about finding an unchangeable aspect of oneself. This is what known as the eternal aspect. As everyone goes through the various kinds of experiences during the life and person strives to develop a certain kind of resistance that could keep oneself unaffected from the atrocities offered by those experiences. So there is always a search that keeps going on within us. This search is about the firmness of a rock. When we look at it more closely then we find that this search of firmness is nothing but the search of truth. As truth is firm & it is way beyond the turbulences of duality. Search of truth sounds more philosophical and spiritual however it is nothing but trying to find a more firmer aspect of this whole setup called life or being. When our search remains confined

to the periphery of life, it is known as becoming financially, socially and politically stronger. When the search ushers into the confines of our being, it becomes the search for truth. As the truth is that one master key that can unlock all the mysteries related with our own being. This means all the sincere efforts are different from the unnecessary efforts & no matters on what level they are being performed, they gradually convert into just one direction and that is the search for truth. This is how all the efforts happening in the world and happening in a person's life can be divided into two parts. Those efforts that take us closer to our being and another section of efforts that take us away from our being. When we become aware of both of them, then we become self-critical and become able to more easily point out those mistakes that we do unnecessarily.

A witness makes one get rid of the baggage of an actor. This makes a section of his focus free:

This free section provides the person an opportunity to become aware of the functioning of nature & mind. A person's focus is immensely capable. The more we become capable of making it free, more it starts working in a natural or divine way. More it starts getting connected with those subjects that are beyond the preview of mind and intellect. This is the methodology of developing spirituality within oneself. According to Indian philosophy knowledge is divided into two parts, One is Para and another is Apara. It means there has to be two segments of the person's focus. One connects with the visible segment and another connects

with the invisible segment. So more the person is not inclined towards the world and it's affairs, more he starts getting oneself associated with the existence.

This spontaneous section of our focus makes us connect with the nature. Our mind is capable of knitting such a functional web of thoughts, images, feelings and memories that we often never get this opportunity to make ourselves free to explore that part of life that is beyond mind. Thoughts and feelings have their own particular limitations. To come out of these limitations, one needs to come out of the effect of thoughts and feelings. While being limited, we can stretch a little however we cannot provide this freedom of expansion to ourselves. Stretching cannot provide us what expansion can. Man has to keep in mind own limitations while stretching whereas air can expand to an unimaginable extent. This is how one can match the limitless expansion of nature to some extent and this is how one gets to come in terms with the functioning of nature. This is how a person earns his eligibility. When the person becomes able to witness the presence of nature within every one, then only one gets to see the functioning of mind impartially. This is how one becomes aware of the presence of two entirely different aspects within one person. This is how one becomes able to recognize milk and water separately.

Money talks but can't see.

Witness can:

Money talks, which means it has the ability to engage people. So it is a facility as through the money one can get the things done. It can attract people towards

oneself. So the one who has money has the option to become a center of attraction. Through the money we can draw people's attention towards ourselves. This means that one likes engaging the people's attention. In this case we have to engage our own attention with them as well. Through this one can make new connections. This can make person advance in worldly affairs however this is of no help, when one seeks spiritual advancement. Money talks and it can make people sing praises of you, It can make you influential however on it's own, it cannot improve the individual's vision.

On the other hand when we talk about the witness, it has a very unique feature that money can't buy, which is the ability to spot the truth. This has to be developed by the individual through completely different procedure. Development of vision is a long and continuous process. This means buying and earning are two different things. If one is not able to buy something that doesn't mean that he is not able to earn some different thing. Buying is about the wallet power whereas earning is about power of dedication and devotion. Money can't see the witness and the things that witness gets to see however a witness knows that how the money can be used in a most natural way. Talking becomes unnecessary for a witness and when one gets to see the truth, one comes under the effect of it's tranquility. Now talking doesn't remain interesting anymore. All the interest and excitement related with talking get dissolved. Trees don't talk with each other, they just sway whenever the wind blows. A person filled with inner joy prefers to remain silent. As talking can never provide that joy, which inner silence brings along. Talking is about engagement. It is a two-way phenomenon. It is about dilution of own focus. Money cannot bring along that tranquility, which truth can.

A witness needs tranquility from his subconscious and conscious mind.

While he needs awareness for his purpose and the truth.

Whereas an actor remains bound with own conscious and subconscious mind and dreams while truth remains veiled from him:

An awakened person if remains out of the confines of witness, then his conscious and subconscious minds keep troubling him. Such person wants a firm ground, where the calmness of meditation can be maintained and where that vision could be cultivated that is able to focus on the truth within everyone.

In this case person can comfortably work upon the purpose of life, while maintaining the self tranquility. Life provides an opportunity to work and remaining devoted towards own work provides a sense of satisfaction. As this kind of work falls in that category, where the person gets the fruits while executing the work. One needs not to wait until the end of the work to taste the fruits of own efforts. In such a case one wants to maintain the continuity of work. As soon as one chapter gets over, person starts another one immediately. In such a case delay becomes burden, while continuity of the work becomes rest. Nature doesn't take rest, so do the witness. When the work becomes the tool of your comfort, then you just want to carry it on, for securing your piece of comfort. This is the uniqueness of nature. At the same time, nature is both continuously at work and continuously at rest. Nature doesn't know tiredness, mind does. This means one category of work takes you closer to your being and another category of work or activity takes

you away from it. So the awareness about it and dedication becomes the focal point. Till the time we are not aware of it, we remain unaware of the mechanism of acquiring composure. This is the beauty of abiding with own natural work as it is the most potent method of meditation for the person.

For an actor, work fulfills his dreams and becomes a tool of pride and jubilation. While for a witness, work paves the way of samadhi and joy.

Word completeness is synonymous with a witness:

Till the time one retains own interest in the activities and keeps knowing oneself as an actor, completeness remains at a distance. This union of thoughts and activities, desires and actions doesn't let the focus to be free. A bounded focus cannot develop on it's own. The focus of an actor remains divided between the activities and the result. As completeness is not divided, it is absolute. Until and unless the focus becomes absolute, it cannot find completeness.

If any culture talks about completeness of an individual, then it is an indication of it's remarkable richness.

Making someone a follower is easy, making people complete is too difficult. Even talking about the completeness with the individuals indicates that It is an individual centric culture. It is like a gurukul or school, that is devoted towards the development of the students. A bud can develop into a fully grown flower on it's

own. However when it comes to the mind, it needs guidance. It wants demonstration and help in developing own skills. Shaping a child's values and ethics also needs continuous nurturing. As all these are like the steps that take the individual from one level to another. Which means the level of an actor and witness. So it has to be a continuous growth, which starts from the beginning. So when a culture shapes the individuals, those individuals shape their progeny. Being a witness is that high state that continuously remains functional in spontaneous natural process. Just like the nature or trees. They become part of the natural cycle that doesn't know the tiredness. From the nature we get to learn about eternal functionality. Which is linked with the state of witness.

We only worship our guru or deity, when we are not executing their work. When the person starts executing their work, he hardly gets any time to worship them. This is what we learn from the nature. Being part of the eternal cycle is their prayer. This is what silent functioning and silent prayer is all about.

After growing up, one can grow beyond the orbit of an actor and can try to enter into the orbit of the witness:

Physical growth is a time bound process. It happens on it's own without any intervention. Only thing that one can do is to provide good nutrition and environment that helps in proper growth. As far as the understanding is concerned, it also comes with time. Social setup and connectivity to the various sources of

information play a great role in developing the individual's understanding. As far as the intellect is concerned, It's growth depends upon own interest and passion.

When it comes to the individual's transformation as a witness, a great help is provided by person's own nature, fate and inclination. Sometimes natural inclinations get shadowed by the mental ambitions however during the difficult times of life, person learns to direct own flow towards the natural side. It's when the real change takes place within the individual. When one dominant aspect of the person gets locked or checked, then the flow of energy starts shifting towards another aspect, which often doesn't get to come out, when the things are going comparatively smoother. As the aspirations are too dominant. Until the circumstances go really adverse, they keep making ripples. When the conditions are favorable focus remains pointed towards achieving own goals somehow. Difficult phases of life might be too unsettling but they provide us a chance to introduce wholesale changes in oneself & shift the focus from goals to gullible. During these times only, we learn to accept ourselves.

When this happens, then everyone else gets accepted automatically. Till the time we keep denying ourselves, we keep denying others as well. Not intervening in other's lives is the best thing that we can do to them and ourselves. As well as being there for them, who are in need is the best thing that we can do to others and ourselves. Either of our aspects always keep developing, irrespective of the fact that which phase we are going through. That is why every phase of life has it's own unique role & significance.

The thing that is really powerful in this world is lust. Whenever it strikes, we submit:

These strikes of lust keep continuing till the time, one reclaims oneself & becomes a witness.

In reality, an actor is just an imitator. In any given situation, we just imitate whichever way our mind acts. This is how mind takes control of our senses. So mind keeps using our senses freely and we have no other option but to keep watching it. The influence of mind and senses is so humongous that we never come to realize the thin presence of ourselves between two of them. It means the element of self remains sandwiched between the mind and senses. We only come to realize about ourselves, when mind comes to an extended phase of standstill. If we are able to keep our minds under control, then only we can allow our senses to become free.

Whenever mind produces the current of lust, senses have no option but to follow the instructions. In such a situation self keeps getting crushed between these two.

Whenever self gets the freedom from both of them, then it gets to develop. In such a situation person comes to know about one completely unknown & hidden aspect of oneself, which can make the person experience the tranquility of meditation. This tranquility is related to self and it appears when all the currents of excitement get subsided. Only now person comes to realize that the seeds of peace are there within as well. They only need the right environment to flourish, which can only be provided to oneself by the individual only. They may get introduced to you by divine intervention. Some of the realized and awakened people can assure you about it's presence and they can even exhibit it through themselves. Additionally

they can provide you some guidance about how to make progress in this particular direction. When the person gets to experience it, then one gets the motivation as well to secure the internal environment in such a way that would be conducive to maintain this state.

For an actor, mind is the guide of life:

A guide makes the tourist go through the famous tourist attractions & allots the time for every point as well. It means what to see and how much to see gets decided by the guide only. A tourist just abides with the plan. The relationship of a guide and tourist is of dependency. A guide has both the knowledge as well as know how of the area or the subject. When the tourist doesn't have an access to the knowledge, then one doesn't want to take the chance as well. So he decides to accept the services of a guide. Rather than your individual needs, guide remains focused upon a group. Another thing is that a guide is guided by his own interest also. Aggregately all these things compromises the quality of the trip.

On the other side, a witness wants to explore the life. So he decides to gather the knowledge of the area on his own. Therefore long before the trip starts, one does the preparation by adding more and more information about it. It is sort of a research that ultimately helps the tourist, when he reaches at the place. Now he is no more dependent upon other's guidance, as he has a blueprint ready regarding all the points of interest. If one can secure the services of the map, then he knows the directions as well. In such a case, one can afford to stay away from the guide &

roam independently. One explores the places of own choice & stays there for as long as one wants. This way one succeeds in getting the feel of the place as one utilizes the time in a much conducive way. This is how the connection gets established from that very place, subject & people. As one-on-one meeting brings along a lot different experience than meeting through an intermediary. Both an actor and the witness visit the same area however both come back with two completely different experiences. An actor remains on the surface only, whereas a witness can dive deeper.

Actor keeps feeling that he is an outsider whereas the witness gets to feel that he belong to the place.

Marriage is an institution where both the partners try to learn about how to avoid a state of confrontation:

It is a class and examination of aspiring witnesses. Here students are prepared and examined as well. When one partner gets into the mode of an actor, another one becomes a witness. It may not be an absolute state of witness however one tries to act like it. One keeps on honing own skills of assault till the time one believes that my assault is my strength & it should be powerful enough to dismantle the resistance. When a person comes to realise that it is not about winning or losing rather about maintaining own composure, then one starts developing own listening abilities.

Through the experience one comes to realize that best defense is to maintain own patience. Marriage is all about coupling two actors along as male and female are two separate groups of actors. Being witness is about totality. As either male or female can have control over only half of their story. Another half involves one more person. So it cannot be dictated according to own wish only. It involves taking the help of own natural side. It means the story starts with the mind however it gets completed with the nature. Confrontation is a mental phenomenon. It's chances get increased when two people start sharing their comfort zone with each other. This zone of comfort means a lot in pre marriage phase. People let others enter into it, only if they are comfortable enough. Otherwise it is a highly restricted zone. Many a times people try to avoid marriage or getting into any relationship. There could be more than one reasons for it however keeping own zone of comfort intact is surely one of them.

Putting a male and female together is about making a complete unit. Every unit demands some discipline and duties. Post marriage one comes to realize that freedom of comfort zone demands a gradual transformation into self- discipline and freedom of multiple engagements gets transformed into dedicated duties. This is how one develops a better understanding of nature's functioning. As Nature is a complete unit in itself and it functions with pure discipline and dedication. When duties become absolute and selfless, they become dedication.

Actors make an effort to convince each other whereas witness remains effortless:

This is the beauty of the truth as it makes an individual effortless. Now an individual is no more an individual but a witness. There is a difference between an individual and witness. If someone considers oneself an individual, then he is an actor. In the form of an actor, he is just a character. The character sustains itself through various activities so it needs to make lots of efforts. Whereas an effortless person is no more concerned about keeping own character alive. When one is not keeping this baggage over the head, then one can afford to be effortless.

One of the efforts of any character is to convince others. Till the time an actor keeps visualising others as characters, one needs an effort to get connected and make them convinced on own point. As any character has his own mindset and perception. Any perception wants to influence others rather than being influenced easily. That is why if there is a group of characters then there would be lots of efforts going among them. An actor sustains own individuality however at the same time he keeps playing multiple characters. For example, a boss, employee, father, son, mother, daughter, professional, senior, junior etc.

This whole scenario gets changed with the witness. A witness neither validates any individuality nor character. That is why his vision doesn't endorse multiple classifications. He just keeps focusing upon the truth within every person. This makes the person's focus more consolidated and tranquil. As we know that the individuality and characters are not any eternal phenomenon. They are short lived and keeps changing frequently. Whereas the truth is eternal. When the focus gets trained at the eternal aspect of the existence, then one gradually starts knowing more about it. When you start knowing something more accurately, then it starts becoming a part of you. It ends your alienation & makes you gradually merge with it.

Put two witnesses along for some time and both of them prefer to remain quiet:

Whereas putting actors together would be similar to keeping kitchen utensils in a moving basket. They keep bumping against each other and keep creating sound. There is a story related to it. Once few disciples of Osho wanted to arrange a meeting of him with J. Krishnamurthy. They made Osho aware of this plan. Osho said "it is fine but what we will talk about?" It means two completely same people, (that can only happen in the case of witness) would find it difficult to talk about anything as both of them are completely aware of the truth. There would be only silence between them and the presence of extreme love could be felt there. It cannot be spoken. A witness talks with actors, being in complete gratitude of the truth that lives in them. When silence becomes enjoyable, talking becomes difficult. Till the time mind keeps talking, it becomes too difficult to curtail the tongue. When the tongue keeps talking, it becomes difficult to avoid the debate. As a speaking tongue stimulates other minds to put forward their point as well. This is how a conversation gets started.

Till the time mind remains stimulated, talking doesn't stop. Another point is that an actor's mind remains focused upon the activities and the varieties. Mind keeps searching for them and they keep stimulating the mind. It is like a vicious cycle that keeps going. This is like continuously knitting the net and net keeps entangling the person. We have seen multiple idols in a temple, they don't gaze upon each

other and talk. Their eyes remain fixed upon the devotees. They just keep listening without uttering a single word. This is what a devotee wants. A patient hearing and a continuous gaze. Person feels that God is looking and listening to me. One feels that I can share my story and put forward my plea and it won't get spread. Plea gets answered or not is secondary however someone will listen patiently and no one else apart from two would come to know, is primary. This is what faith is all about. It is a very personal bond.

There is a bridge between an actor and a witness and that is spontaneity:

This bridge of spontaneity helps the seeker to cross from the actor's side to the witness's side. When the seeker provides enough importance and time to own natural side, then one keeps working on this bridge. We all know that a bridge is built over a trench and it connects two opposite sides. Knowledge and efforts are needed to construct a bridge. Being aware of own natural uniqueness is the knowledge required and extracting the time on a routine basis to work upon it is the required effort. As far as the world is concerned, there is a lot of competition and friction with others to expand own area of dominance. Whereas to make progress in the internal world, one has to compete against own mind only. It is about working silently, struggling silently and growing silently. Mind works through the intellect while consciousness works through the spontaneity. It all depends upon the individual preferences and natural inclination, that which aspect

one wants to work upon? Like the mind and intellect, spontaneity is an essential aspect of everyone. It may remain neglected or forgotten however it always remains there. Some people start nurturing own natural aspect. They gradually cultivate a better understanding of nature's

functioning. Their materialistic dependencies start coming down gradually. This is the beauty of letting the spontaneity develop within oneself. It is a long journey from becoming an actor and being just a witness. In one leg of this journey person remains clueless about own spontaneous aspect whereas in the second leg one becomes aware of it. This awareness is a great turning point in this journey. Cultivating awareness about oneself cultivates the awareness about own journey and potential as well. This journey is about curtailing the effect of mind upon oneself and letting the nature grow and expand within oneself. This is the methodology of working upon oneself. This is how one achieves the unique amalgamation of working plus remaining silent. This is what silent activity is all about.

Self discovery is related to being a witness:

An actor carries own identity. However this identity is the amalgamation of physical, mental and ideological influences. A witness is free from all these three influences that is why one gets to know about one such identity that is free from mental, physical and ideological interventions. Both self discovery and being a witness are related and interdependent to each other. Self discovery is about

knowing oneself. It abolishes the dependency upon all perceived and believed identities. Now the person knows oneself without the influence of any external factor. This means gaining freedom from all that which could be seen, perceived and thought about. This means knowing oneself beyond the intervention of five elements and the mind. We know that mind has its own desires and ambitions. Similarly the self has its own unique works to do. Self satisfaction is related to working upon this task continuously. Self-discovery is about knowing oneself and being a witness is about knowing that truth, which resides in everyone. Self-discovery is about becoming that space, in which the light of the truth can appear. If we look closely then we find that the sun and the space around it work as a one unit. Without it, energy cannot travel to the distant spaces. As the sun needs vast empty space, similarly the light of witness needs emptiness of the self. The medium of conduction has its own unique role in letting the energy flow from one point to another. This means we can only let others enter into our vision, when we empty the space within us. Mind is known to acquire and keep expanding own space. That is why it doesn't matter how close it goes to someone, It would never be able to make space for that one within itself. A witness can appear only then, when one is able to end own self occupation. That is why the whole talk of self and the witness starts only when the mind is ready to melt itself completely. This is what known as the devotion. It is like a journey from home to the Kailash. In the middle one gets to see the serene green jungles of upper mountains and then finally one reaches upto Kailash.

Actor: critical viewing

Witness: truth viewing

Since childhood we have been seeing people, who have this knack of critically viewing everything that happens around us. Some people are almost always ready to intervene into nearly everything. Even in the family and in the group of friends, we have seen this tendency of criticizing others on a regular basis. Their mind makes them believe that it is necessary. They don't get discouraged, even on being confronted. Children are keen observers. They keep observing people and at the same time keep imitating them. This becomes their part of learning. Some of these learnings gradually become their habit. So our surrounding leaves a great impact on our behavior pattern. Many of our actions are related to the surroundings we live in. This happens in the case of those people, who exercise much better control over themselves. For rest of the people, most of the actions are affected by the surroundings. This way critical viewing restricts person to a particular surrounding. Person may not be able to think and look beyond it. This is how our viewing restricts us in a very limited area as our way of viewing directly affects our activities. In such a case a large portion of our activities are completely unnecessary and a sheer wastage of time.

One major thing that happens with the person, who can witness the truth is his indulgence into unnecessary actions becomes minimal. This is how one is able to preserve a lot of own time. In such a case person's area of focus doesn't remain limited to a particular area or people as truth abolishes all the categorisations. It helps the person to expand own area of vision. Earlier sages were able to see the whole world as a family just because they had such an expanded and spotless vision. Whole world includes not only humans but every other form of life. That is

why they were able to live more natural life that had nearly zero carbon footprint. A truthful vision ultimately helps the environment to sustain it's balance.

Actor thinks that all the eyes are on me, so he keeps acting without any pause. A witness keeps his eyes fixed on truth so it can afford to relax and be productive:

In case the actor feels being left out, he wants people's attention over oneself. This makes the actor essentially active all the time.

The problem of boasting sticks with an actor. A witness is free from this compulsion. As an actor remains in a hurry to prove oneself, that is why many a times he claims big. He just wants to leave own impact. That is why one even claims to have done all those activities that has not been tried yet.

Mind values the activities. As activities are synonymous with mind, so mind curiously watches and connects with new activities happening in the visible world. When the eyes remain fixed upon the activities, then mind keeps generating own views and thoughts about it. This way the person further gets involved with all those activities, that are happening too far away and may not be even related with the individual. An actor who is active at the local level, wants to expand own horizon and continuously expand it to far new places. From local to global, there is a vast area to be covered. This provides great opportunity to an actor to expand own activities.

On the other hand, when we look at a witness, he takes his eyes off from the activities and have it fixed upon the truth. In this case the activities of the mind gradually start decelerating. Whenever this happens, mental tranquility starts improving. A witness keeps working silently as he is not under compulsion to show off and boast about oneself and own work. There is a particular desire of being praised behind advertising own work. For an actor, activities may not provide that pleasure, which praise can. Whereas in the case of witness, reverse is true. In the case of witness, pleasure comes from the focus that remains upon the truth. Now activities get replaced by the productivity. The very fact that something productive is being done, provides pleasure to the witness. Activity is always planned, whereas productivity is spontaneous. Spontaneity removes the dependency upon the mind for planning. In such a case, planning gets replaced by the internal motivation.

The moment person is not dependent upon his own mind for the fulfillment of love and happiness, he is just a witness:

Search remains the same. Only the tool through which the search is being done gets changed. When the tool changes, search direction also gets changed. Mind tries to find everything in the visible form.

Generally we are dependent upon our minds for happiness and love. An actor tries to achieve both of them through the efforts. A choice is made before making an

effort. All the available choices are there before the eyes and around us. That is why mind looks for the available options in the living form.

As all these available options are present in the material form, that is why they are there in the horizontal direction. Second noticeable thing is that the mind tries to find them everywhere except within. As for the mind, there is nothing visibly appealing present there within. That is why no question arises of any search that is related to the internal system.

Love is like protection. Either we are filled with some kind of insecurity within or filled with love. Absence of love is the presence of insecurity. Mind is not the prerequisite for obtaining the love. In fact the absoluteness of the love can only be felt in the absence of mind. Mind doesn't facilitate love rather it is a hurdle in the way of finding love. The way children can feel love, adults cannot. Children doesn't have a developed intellect although they can surely feel love. Adults can know more about love by observing the children. It means as far as the love is concerned, children are specialists.

A witness can feel the tranquility and love more intensely than an actor. Love is not a product of activity. That's why it doesn't matter how intensely one tries although peace and love cannot be found through the mind. That is why the surge of mind needs to be checked, if one wants to know the meaning of being a witness. A witness gets to know about the fact that what could be achieved through the matter and what through the consciousness. So it is about knowing where to find what?

An actor is guided by his mind.

Witness is guided by own soul:

If in a very simplified way have to explain an actor and a witness, then the above lines would be the explanation. Why do we get to see a million people following one single person? What could be the basic reason behind it? What is that one thing that segregates a devotee from a deity? One thing which segregates one human, from another human? One simple answer is the vision. For the explanation purposes, this can be further subdivided. One is the purity and the absoluteness of the vision and another thing is the persistence of that vision. God is that one form of consciousness that has the most purest and most persistent vision, which can be termed as the eternal vision. One whose vision is fixed like a rock, can go through the ups and downs of the life in a much more dignified & tranquil way. It is often enquired that how Rama and Krishna went through so much turbulence in the life in a very static and normal way? What is the reason that so many sages exhibited the same kind of tranquility in their vision? The reason is the unflinching and stable vision ultimately becomes tranquil. Tranquility is about the power. When the power is allowed to become static, It gradually starts becoming joyous. One of the message that people get from the idols is their stability.

One common thing that divine incarnations exhibit, is to go through the life without being much affected by it's swings. They may or may not speak about it, however if one would observe their lives, this can be spotted. These kinds of divine presence are there in nearly every era. Soul is about finding that common element in everyone. When the common element becomes the guiding factor then the treatment cannot remain specific or segregated. It becomes commonly dedicated.

This unique way of treating others abolishes many mental interventions. It is often emphasized that the God is one however one point that is often missed is if the God is one then would it be possible that his produce would be segregated and complicated? Absolute thing can only treat everyone with absolute precision. If you know or consider that he is one then how come he could consider that we are completely segregated and different? How do he treats us can be easily understood by observing the nature. Nature treats us equally. So if he doesn't treat us in a divided way then how and why do we treat ourselves in an undermined way?

People present at a place get to see the same picture. However everyone of them has different vision:

That is why everyone has a different version of the same picture. Different versions break down one sight into multiple narratives. As there are millions of shades available of one same color, similarly there are multiple variants of actors present there. It also means that there are multiple grades of actors present there, for eg. amateur, experienced, seasoned, natural, partially-interested, uninterested etc. It is like climbing a staircase for reaching an even or flat ground. Every step presents some variation. Till the time one remains at a particular step, one is identified as a particular kind of an actor. As one sheds that particular kind of activity, one reaches the next step. Every step is a little higher than the previous one and it houses a little lighter version of an actor. Every actor is fond of various different activities, in which one keeps investing own attention and time. Actors are known for their own particular kinds of attachments and likings. Aggregately

they develop a particular kind of vision and version for the actor. An actor has to look at any picture through this particular kind of vision. This version ultimately prepares an activity and the actor has to finally abide with that particular activity. This way the activity finally gets directed through the vision. And as far as the vision is concerned, person's own likings, attachments and habits have a major impact on creating a particular kind of vision for the person.

The condition gets changed when an actor gets transformed into a witness. A witness leaves all and accepts all. Which means witness has no habits, liking or attachments. That is why no external effects are present there to cast their shadow upon the vision of the witness. As we know that vision affects the activities and activities affect the Karma. Pure vision can spot the truth. Having the eyes on the truth transforms the karma into Dharma. So the vision of the witness gets to enjoy double benefit. Truth ultimately provides person peace and dharma provides one happiness of containment.

Source of information for mind is the world:

Source of information for body is also outsiders. So there has to be some element of oneself, about whom i should know by myself.

There should be some information that is free from the intervention of any third party. There should be some element of mine that is known to me by myself.

Only that can be me. All the information that come to me from a third source is my belief only. Person has no option but to believe them. Anything about myself should not come from any outside source. If it is mine then it should be known to me by myself. If my information comes from outside then I have no other option but to remain active at that place, from where my information are originating, so that I can gather more of them. This scenario makes me dependent. A dependent person has no other option but to keep pouring lots of own energy in the surroundings. As one is dependent upon the surroundings and the society. There is a difference between a real life actor and a movie actor. A movie actor can switch multiple characters however a real life actor has to remain fixed with one character and that is his own individuality. Real life actor has to make own individuality, that is why it is guarded through lots of efforts.

It is all about knowing oneself through oneself. There should be some element that is close enough to me. That element should make me aware about who am I, what am I and why am I? Till the time i am an actor, I am completely unaware of the answers. In the absence of my answers, I have no other option but to keep holding my identity as my guard.

Spirituality is the subject of witness. In fact, spirituality gets introduced to the person, when one gets to experience the state of witness. The moment of transition of an actor is the moment of birth of spirituality. Guru appears in this moment of transition. This is the moment of birth of disciple and appearance of the Guru.

It means someone new is born and that one gets the guidance in that very moment also.

Transition of an actor to witness happens, when the control of life gets transferred from mind to truth:

As far as the conscious element is concerned, there exist few dimensions of it. Mind is one of its dimension. Till the time mind remains the dominant dimension, individual remains an actor. In such a case ideas, planning & execution happen through the mind. A section of mind called memory registers all these activities. There is one more faculty associated with the mind that is the dreams and imaginations. So there exists memory on one side and dreams on another side. It creates an axis. Person tries to keep balancing the memory with the dreams. As both the memory and the dreams are associated with the individual that is why individual becomes an actor or the centre point of this whole system. Actor is the creation of the mind & it considers its expansion from past to the future. Which means from memories to the dreams. Past is associated with old house, old friends, old stories, old city and old attachments. That is why an actor associates some specific area with own past. One also associates some desired areas with own future, like my new house, new country, new office, new job, new car and new property. So for an actor, there are numerous areas to look after. All those areas can easily keep an actor fully occupied. Own attachment with all those fields makes sure that the person remains engaged with them. Mind creates an actor and our own involvement with every single field of it, plays a pivotal role in keeping a person an actor only. Through the mental involvement, an individual becomes an actor and through the natural involvement an individual becomes a witness.

We consider the world dualistic and this is a reason of karma. Existence doesn't considers it so, this is the reason of law of karma. that is why whatever we do, stays with us only.

When one comes to know about this fact, then there doesn't remain any need of karma. In the absence of karma one doesn't remain an actor anymore. Now the person gets transformed into a witness. In this case, only thing that remains is the natural flow of work.

Witness and Samadhi:

This is the best gift a spiritual seeker can provide to oneself. This is the state that one looks for. Samadhi is about achieving a particular height of consciousness, where it gets to feel the eternity or the internal limitless expansion. This is the state, where a seeker gets to feel the stability of a tree. In this very state, the seeker gets to feel that the visible world has become secondary and one has found the abode that is full of tranquility. Here only one gets to feel or know that being effortless is the way to be. As an effortless or natural person can more easily slip into this state. An actor is always full of efforts that is why an actor keeps missing the experience of samadhi. Being effortless doesn't mean absence of activities. It means abundance of natural activities and absence of unnecessary actions.

Samadhi is a state of oneness. As only in this state one gets to experience that the truth is same for everyone. Seeker also gets to experience that the ultimate reality is the same and equal for everyone. Now there is no scope of any more

imaginations. As one gets to know that all the imaginations were false and futile. Imaginations keep utilising and wasting the time. Till the time one doesn't get to witness the truth, there remains no option but to keep sticking with the imaginations and the related thoughts. Both of them keep generating some variable kinds of feelings. That is why one who gets to witness the truth, also gets the freedom from remaining stuck with the feelings. As the state of stability and tranquility is much more fulfilling than the waves of feelings. One gets the feeling of real selflessness, only when one gets to experience the omnipresent truth. As self is the link between the 'I' and omnipresent truth. Until one gets to experience this state, one keeps taking the actions too seriously. No one gets to know that paying too much attention to the activities is misleading. It is like a web that keeps trapping the individual's attention.

Becoming and being are two different aspects of one same person:

Becoming is related to the knowledge while being is related with the wisdom. Knowledge is acquired through the books and learning while wisdom is self acquired. Becoming is related with an actor. Being is related to just the witness. This means that there is the possibility of transformation between an actor and a witness. An actor associates oneself with the matter or the physical form whereas a witness knows own presence beyond the physical form as well. An actor recognises everyone with their physical form whereas a witness knows about the conscious element that resides within everyone, so for the witness physical form is not the identity rather just a facility. This is about identifying a person without the

dependency upon the physical characteristic. When you come to recognize someone, then you are no more dependent upon his mental identity. In such a case, what person considers oneself is not that important. Only thing that remains valuable now is one's eternal identity. A witness already knows everyone's identity without even being introduced to anyone. An actor doesn't enjoy this facility. An actor first meets someone then gets to know about their identity. A witness doesn't need such inquiry. One who has reached the conclusion of self inquiry, needs not to indulge into inquiring others and feeling the related curiosity. This puts an end to making unnecessary efforts. Becoming aware of truth makes one aware of everyone. On the contrary, a single person becomes aloof and unaware of everyone, when he looks towards the world through the mind . Same person when realises the truth gets to know about everyone. This paves the way of being at peace. Now person becomes able to keep own focus upto oneself and intensify it further. Now the direction of focus can be directed towards something more meaningful for oneself and fruitful for all.

Insecurity is related with doing while there is no insecurity related with happening or Being.

There are apprehensions related with doing. As while doing focus doesn't remain concentrated upon the act. It is divided into two parts 'I' and 'doing'. As long as 'I' is there, focus can not be absolute. That is why while acting, person remains under suspicion or maybe confusion. In such a case, energy gets divided into two parts that are actor and the acting. For the mind or an actor this may be a normal

condition however this is not a natural condition. This scenario gets changed with the witness. As a witness doesn't act or does anything. Only thing that is associated with the witness is 'happening'. Happening is absolute because it is natural. In the event of happening, focus remains concentrated upon the act. That is why a witness can not even claim that the work has been done by him. As the work happens naturally so it gets done by the nature. That is why the witness just remains a witness of the happening. It means the responsibility of doing is taken off from the shoulders of the witness. After getting rid of responsibility, witness comes to know that in reality it's the nature who does all the needful activities. Insecurity is related with 'I', so when 'I' is not there in the picture, there cannot exist any apprehension or insecurity with the act or results. When the decision and the act belongs to the nature, it is about peace only. Just because of the nature, witness comes to know about the peace. It means peace is all about being associated with the nature and witnessing the fruitful activities happening through oneself. So an actor remains distant from the nature whereas a witness remains in the middle of the nature. Whenever any act gets decided & initiated by the mind or 'I', onus remains upon the mind to do it properly. This apprehension dilutes the quality of the work. Works done without any apprehension yield better results, at the same time their quality remains undoubtedly higher. Another important factor is that they are not individual centric rather they prove useful for the masses.

An actor gets transformed into a witness:

This transformation happens the moment one gets to see the truth. Truth is set to be omnipresent. It means that everyone's truth is same. This unique oneness, erases all the distinctions that exist among the people. This means different physical characteristics, individuality oriented distinctions, different actions and related expressions become secondary. All these distinctions get dwarfed by one supreme towering truth. A person can share own story with someone else, only when two people are different. When one same truth resides in two different individuals, then there remains no difference between the two. They may look different however their core remains the same. In such a case there cannot be any story, nor there would be any urge to share some story. Story can only be there, when there exists some differences. Whenever we want to share some story, then there is an undercurrent of excitement or some other feeling. In case of oneness, there cannot be any undercurrent of feeling. This absence of excitement is the absence of sorrow as well. From this very state arises the self tranquility.

Whenever one achieves this state, the focus gets shifted away from the actions and activities, as well as from all the distinctions.

A witness comes to know that he is the one who is going through all the experiences available in the world. He also comes to know that he is the one, who is beyond all those experiences and the cravings associated with them. It means he is in the middle and he is the one who is beyond also. Which section would develop depends upon the fact that where the focus is. Sages have said that If one is able to keep his focus fixed upon the truth, then one can feel the peace and happiness and make the life fruitful. This means that one can move towards the tranquility and towards the excitement as well. It is the individual's choice. It means as far as the conscious element is concerned, there is the possibility of development, retraction and transformation.

Actor - witness = mind

Witness + mind = actor

This means add or delete the mind and the whole scenario changes. Presence of an active mind can transform a witness into an actor. Whereas the absence of an active mind can transform an actor into a witness. We get to see sheer difference between childhood and adulthood. A baby is the most attractive individual of any group. People want to get closer to children, attract their attention, observe them and try to talk to them, knowing this fact that they won't be able to answer. Childhood is about innocence. Through the childhood people want to experience innocence that too among humans, which we tend to lose as we grow up. Meeting children is like witnessing a witness. As their involvement in various sensory activities are so limited that one gets to see a beautiful mind in a beautiful little body. As the mind body channels are not established during the childhood that too young children may not be even aware about this fact that they have a physical presence. Even if this comprehension is there, it is at a very primitive level. When mind develops gradually, It starts considering that it has a physical presence. This consideration generally remains there throughout the life. An actor lives with this consideration or perception. Whatever unnecessary efforts that we make during the life are because of this strong perception. That is why an actor is always active, if not physically then mentally. Under the effect of this mental activity, one keeps

missing the truth. That is why the kind of information an actor possesses, are completely different from those a witness has. As the source of information for both of them are entirely different from each other. Actor uses a conditioned intellect, whereas a witness uses purified intellect. An actor remains under the influence of own mind whereas a witness remains under the influence of consciousness. This has a great impact on the outcome of the life. Both of these two types of beings utilize their time and resources in two different ways. As what a witness tries to achieve is entirely different from what an actor tries to achieve.

There are two kinds of animals. Cold blooded and warm blooded. Same is the case with humans:

Humans are of two types. One is actor & another one is the witness.

As both cold and warm blooded animals have different kinds of privileges and obligations, same is the case with an actor and a witness. Cold blooded animals have to go into the hibernation to avoid the extreme weather conditions. As they cannot control their body's temperature, so extreme weather conditions affect them adversely. This is one of the obligation or a clause of being the cold blooded animal. That's why their lives are divided into active & dormant phases. Warm blooded animals have no such clause attached with them. For cold blooded beings phase of dormancy is like the night and phase of activity is like the day, which may

stretch for months. Warm blooded animals can follow the normal cycle of day and night.

Phase of hibernation is like a deep sleep. During this period mental and physical activities become minimal. That is why the energy consumption also becomes too minimal. No mental and physical activity means minimal intervention. Just sustaining oneself. Hibernation is a great example of mind body coordination as the systems are functional but the activity is zero. During the phase of activity body follows mind. During the phase of hibernation, even mind controls its activities, which only makes the hibernation possible. When we look at the hibernation from a different perspective then It is a great example of having control over own senses and mind. It means such a potential remains there in the living beings. Cold blooded animals go through the hibernation for the sake of carrying on with the life.

When it comes to the humans, activity and dormancy is related to the mind. Among the humans mental dormancy is about taking own consciousness to another height, where one becomes a witness. Phase of mental activity means being an actor.

There is a difference between movie and the life:

In the life the actor cannot see oneself and own reactions. As his eyes provide him the facility to see the life and others only. During the life every person sees oneself as the protagonist of his own life. While watching the movie, people associate

themselves with the protagonist of the movie. For the first time they are able to see the reactions and the lead actor vis a vis with other characters. One more aspect is that the whole story of the movie gets portrayed within a known duration of time & it's whole screenplay gets decided before filming. Whereas life is a story which is longer and unpredictable. Movies give people hope that stories do get completed and efforts finally bear good results, whereas the main thrust of life is in making the efforts and experiencing it deeply. While watching the movie no one makes efforts whereas while living the life, everyone gets consumed completely in putting in their efforts. People remain curious while watching the movie whereas people remain hopeful while making their efforts in life. People sitting in the movie hall may not be the part of filming the movie however their curiosity and excitement still connects them with it. Whereas there are people, who remain a witness while the journey of their lives. This means all those activities that happen around, not only provides us an opportunity to become a part of it but they also try to pull us towards them and become their part. All those advertisements that we see over the TV, mobile, newspapers, billboards and on many other platforms are not just to entertain us. They want our involvement with them. Advertisements are about the products, policies and plans. Till the time we are an actor, we want them. As they provide us excitement in multiple ways. So they are the part of our daily & regular dose of excitement. When we are just a witness, then we can see the truth within us and it's numerous manifestations around us. In this case the actors can be seen through our refined vision and the acting can be seen through the eyes. When mind gets to see the actor, then It doesn't take the acting that very seriously.

An actor is occupied.

While a witness is free and that is why he becomes receptive:

That is the difference that can be made through our involvement and un-involvement. Through involvement, we try to make sure that we get a pie of the cake. Whatever that is being distributed and has been made available should be collected. As opportunities and possibilities are there and they who are more vigilant and alert get their share and strengthen their position. They who are not able to see the opportunity may not be able to capitalize upon it. That is why mind relates its activities with own advancement and upliftment. This means that the bond which connects the mind with the world is 'involvement'. A hefty sum of one's internal power gets utilized by this involvement. Activity wants to expand its control over more area and people. On the other side, freedom is related to the expansion of the consciousness. This means involvement chooses ground and freedom chooses sky. One chooses weight and another one chooses lightness. Whether a person remains mentally occupied or free, one surely gets benefitted in some way. In both the conditions person gets to experience something. Both of these conditions make people rich or enriched in their own particular way. This is also true that only those people can fly who are ready to give themselves the freedom to take their feet off the ground. They who want to keep their feet grounded can only run and cover more distance on the earth. Only those people who have done the parasailing and paragliding know what it means to be in the air. They can try to explain but they won't ever be able to provide the exact experience to some other person. To get the experience one needs to dive. This means if one wants to fly then one would manage it somehow. This means if an actor wants to

be a witness, then gradually one would be able to manage it through practice and restraint. As one is free to make own choices and try to mould oneself according to them. This also means that anyone can feel the abundance. Both, one with the precious clothes and another one with just a loincloth. Although their field of abundance would be different from each other.

An actor needs space & some instruments, appliances or gadgets to work.

Whereas a witness just needs the vision that could see the truth within and beauty around:

When we look towards both of these states of being actor or witness, then one comes to realize that there is a great difference between the vision of both of them. The density and polarization of vision that a witness possesses, is not available to an actor. Both of them have two completely different approach towards the life, that is clearly visible through their activities.

An actor has dreams, emotions, aspirations and thoughts within. All of them jointly affect and direct the person's activities. Whereas a witness gets to experience, what is known as samadhi or the deep state of peace and expansion. In such a state, activities of the mind become irrational. As when the mind gets to taste the experience of the eternity, then limitations and the related activities become irrelevant to it.

Vision that is capable of witnessing the truth within, also becomes capable of noticing the beauty around. In this case one becomes more clearer about what has to be done. What is required and what is irrelevant. What is divine and what is waste. As the tree is regarded for what it produces, similarly a life is regarded for what it creates. Humans have too wide spectrum of activities. One chooses what activity is largely dependent upon the fact that under whose influence the mind is. If the mind is under the limitations of boundaries then it functions in a different way whereas the same mind when gets to taste the infinite, the same mind starts working in a more compassionate and creative way. This establishes the link between the vision and the activities. In the middle of the Mahabharat war, when Arjuna said that I see my relatives in the opponent camp. This makes me incapable of fighting with them. Then Krishna said that I give you a new vision, the true vision. Through which Arjuna witnessed the cycle of the life and it's connection with the supreme reality. He got to know that how the supreme being facilitates this whole cycle of the life. This made him realize that it's not about his emotions and attachments rather it is about his duties. Now the Arjuna was ready to play his part in the ongoing scene of life.

Becoming is important, being is imperative:

Actors like action. Individuality is built through activities. Thinking, planning and execution are three basic pillars of activities. That is why it is believed that if you can think ahead, you can achieve more. Mind and thinking are inseparable. Being an actor mandates thinking and then converting those thoughts into action.

Becoming is synonymous with mind or an actor. Similarly being is synonymous with truth and witness. Becoming is also related to making others appreciate own progress. It is an effort of convincing others of own thoughts and efforts. Involving others is an integral part of becoming. It is about my efforts and your recognition and appreciation. Becoming is also about my efforts and my own satisfaction. It is also an effort of making oneself equivalent to others. Mind wants to avoid the inferiority complex at any cost. So it wants to prove oneself and best way of doing so is making efforts in the desired direction. Till the mind recognizes oneself as one unit, becoming becomes important. In such a case mind recognizes others also as a unit. So, when there are so many separate units present there, they try to keep their focus around and on others. In such a case one section of focus remains upon oneself as well. This bifurcation of focus propels competition. That's why becoming gets associated with everyone. Although this whole effort is just half the picture. Which means becoming doesn't complete the picture.

The another part of the picture is being. One cannot become a witness. This means being is not related with efforts. Being effortless means being natural. This also means that it is beyond mind. Being takes away the focus from various individuals, their activities and their individuality. Whenever this happens, a whole lot of activities become unnecessary. This also means that focus gets shifted and priorities get changed.

Whenever focus gets shifted, many things go out of the focus. In such a condition, they don't bind the attention as earlier. As a movie gets completed in post interval session similarly being completes the person and the vision as well. If we want to expand our vision then there is no other way but to be a witness.

In our daily life, time devoted to being and doing should be balanced.

If we are working towards our becoming, then we have to work towards own being as well. As the actions and duties play their own role in the development of an actor or a witness. This means it is in the individual's hands that which aspect one wants to develop. It depends upon the fact that how much one is inclined towards own mental and the natural aspect. We get to learn about devotion from the nature. Nature symbolizes the eternal devotion towards own duties. She exhibits that how selfless one can be. We get to learn about being from the nature only. Through the nature we come to realize that how devoted one can be towards own duties and at the same time remain detached from the happenings of the surrounding. Nature tells that more you remain detached, more you remain duty oriented. In such a case you achieve your maximum creative potential. Creativity is never influenced by the surroundings rather it introduces something unique to the world. Doing our action is the deviation from the duties. Nature keeps performing own duties to the fullest without having a single thought of doing so much. On the contrary without being devoted towards own duties, mind can feel that it is doing so much. It means actions and duties are not the same. No matter how magnanimous they may be however duties maintain too minimal profile or no profile at all. Nature always remains in the hindsight or backdrop however when it comes to the executing own duties, it always remains at the forefront. An actor doesn't consider oneself an actor rather a protagonist of own story. An actor can come out of the character once the scene is over however a protagonist cannot. Protagonist becomes one with own character. That is why he goes into the depth of the various feelings associated

with that character. An actor knows this fact that he has been & will have to be associated with many characters. This makes it rather easier for an actor to sneak in and out of the character. On the other hand a protagonist keeps holding own character tightly.

Whatever we talk throughout the day is related with doing. Very less of that is related with being.

This is a fact of other lives. We waste a lot of time talking unnecessary stuff. Even we know this fact that these talks are just to pass the time. Whenever we establish any kind of connection with someone and whenever we try to maintain our relationship with people, then we have to put in some efforts. Through the talking we try to exhibit that we are making our efforts. We do a lot of karma through the talking. Many a times, we try to influence people and one of the effective way of doing so is praising them. One of the way, is to make them feel that we are around. Whenever we meet people, we try to fill that time period with lots of talks and most of the times none of those talks are related to being. Being requires mental silence and quietness. Unlike becoming, being doesn't have to influence others. That is why it needs a transition from efforts to spontaneity. In such a way person doesn't need to spend time on convincing others. One only has to remain devoted towards own natural work. Your devotion towards your own duties influences others. People regard your devotion. It means they who know their own duties doesn't have to influence others. In such a case rather than the mouth, it's the work that speaks. Most of the times, talks keep revolving around society, politics, office

and family. Sometimes they remain centered around own likings and fascinations. Sometimes they are about gossips and memories. It means they are related to every topic except us. We are not able to make space for ourselves in our own talks. An actor wants to either keep projecting oneself or keep attracting few or repulsing few. It needs a lot of involvement and functional time. It is our involvement that decides about the utilisation of time. So when we want to change the way we utilize our time, then we have to make changes in the tendencies of our mental involvement. We can have more time for the creative work, if we have less mental involvement.

------(1 End)

Witness means distance or height:

Moon is at a distance from Earth. Because of this distance it can provide us the light of the sun during the nights as well in the form of moonlight. It means it is at a distance from us although it still helps the living being on earth. Moon doesn't directly intervene into our lives. That particular height where the moon is located helps it to help us. Due to this height, earth still receives the milky cool light during the night time. We need light during the night time as well so that we remain connected with our surrounding, even when our side of Earth turns it's back towards the Sun. It also helps the fauna and flora during the night time.

Same is the case with a witness as he tries to raise his consciousness above as on whatever center of body consciousness remains seated, it keeps getting affected by it's location. A witness gradually comes to know about the fact that he can raise his consciousness above those centers of the body that are present within the body. It makes him free from those effects and now one can feel the nothingness or a void.

Same as it is there in the sky. There are few advantages of it. 1. Person comes to know about oneself in the absence of mind, senses & matter. This is knowing about true self. 2. One gets more closer to the truth and light as well as person gets to feel a little distance from material indulgence and obligations. 3. Person comes to know about the fact that sky is also a part of oneself. Another realization is that body is an extension of the earth only. 4. transformation, evolution and development is possible on the subtle planes also. 5. Visible world is just a part of our existence. One's presence is beyond the material limitations as well. 6. Connection with all gets established beyond the material presence. It means on the level of oneness, no one is left behind.

Person either remains entangled in own problems or he gets into the skirmish with other people:

He needs solution for own problems and a compromise with other people. This problem remains there with an actor. The reason behind this is the feelings associated turmoil. This makes us agitated from within. If our mind keeps producing stimulation because of other's presence then this process keeps going on and on. A large part of our lives face this problem and we keep living with it as we are not aware of any alternative way.

That is why person has to become neutral of other's presence. This is a part of our self evolution and learning as well.

If one is able to see the light in everyone and maintains self tranquility then the possibility of this turmoil gets minimised.

The timeline between our thoughts or dreams and their fulfillment is known as the future. Our dependency upon mind and future is the reason of our being known as 'manushya' or humans.

Whatever spontaneous happens through the person without the involvement of any thought or dreams is known as natural.

This is exactly similar as it happens around us in the nature. Whenever something natural happens through the person then only we come to realize that one is not segregated but a part of the nature. All the talks of being a smaller or bigger remains relevant till the time we are dependent upon our mind only and segregated from the nature. Only after becoming the part of the nature, eternity could be understood. Then only one realises that he's not limited. His expansion is from length and breadth of the Earth and from past to the future.

For an actor hours, months and memories of the past are the pivot of the life.

For a witness, it is about the tranquility associated with awareness:

When there are multiple things in the mind that are scheduled for the day then we keep looking at the watch, so that a plan could be applied to finish them off during the available time of the day. To take care of our dreams, desires and ambitions, we need a detailed planning and for that we keep looking at the coming months

and years. At the same time mind keeps playing with the immediate memories and the long term memories repeatedly. Immediate memories come from those activities that happened in last few days. We may remain active on the social media or keep watching videos on internet. That all remains stuffed in our memories and keeps running time to time. In such a case we may like it or not, the feelings associated with those sightings keep erupting within us and keep affecting us as well. This means our interest creates some liability as well. If keeps getting reinforced, then these feelings get stronger and starts affecting our thoughts and resultantly our behavior as well. This way we become captive of the strong waves of feelings within us. These feelings drain the energy of our mind at a very fast rate. That is why with loads of feelings mind feels heavier and overworked.

Witness gradually learns to cultivate a methodology which doesn't require variation in feelings. Witness neither wants to stimulate feelings in others nor he wants that feelings should keep playing in his mind. Witness prefers a still mind without any ups and downs of the feelings. There is a unique feature associated with still mind & that is of tranquility that originates from the human nature. This tranquility is similar that is present there in the plants & trees. That is why a witness comes closer to the nature as he can feel a connection, which a rippled mind cannot feel.

Search for love is synonymous with the search for cause:

Our quest for love gets over upon finding the truth. Meanwhile we just get entangled in the web of attraction and attachment. Effects are countless, cause is one. Effects keep getting erased, cause remains the same. Till the time we keep getting affected by whatever we see through our eyes, we remain an actor. As we don't have any other option but to act upon what we get to listen and see. So it becomes a vicious cycle of keep getting affected by what we see and keep acting accordingly. In such a scenario along with our focus, our karma also get bonded. So once an actor becomes able to free own focus then his karma also get freedom from acting accordingly. If our vision degrades then our karma also get degraded accordingly. Similarly when the vision improves our karma also get uplifted to the next level.

The whole effort and learning of a witness is to shift own focus from various manifestations to the cause. In such a case the scattering of our efforts in multiple directions get streamlined and attains a singular direction of flow, like it happens in the vertical growth of a plant. Kabir mentioned in one of his couplets that the search for love is like climbing a palm tree. It is nearly a 90 degree climb straight upwards. Love doesn't come alone it comes along with truth. Love makes you realize what the truth is and it also makes you realize that what you are. So love is like a nectar. Either we search for the cause, love, truth or self, all of them are present there in one single direction. Like one cause gives birth to multiple manifestations similarly one single feeling of love gives rise to multiple feelings. As one single ray of light has seven different colors in it. Same is the case with love. So there are two ways to follow during the life. One is moving in multiple directions at the same time and another one is moving in the same direction for an extended period of time.

What stubbornness is for an actor, way and walk is for a witness:

Stubbornness is mental rigidity. Senses and mind come along to fulfill any of such desire. When one becomes captive of this mental rigidity, we tend to overlook the basic courtesy. Being courteous is a natural virtue. It is about valuing others and making them feel connected. It minimises the distance among people and they feel more closer to each other. Many a times we become stubborn just do make our presence felt and make others value us. Sometimes we become adamant on a very small point because the point may be small however our ego swells larger. As the mind wants to change the scenario according to its desires, so it keeps on becoming rigid every now and then. Many a times mind believes that this is the way of moving ahead. Mind wants to remain in the center of attraction and avoid anything that might be potentially harmful for our image. For this one might have to become rigid. Stubbornness is also associated with the bouts of anger.

Upon being transformed into a witness an actor's approach also gets transformed. Now the desire gets changed into clarity. Clarity is about what is to be done next. So now the focus gets shifted from desire to the assignment. Now the person remains focused upon how it has to be shaped. With the dissolution of desires, rigidity also melts down. A witness silently remains involved in fulfilling that very assignment. It hardly matters now that how his image is shaping up as the focus gets shifted away from it. This means both of these conditions belong to two different directions. Through the first one, person gets involved with the world whereas through the second one, person remains independent of it. Mental desires make us excited whereas divine duties make us relaxed and calmer.

A witness doesn't want to interfere into the activities happening around:

He doesn't want to shape own individuality to take advantage of it nor he shares any success tips with others. This is how he wants to provide full freedom to own internal evolution. People around him are free to take own decisions. He remains on standby so that whenever someone needs him, then he can ensure his availability. Neither he want to interfere into anyone's freedom nor he is interested in reading someone's thoughts. That is why he doesn't know about other's expectations. Although whenever need arises or he's called upon, he tries his level best.

Whatever spontaneous happens around us cannot be stopped as it is the nature's wish and way. He just keeps watching them and feels happiness in there occurrence. As every ongoing natural activity indicates the presence of the divine power and that too around us. Watching it happening around us is a matter of great relief and happiness. This indicates that every natural activity just wants freedom and minimal support. It has the capacity to become self sustainable after a point of time. Someone who is a keen observer of natural growth gradually develops the understanding that the same thing can happen within us as well, if the right conditions are provided. If someone observes one or few trees regularly then whenever they grow or new leaves start developing, it gains length and becomes denser, then the individual feels that the beauty is naturally possible as well as the development can also be achieved through patience and persistence. If it can happen around us then it can happen within us as well. Every natural activity is a

persistent assurance to all of them who are into seeking. The methodology of yoga and the natural growth is not different. Nature is like a teacher to them, who are keen to learn from her. Concepts of beauty and self sustained development are derived from nature only.

A witness's connection with the world is about service and his relationship with the supreme being is about love:

Whatever quality he possesses, he wants to serve the world through it. At the same time he tries to remain drenched in the love of eternity.

An actor's relationship with the world is through money, attachment and ambition and the supreme being is a puzzle for him.

There are only two possibilities. Either we are hooked up with the illusion or Maya or the material aspect of the being or we are in love with the omnipresent supreme being. Both the conditions are related to the person's vision. Till the time we remain focused upon the effect, then we get to see the illusion or the mutational aspect. When we alter our vision and have it focused upon the cause, then we get to see the light. The power of supreme being is inexhaustible and the individual's power keeps getting depleted because of the defect in vision.

All the race and friction remains there with them only, who are ready to believe in whatever that is being told to them. So the blind followers have no option but to face the heat of friction that happens among different sects and beliefs. As they are ready to accept only that which has been told to them and they reject blindfoldedly whatever that has not been told to them by whom they find closer to oneself. One who is into knowing through the experiences and attainments of the life, he remains distant from this unnecessary friction between blind followers. One who is into knowing gets along with everyone. He doesn't remain restricted with the like minded or similar belief people. Knowing makes you free from being a part of any frictional activity. Awareness is the light. As much as the awareness expands, it showers light on more and more areas. When it achieves it's full potential, it becomes like a sun.

For an actor it might be good or bad phase, favorable or unfavorable phase in life however for a witness it is only about preparatory phase and the being phase:

Both things that remain static in both preparatory phase and the being phase is the humility as it is a nature. In the preparatory phase it is about you are being valuable whereas in the being phase, it is about you are being the invaluable.

One who is filled with humility, all the directions remain open for him. Learning and blessings can come to him from all the directions. Humility values the next person whereas arrogance values oneself. Whenever there is lack of humility, there is no space within to acquire something from the surrounding. Humility opens up

all the gates of learning and acquiring whereas absence of humility closes them down. That is why the one who moves towards the internal evolution of being a witness, remains filled with humility. In such a case learning approaches you from within and surroundings as well. This hastens up the process of self evolution.

An actor believes that all of his wealth remains there within and with him whereas a witness knows that all of his wealth lies there within you. That is why a witness might remain penniless but the wealth always remains there for him. Your soul is his wealth. So he can refill his tank of love just by looking at you. That is why he just remains satisfied in fulfilling his basic needs as internally his full of love & joy. This gives him the freedom of not being dependent upon the senses for sensual fulfillment.

Mind's desires remain same during the unfavorable and favorable phases. It is just during the unfavorable phase they don't get fulfilled and during the favorable phase mind goes all out to fulfill them. However going through the unfavorable phase, mind comes to know that it cannot go hindered. Mind knows now that life is not just about the fulfillment of desires, it is about suffering as well. So it is no less than a divine help that the desires are being fulfilled after going through the phase of sufferings.

An actor willingly wants to make own presence felt in whatever happens around him:

At the same time he tries to introduce some changes or if possible to change the end result completely. So that he can leave own impact on other's minds. An actor always remains keen in whatever happening around him. It is often seen that generally males take keen interest in local, regional and international politics. Similarly generally females are interested in the activities happening within the house as well as in the adjoining houses, especially if they are housewives.

Attachment, desire, effort and result, this is the periphery of an actor. Same is the case with all the actors. So as an actor we keep on interfering and interacting with others periphery. As an actor we may find it interesting or nagging. An actor is selective as far as letting someone enter into own periphery is concerned. Sometimes people may feel hurt in the process of interacting with someone.

We live in a bubble of private space. We want to arrange this bubble according to our preferences, implement our ideas here, work and earn according to own choice. Living within this bubble we want to keep free time for our interests in mobile, internet, TV, friends, boyfriend or girlfriend. This limits the expansion of our awareness. As an actor we are super protective of our bubble, similarly as a witness we want our awareness to expand in the Cosmos. As an actor we love our involvement and try to fiercely protect it. An actor never likes any intervention in his activities & indulgence. Through this way one gets connected with few people and a journey of gathering experiences gets started.

Similarly as a witness will love our awareness. As an actor we have lots of involvements as this is the way mind likes to function whereas as a witness one gets one with the omnipresent consciousness that exists in everyone. This provides an altogether different vastly expanded vision to the witness. That is why the type of activities a witness performs is entirely different from that of an actor's.

The whole effort of a witness is to stay in the state of samadhi:

This means constantly feeling the presence of truth everywhere. Focus remaining concentrated on that point only. This is a very comforting state as it brings along a certain extent of bliss associated with it. During this state no thought or imagination crosses the mind and the person gets to feel this very rare state of stillness. No matter how extensively an actor tries however stillness remains beyond the reach of an actor. The zone of effort and spontaneity are entirely different.

Upon being asked that "why do you need to meditate even now?" Buddha said that I don't do it. It just happens spontaneously.

There are two conditions either through the body we try and satisfy someone's mind or through the soul one tries to touch someone's mind. In either of the condition, one has to touch the mind only. Witness takes the second path. He tries to touch others through own stillness. No matter how finicky we become, it never makes us feel comfortable. One of the most rare feelings that one could experience is stillness. As a human being driven by our own minds generally we never get to feel it. That is why even after being in the middle of abundance, one feels that still something is missing. What our mind cannot do, our nature can. Our nature paves the way of the stillness. That is why whatever our beliefs and religious affiliations cannot achieve, our nature can. This is how the journey from the group to the individual and from individual to the eternity gets facilitated.

It is no less than a feat to keep holding oneself even in the strong currents of the mind. This is what a witness tries to achieve. Maintaining the state of stillness and joy. This is what he wants and tries to learn to create such conditions that facilitates intensifying experience of meditation & samadhi. He wants to delete all those things that dilute this experience. This is how the spiritual way of life evolves.

A witness knows that karma of individual creates circumstances:

These circumstances produce experiences and experiences are the teacher in themselves. That is why a witness doesn't interfere in other's karmas and let them learn from their own experiences. This is how they make themselves free from making others learn. If one stops acting under the stimulation of the mind, then the process of experience and generation of related circumstances comes to standstill. This is a major difference in our lives as an actor and a witness. This is how a witness becomes able to make a major portion of one's daily life free. In an actor's life this period is full of stimulation related to emotions and feelings. It is all related to the mind. This is one of the things that brings the difference in the life of an actor from a witness's life. This provides a privilege to a witness to move ahead on the path of self evolution. Transforming own understanding into awareness is no less than a revolution as it changes the way one perceives the life. Both for an actor and the witness, life is an opportunity. As both of them work however an actor works for own mind whereas a witness works for the almighty. A witness works under the influence of love whereas an actor works under the influence of

own desires. So the existing feeling in both of the cases are starkly different. During the life either of our own demands remain in the center or a generalized paucity that needs to be addressed. So everyone of us needs to select a camp. A witness takes the inspiration from the nature, who keeps working silently and never interferes in anyone's life.

Nature is the representative or manifestation of supreme element on the earth. There's nothing more still, productive, beautiful and welcoming than nature. So whenever we see nature's qualities in some human being, then it is such a comforting sight. That individual is like a missing link between an actor and the eternity. That is why a witness has his own unique role to play as we want more bridges between our identity and the existence.

As an actor we have aspirations whereas a witness is focused towards fulfillment of 'yajna' or 'yagya':

Aspirations are related to the mind and mostly they are society centric. In whatever age a person takes birth, there exists a society. As a part of the society, person observes many things. Society has a certain benchmark as far as the parameter of success is concerned. As a unit of the society, the individual is expected to raise own individuality up to that benchmark. One of the benchmark of the social success is the financial growth. Society judges you on the accounts of these benchmarks and then decides that were you be able to prove your salt? Even the individual wants to meet these benchmarks as one grows up observing people and

the society. Another thing is that there are individual aspirations as well. There are people who want to further elevate this benchmark and set new examples. So as far as our aspirations and ambition are concerned, there is a totally different league of it. This is a special zone of a particular kind of feeling that affects us in some phase of our lives. Aspirations want themselves to be fulfilled. During the unfavorable condition they remain subdued, while when the condition becomes favorable, they reappear to make the individual aware of their presence. In such conditions, individual starts trying again to fulfill them. We often see people going to the school and colleges in the later phase of life, just to fulfill their aspiration of being graduate or post-graduate or obtain a doctorate degree.

In case of a witness, these concepts get altered. As aspirations are there with an actor similarly awareness is there with a witness. This awareness wants to serve the supreme being that can only happen through the people, animals or serving the nature. For this a witness wants to point out a field, where the necessity is. Now all that he wants is to fulfill that necessity through own efforts. This whole process of fulfilling the greater necessity involving many is known as Yajna or yagya. Whenever someone takes this initiative, we want to be a part of it, so that we can contribute our bit in the Yajna.

An actor wants to compete with you whereas for a witness your presence is enough:

A witness doesn't want any change in you. He can witness the Lord in you and this sight provides him enough pleasure and tranquility. So in the presence of witness, you are free to be whatever you are. He's not interested in any interference. All that he wants is to be interested in the truth. A witness is happy within one self. So his presence is very neutral and subtle as well. A witness can stay the way he is, when he allows others to be the way they are. This means rather being interested in the change, witness is more devoted towards evolution. He knows that evolution is a self-propelled process. Until and unless one gets ready for it, it cannot happen. So it is the individual's decision and devotion that takes him towards this path of internal evolution. So the decision must be left to the individual only. This means that everyone's savior is within. To move or not to move towards the path of self control is everyone's own choice.

For an actor it is not just about the competition rather it is about influencing as well. So competing, influencing and interacting are an integral part of an actor's way of life. As an actor we feel that we have too many options as often it is said that there are too many fishes in the pond. However in reality we are choiceless. When we don't have access to something superior, higher or righteous, then we have no other option but to keep looking towards the fishes. A big fish in the sea can feel that he has so vast area to cover and too many opportunities to ponder upon however in reality she is devoid of the opportunities present on the ground and in the sky. As an actor we have no different story. We see vast expansion however our choices are too limited. That's why we have no choice but to keep repeating same experiences whether they may be related to the material or humans. This boundation of repetition gets over, when we get transformed into a witness. Now we have new avenues of joy, creativity and stillness. That too without indulgence into the world and expense of power.

Difference between Ganesha and karthikeya:

Ganesha is a witness. So he has the subtle vision. He himself has a subtle body. That is why his head is as big as an elephant's. This represents the expanded state of his consciousness. As the consciousness expands, person becomes able to gather the cosmic wisdom. Due to this wisdom person is able to differentiate between the Karma and Dharma. When parvathi came in contact with the great yogi known as Shiva then he made her realize that Shiva resides within her also and there is Shakti as well. Upon their union something is born. It was always there however it was dormant because of the distance that had been created between the Shiva and the Shakti. It is like the union of the lock and the key. Upon this union only the lock gets opened and with it, a new dimension gets opened up as well. Individual needs a subtle body of oneself to get acquainted with this new dimension. That is why Ganesha is known as the God of beginning. Ganesha himself is a mark of a new journey with a completely new identity. This is a journey towards the absolute and the infinite. One needs to be a none or zero or shunya to embark on this journey. The round body of Ganesha denotes him being that quintessential zero within us. Ganesha eats laddu that is also round. Which further denotes the significance of being nothing. The shunya that can get merged with ananta. In the temple of ganesha people get the laddoo as the prasadam. Shunya means the complete and impartial vision.

On the contrary kartikeya has a material body. He's born through the normal biological procedure. His vision is not as improved. Ganesha could understand the

deeper meaning of various elements and their place of location. He knew exactly where the Earth and sky are and how they are connected with the individuals.

Active mind - actor

controlled mind - witness:

One very prominent thing about our lives is the mind. Mind is that element of ours, which is sensitive towards whatever that is visible and audible.

The active state of the mind is about that current of feeling, which is there within just because of the interest in whatever that is visible and audible. From hyperactive to active to subtle and sub-unconscious state of minds are there. Under the effect of feelings bubbling within the mind, senses become active and mind gets ready to advance into the state of activity. Feelings work as a catalyst that pushes the mind to perform the karma. This is how mind activates the body for own sake. Mind makes the senses work excessively and many a times unnecessarily as well. This excessive working puts extra pressure upon the senses. Through the senses mind overwork itself also. An overworked or over excited mind creates likewise feelings. These erratic and uncontrolled feelings create a problem for the individual and the associated people. Keeping the activities of mind-senses duo in control, helps the person to retain own power and not to splurge it. It means keeping own power up to oneself and make it work for self. There are majorly two stages during our lives. Either we remain under the effect of an active mind or mind remains under control of self. First state can be described

as Karma and second state as Dharma. First one belongs to an actor and second one to a witness. The thing that is closest to an actor is Karma and similarly Dharma is closest to the witness. As an actor we have to do something. If body is still then mind keeps producing thoughts. This means something or another keeps happening. So an actor sits on the pile of all his karmas. This is the reason of comparison that keeps happening among people. Everyone wants to elaborate that he did how much. The secret or an engine behind any actor is his active mind. In own imagination an actor's mind keeps making a tower of own achievements and then on sitting atop of it, he prefers to look at the tower of other's achievements.

Only a witness can provide this prayer, which says

You truly are the mother

You truly are the father

You truly are the brother

You truly are the friend

You truly are the knowledge

You truly are the wealth

Oh my lord! you truly are everything:

If we look through the perspective of physical identity then mother, father, brother and friends are different. Knowledge is different and material wealth is different.

However the vision that a witness has is not focused upon different people. It is just looking at one common source that is visible in everyone. This common source produces different physical instruments called bodies. Without the presence of this common element the physical instrument cannot be formed. So the witness is addressing that element only.

This is a story related with Mahabharata in which at the end of the war, bheem thought that he won the battle for Pandavas, Arjun believed that he was the most influential fighter, few others believed that their contribution was equally important. Then Krishna said that we must go to Barbarik, who has seen the whole battle. He would be able to help you in deciding. Barbarik said that Krishna although you did not used any weapon during the war however I could see you all over. You were the one who was fighting. You were on both the sides. You were among the winners and you were among the losers as well. It was you who made it happen. You were the force behind every sword.

It may be any struggle all around the globe, once it gets completed, people want to take credit. However when we go through any struggle to uphold the dharma or righteousness, then it is the divine power that works as a deterrent against all that which is not natural or divine. The case is same when the person tries for self evolution or to move towards the truth and away from Maya, then it is the nature's or the divine power only that helps the individual to make progress.

Witness is able to glance over the activities of the mind while remaining unaffected of it:

This means a witness is not under the effect of the mind and that's why he is able to look at the mind in complete detail. Witness is able to generate the understanding of the activities being done by the mind. That is why he gets to know more about the mind in a comparatively short period of time. when one is not involved with anything then one can sit comfortably while keeping all the focus on the activities being done before the eyes. In such a case the purified intellect gets activated and keeps providing the reason behind all these activities. Till the time we remain involved with the activities, we want to taste the fruits of the outcome related with those activities. That is why we are never able to understand the reasoning behind their presence. As we have nothing to do with the reasoning. we just want our expectation to be fulfilled. Till the time one remains mentally attached with it, our aspirations cast their effect on our identity. In such a case whatever our aspirations provide us, becomes our identity. People start identifying us through our aspirations and we remain ignorant of this fact. We may or may not like the people's perception about us however we can do nothing about it as we remain driven by our aspirations and desires. Upon witnessing the activities of the mind, witness comes to know that mind is nothing but the aggregation of it's desires, aspirations, imaginations, fantasies and wishes. Their absence itself is no less than a solution for the individual. In the absence of own mind, one is able to see the activities of other's minds. Witness remains situated in the middle. Through the eyes he can see the activities of the mind and through own internal vision he can see the truth as well. As the witness can see the mind similarly the supreme consciousness can see the witness. A witness is much closer to the supreme consciousness than an actor. That is why a witness can more closely feel it's presence.

An actor keeps venting out the accumulated grudge through mind, speech and body. The turbulence within a witness is very less, which keeps him mostly stable:

There remains too much stuffed feelings within an actor. To vent out many of them an actor has to wait for the right moment. Actually an actor wants a suitable scenario, to maximize the impact of his words. For this an actor may have to wait for years or decades. Till that time that very thought and the associated feeling remains there within and keep producing its effect. Many of his grudges and thoughts keep coming out every now and then. That is why an actor uses his mouth and takes help of words more often. Although this is not a comfortable situation for an actor also however till the time an actor doesn't go through the internal change, the scenario more or less remains same. As an actor's mind is more interested in seeing the effect of own words and expressions upon others. As an actor's mind believes that if there has been some unfavorable thing done with him, then he will have to correct it on his own. So apart from own goal, an actor's attention remains on many other things as well.

From exclusivity to inclusiveness, Bhavna to Bhava, various different forms to one supreme element, various kinds of sounds to omkar, group to individual, from one to all and all to one, instrument to Atman, options that are limited and divided in various forms to all pervading truth that exists in everyone, eyes to vision, imagination to sat-chit-ananda, community decisions to conscience, various words and languages to the state of silence, stories of civilization to eternal silence of forests, social festivals to individual festival, social and religious identities to self-

recognition, individuality to existence, family to familiarity, social recognition to self-awareness; the journey of an actor attains new dimension when one gets transformed into a witness.

An actor doesn't have the inner joy:

There's no way to get tranquil for an actor. That is why an actor starts consuming various intoxicating materials to feel that tranquility. In such a case one needs to repeatedly go back to the senses to generate some moments of fun and enjoyment. Resultantly mind and the maya continuously take over again and again. So the place where awareness could have been present gets consumed by the illusion or the maya.

A witness can generate self tranquility through performing natural karma (Dharma) and can preserve it through meditation. This is how a witness neutralizes the exciting currents produced by mind. This is like producing own crop and preserving it. No matter how financially wealthy we are however that doesn't guarantee us the joy. All that it needs, to value own natural inclination. Mind, intelligence & ego maybe few of the aspects of ours however our natural inclination is also an important aspect along with individual's focus and energy. That is why the sages and the realized people often insist on the fact that self inquiry is essential to uncover the hidden and neglected aspects of our being. Self tranquility is there within however it is deeply seated. Those things that cannot be achieved being an actor, are attainable by and available to a witness. That is why

people who feel saturated by materialistic inclinations, gradually turn towards the spiritual way of life, to experience all those states that are not available to us as an actor. After getting the experience then only one can reasonably decide that which way of life suits him more? Do we relish more the hallucinations provided by the Maya or the tranquility provided by the awareness. Do we need to be on our toes always or we can sit comfortably and attain the heights of consciousness. Will our mind keep wandering from people to people or our consciousness would achieve the paragon?

Thinking is an obligation, not a privilege. Witness knows it:

Mental obligations pull one down. It is particularly true as to development of awareness is concerned. Various levels of thinking are concerned with various levels of mental desires. When there are desires, there are thoughts. Due to this, one gets mentally occupied. As to spiritual growth is concerned, mental occupation is not a privilege. As it diverts all the energy towards realization of that particular desire and implementation of various thoughts. For meditation and further stillness, it is necessary to slow down the mental activities. As the mind-loaded with thoughts only diverts us towards filling the mental potholes. Mind wants to eliminate all the shortcomings and the lackings, which it thinks are there. It needs lots of efforts, interpersonal exchanges, thinking, conversations, involvement, investment of time and resources. For an actor all these things are a privilege as he wants it to happen and that too smoothly. As an actor we want to eliminate all the hurdles that comes to our way in achieving our goals. For this one needs extra

precautions, attention, efforts and some more thinking. So thinking is an inherent part of an actor's life. On the contrary a witness has nothing to do with thinking. As all of his attainments are related to silencing the mind and increasing the density of sacred emotions like love, care and service. These sacred feelings need a stable mental ground to develop. For a witness life is like an effort of farming. So he prepares the ground of a meditative mind, sows the seed of realisation, waters it with own internal power earned through following the natural way of life, waits patiently for the plants of awareness to gradually come up, produce the fruits of wisdom & fragrance of love as when love is there, one is rich. If it is missing then there is some deficiency.

As an actor has confidence, similarly 'self' develops into an umbrella of awareness:

This umbrella is known as contentment or happiness. An actor is able to execute own work confidently. An intellectual person with her feeble confidence won't be able to provide his 100% to his work. If an actor loses his self-confidence, then his individuality won't be able to develop freely. Similarly a seeker would be able to give his hundred percent to his purpose, when one is perfectly seated in the state of witness. An actor keeps expanding on the earth through his self-confidence, similarly the consciousness of a witness lifts up & expands in the space. There it is called the awareness. Actors values area, witness values space. Both of them make an effort towards their respective field of interest. An actor prefers to be thoroughly extroverted whereas a witness prefers to remain introverted. To achieve own goals an actor has to come in contact with multiple people whereas a witness

makes advancement through remaining silent most of the time and maintaining only necessary connection with the world. An actor wants to be widely known whereas a witness wants to know and that too in-depth. An actor wants to keep own attention in all the directions to tap any existing or emerging possibility. As through this his fame expands. On the contrary witness wants to keep own focus fixed in just one direction and that too vertical as from there his awareness expands. So both an actor and the self has some ground to cover, which needs dedication in their own respective field. So the journey of life has the potential to provide more than one ground to cover and multiple planes to develop. It depends upon the individual and his internal wish that where one needs development. Different people choose different planes and there are people as well who choose a different dimension altogether.

Witness and awareness:

Unless we start living in awareness we keep considering that God lives somewhere else and humans live here. Upon living in awareness, the realisation of God residing in humans and every other form of life ripens. This segregation between the God and living beings ends upon attaining the awareness only. Awareness helps us to connect with everything & everyone around us. Yogi is the one, who is one with the existence. This oneness is possible through awareness. Now person comes to know that who is worshipable and whom to provide own services. Service to the Lord is only possible when one attains awareness. One remains deprived of the service to the Lord until awareness develops. One starts living for

the Lord only when we start living in awareness. Without awareness we live for ourselves. Ourselves means our own mind. So either we live for our own mind or for the Lord. Living for the Lord helps us to be our own Swami or our own lord. To end slavery of our own mind, one needs to live with awareness and for truth. In the state of awareness only, one can do the Yajna. Yajna means fulfilling the needs wherever it arises. It means shifting our focus from our own desires to the needs of everyone. It is mentioned in the texts that in earlier times sages used to perform yajna and demons always tried to disrupt the it. Sages needed some divine help so as to perform the Yajna. As only the divine power works as a deterrent against the force of the demons. In order to get the divine help to protect our Yajna, one needs to perform own 'swadharma' or our own natural work. This produces the required divine power that is necessary to weaken the strength of derogatory thoughts. Karma remains Karma til the time there is no self-control is there. Karma gets transformed into Dharma when self-control arrives. Krishna says that the way you know me, i know you the same way. The way you worship me, I worship you the same way.

The real understanding of heaven and hell is achieved when the individual gets the experience of an actor and the awareness of witness:

Individual feels susceptible in hell that is why one covers oneself with many armours. So that one can pretend to be strong and fearless. Many a times individual changes own covering according to the circumstance to camouflage oneself.

Heaven means ability to retain own nature while remaining fearless. So that one needs not to search for any shelter and camouflage oneself. It is about being as it is, that too while remaining fearless.

Children live with their innocence, that is their preferable way. While living with their innocence, many a times they feel that they are more vulnerable to external intervention & inquisitive glances. To counter these unwanted interventions and unsettling attention through body language and facial expressions, one starts pretending to be fearsome. This is a common technique adopted by animals and humans to protect oneself in an unfavorable & hostile conditions. Till the time one becomes capable enough to protect oneself, one pretends to be harmful. So that other's unfavourable intentions could be discouraged. One who is capable enough to defend oneself may not have to pretend fearsome. They do so just to convert their intentions into reality or when they consider someone a threat.

Being fearless is a different thing and being fearless while maintaining own innateness is another. This is a very unique state to achieve. In simple words this condition could be described as a 'fearless flower'. It is about attaining the inner beauty of a flower and the ability to douse the mental fears. Many saints and sages become capable to attain & retain this state in growing age. So in an old body they have the beautiful nature of a child. It is a great relief if one has not to pretend anything as it makes one not to indulge into unnecessary and unfruitful activities. This is the real heaven.

Internal power of the body when comes out through the genitals, strengthens the actor within individual:

Same power when rises vertically and comes out through the crown chakra, it strengthens the witness within the individual. It depends upon the capacity to contain own power and let it become free from the intervention of mind. Actor remains under the effect of the mind because one has not enough power to maintain a distance from the mind. Mind keeps us occupied through various kinds of sounds and pictures. Every sound has a corresponding image. Whenever person hears that particular sound, mind immediately restores the image related to it. So the sound and image aggregately constitute an identity for the person in other's minds. Person also can considers own image and voice as an inseparable part of own identity. People know each other through their image and the sound that gets registered in the brain. Dependency on both of them makes a person dependent upon the mind as mind has affinity for these traits. There is a multi trillion dollar economy associated with attractive images and soothing sounds. The sole reason behind this is the mind's affinity towards them. That is why these things are sellable and there is a high demand associated with them. Image and the sound has the capacity to catch the people's attention. Both of them aggregately have the capacity to excite the brain and take it to a new chapter of imaginations. Under the effect of excitement and imaginations, person gets diverted towards the world of actors, pretention, role playing and artificial portrayal. This world is completely different from the world of a witness. Witness just wants to keep it totally simple and remain natural as regards the daily activities are concerned. To achieve this a witness just drift away from the sound and picture show of the mind. So that the flow of power within can take it's own course.

When simplicity gets matured, individual moves towards being a witness:

Simplicity is prerequisite of being a witness. Existence facilitates innate people to gradually forward towards being a witness. As a mind continuously keeps working similarly the person's nature and the nature's design on the individual also keeps working. As much as person's self restraint remains efficient, his natural side exhibits itself more freely. When self restrain becomes feeble, mind becomes dominant. It all depends upon the level of activity of the person's mind that one exhibits the traits of an actor or a witness. An actor's mind keeps making lots of ripples In the form of thoughts, memories and imaginations. In such a condition, the state of stillness can not be experienced. Simplicity is a virtue which has its own unique advantages as far as the natural progression is concerned. Simplicity means not being too much inclined towards the privileges of the intellectual aspect or not having an inclination towards the mind games. This also means the loss of greed and having least interest in various levels of politics and power games. Brain can be used for being well connected, earning name, resources and effect or it can be used to develop understanding about some specific field and acquiring satisfaction through it's practices. The use of brain or intellect can be done in either of the ways. Brain is an extension of mind. So when we use the brain unnecessarily, inadvertently we strengthen our own mind. It means whatever that is being used produces some effect.

When the person decides to stop the unnecessary usage of the brain that increases the person's involvement and indulgence. Only then one saves lots of own energy

and oneself from being burdened by useless mental cluttering. Simplicity getting matured means going through the test of time while maintaining the simplicity.

Whatever maybe the individual's way, one has to earn the state of witness by walking on it & further cementing it:

It can become stable only after it is earned. As one has to work everyday and execute own social and professional duties similarly self has to perform own Dharma everyday. This dharma is not about any prayers or beliefs rather about executing own natural duty. So one major thing that it teaches us to bring balance in own karma. Keep valuing own natural aspect is essential. They should not be ignored under the effect of our professional demands and individual aspirations. So it is important to understand that there is another aspect of ours that constantly exists. It mostly remains suppressed under our own aspirations, social and professional demands. So when the person learns to extract the time for it then only one comes closer to earn self and later on the state of witness. Making stable this state of witness is also a milestone and the next attainable state. All those achievements that are related with the mind are known as attainment. These attainments are different level of states that one gets to feel & be in. These states are those particular kind of feelings that are not generally available to us as an actor. It is too difficult to experience peace and even more difficult to feel cosmic love. As our surroundings and modern world doesn't promote walking towards these rare kinds of states so their mention is not often there in the menu of the world's restaurant. Those few who talk about them are known as mystics by the

world. All those things that cannot be taught in the classroom course are not given due importance. Practicals and researches are promoted all around the world as they can be demonstrated, repeated and can be perceived by our senses. However experiments related with self evolution and soul-searching are quite rare.

Being a Swami is related to the state of a witness:

Together self and the state of witness constitute a Swami. Swami is the one who has control over mind, speech and body. This is such a rare feat to acquire. Bringing the activities of mind, speech and senses is a great attainment. Putting a check upon their activities is very rare and indeed a mammoth task. As a normal human being, we are merely a slave of our own mind. From being a slave to a king is a complete journey. A king is not under occupation of anyone however a slave is. A king has a freewill whereas a slave has to implement the orders & follow the dictation given by someone else. The worst part of this whole arrangement is that one is not the master of own Karma. As a living being, our karma is the mandatory condition associated with us. So karma can either be used to serve the Lord and to facilitate the nature's work or they can either be used to drift away from both of them. As it is said that work is worship. So during the life if one gets this privilege to worship the Lord through own work or karma, then one gets to extract the satisfaction and as prasadam self tranquility is attained. Geeta says that if you follow your natural Karma then you get shielded from indulging into the mental activities that ultimately has the binding effect on the individual. A swami or a lord or owner of oneself would always give priority to freedom. He would try every

single bit to evade captivity. A Swami might remain empty-headed and may wear only a loincloth however he still is a lord of his own internal atmosphere. So even living a materialistically deprived life, one relishes the state of joy within.

Acquiring self is just one step towards being a Swami. Later on one does a major course correction of the life and practices and gradually learns to adapt to the changed internal environment and its demands. Swami leaves behind many existing or old patterns and absorbs the essential ones. The power attained through being a witness converts the self into a Swami.

It is much easier for a witness to slip into meditation whereas for an actor meditation is a mystery:

Mind is an engine that constantly remains open for an actor. Making it run faster is easier for an actor however slowing it down or bringing it to such a state where it can feel the still ground of meditation is too difficult. Meditation is fruit of the natural work which is neither associated with imagination or option. That is why they who remain distant from having imaginations in the mind and going behind the available options, find it nearly impossible to have the experience of meditation. That is why many meditative techniques had been devised so that somehow this experience of meditation could be made available to them who are curious yet unknown of it. These techniques involve the active part that helps in gradually preparing the mind & body to enter into the meditative state. They

involve a definite period of physical activity and then provide rest to the body and the mind.

As once mind takes interest into anything, thoughts and imaginations associated with it keep recurring in the mind. It is not a natural activity, it is a mental one. As a part of the society, we have been trained and conditioned to keep indulging in some thought process and keep diving into some new object of interest. In the modern way of living, it is too rare to get indications about all those aspects, that get unlocked when mind becomes subtle. We have been trained to become go getters & achievers not attainers. We have been trained to think fast, think big and act faster. Rarely we are taught about exploring our natural side and these ways of developing it. That is why even after growth, development and success stories resentment remains there. Ability to meditate is no less than the prosperity for spiritual seekers as it makes them inch closer to oneself and attaining their dharma that ultimately makes the life purposeful. Through it one becomes able to add something to the repository of the world and humanity.

Options & imaginations:

There are options in the world and imaginations in the mind. This tandem of options and imaginations keep an actor going. So till the time we keep concentrating upon the available options, imaginations keep bubbling in the mind. This creates a cycle and as an actor we keep cycling between options and imaginations. This whole process is competent enough to keep us occupied. It

never allows our awareness to develop and take us to the forgotten and uncharted dimensions of Life. Own power can either be used to keep frequenting between imaginations & the matter or it can be used to experience the stillness and development in the aerial plane.

Along with the imaginations we create memories as well. Memories are also a burden as far as the development of awareness is concerned. All the natural processes happen silently. Development of awareness is one of those processes. That is why an environment of silence has to be created within, just to potentiate the inner development. This inner peace awakens the possibilities of natural development within. Peace is an invitation to the nature to come and make the whole internal environment natural. As we know that nature is eternal so all the eternal possibilities start developing. It makes the one aware of the eternal aspect of being. An actor always remains concerned whereas a witness remains aware. As an actor we remain involved with people and related activities.

A witness doesn't take the activities seriously as he knows that there are some mental tendencies behind them nor he's interested in the physical qualities of the people. As through the awareness his focus remains fixed upon their conscious element or soul. Considering this way even in the hustle bustle of life, a witness attains stillness through remaining in present that helps the development of own awareness.

3 lokas

1. Earth

2. Moon

3. Sun

When we look towards the sky then we find that there are three prominent visible objects present there. Earth, moon and Sun. Sun is the source of our energy and light. The possibilities associated with each of these destinations are different. We need energy and light but we want it in a controlled manner and amount. The distance between Sun and Earth makes it possible. As Earth revolves around its axis so there is a cyclic phenomenon of day and night there. Moon is the nearest object to Earth. It facilitates the sun's light to us in the night, which we consider as moonlight. Since ages moon has been the source of light for the living beings on earth during the night time. So without making any contact both sun and the moon play their own role for earth. So Sun is the hallmark of day and moon is of night.

When we look at the life then we find that earth is the place where life takes shape and sun is the source of life. It means Sun as the epicenter of our Milky way supports the life here. The role of the sun is quite visible and proved by the science in the origin of life. We live on this planet Earth however our world is too limited. That is why we are not even aware of maybe even a fraction of it. While being on the earth one can see it in totality. If we get ready to distance ourselves from the small world, whom we are a part of, then It is possible to elevate oneself higher. Next closer destination is the moon, where one can imagine to place oneself and look at the Earth. Many other things that are possible on the earth won't be possible on the moon however one thing that would definitely be possible is to look at the earth from a completely new & different perspective. Philosophically it will leave such a mark on the person's mind that the individual cannot remain same after that. This vision would be free from attachment with few people and particular place.

Now as the person can see the whole world, so the whole world belongs to him now.

While being on the moon one will feel the effect of the moon, which would be different from the Earth. So it would be seeing the Earth having the effect of the moon within. This effect would further change when one elevates oneself up to the height of the sun. So it would be about seeing the Earth from the source of the life. Then one would realize that how tiny those matters were, that keep people involved and full of friction. It would be about seeing the Universe and the very tiny earth from the place, which is full of light.

In such a case consciousness can not remain the same as it is on the earth.

Through this example we can imagine the state of an actor, a witness and the supreme being.

At any given time and point, picture is same for everyone present there. However there are three different visions of looking at it:

1. We look at people with curiosity.
2. When we think that people are noticing us and showing interest in us. This makes us feel more conscious about ourselves. We try to check that whether everything is okay with our appearance, clothes and accessories. In such a case, depending upon our level of interest we either try to evade their attention or attract it even further.

3. When we look at the truth in people.

As a naive and growing child, we are too curious about our surroundings. We have so many questions about them and we seek the answer from our parents and elders. Children want to know the cause of their presence as well. Everything is unique and attractive and one wants to feel and experience it. An innocent mind looks at everything with innocence. A harmless mind thinks that everything is harmless. The curiosity of children make them so active. They want to reach out to everything that is within reach. That is why parents are caretaker, teacher and the guide for the kids.

In the second condition when children grow up and can help themselves, then curiosity still remains there. As one becomes familiar and aware of many things however still a large section of things, places and experiences are there, which are still unknown and uncharted. In the individual's vision at this juncture, all these things are important and doable. Different people get interested in different things, which decides the course of their Karma for future. Person's nature and inclination also play their role in shaping one's curiosity and interest. As far as the professional life is concerned, this is the point from where different people head in different directions.

In the third scenario, our vision further gets refined and fine tuned. Now it wants to move beyond the visible and perceivable. So it gets directed towards oneself and wants to know that whether something attainable as well.

"Sarve bhadrani pashyantu":

May everyone should be able to witness the truth:

Whatever we get to see ultimately casts its major impact upon our lives. As the proceedings and activities are largely dependent upon our vision. That is why this famous couplet of Indian culture states that may everyone be able to witness that. This is compassion. One who has written it wants to say that if I am able to see the truth in you, then you should also be able to witness that everywhere. May everyone should be able to get the vision of highest level, So that the approach towards the life gets changed completely. If such a beautiful sight present there then everyone should be able to see it. This also states that there are hidden possibilities present within the human being and one should know about it. This is about strengthening and making the individual self-reliant. This way person becomes able to develop own awareness & streamline own Karma. Until & unless this happens, person remains an actor. Child acts naturally, adults act intelligently and later on one should be able to act with awareness. This is how the gradual transformation is. If even in the advance age person keeps behaving intelligently then the development of awareness is still pending. In such a case we remain segregated from our surrounding and existence as well. When there is minimal awareness, maximum insecurity looms around. In such a case there is no other option but to remain stuck with few chosen people and some specific place. Thus our world gets restricted to this group. Resultantly 99.99% people remain left out and restricted to the category of others. The larger effect of this whole scenario is that we miss to establish connection with the existence by not being able to develop this vision of a witness. This is a unique feeling as having all the senses and the mind at disposal, one gets to feel the innocence of a child even in the adulthood or advanced age.

Once a person enters into the state of witness, then only one comes to realize that what he was searching for:

This is a moment of realization for the deer that the musk is there within his own navel. Till now he could smell the musk and used to think that it is somewhere there in the jungle. So wandering in the jungle was associated with the search of the food as well as finding the source of this smell. When the deer finally comes to know that the musk is there within his own body, then a big part of his search gets over. So the wandering associated with this search also gets over. Now the next step is to restrict the unnecessary movement and fine tune own way of living. Same is the case with the witness also. As one comes to know about the source of self tranquility and the joy then one moves on to adjust own way of living. So that along with own family and social responsibilities, one can remain connected with own spiritual development. A witness wants to go deeper into this state and retain it in every condition. Then only one comes to have a control over own body, mind and speech. In Indian context a person who gets to achieve this feat is known as 'Swami' or the 'lord of self'. One who is not under occupation of own mind, body and senses. Means one who can drive freely and in the direction of own choice. With the change in the vision, one executes own duties as the service of the supreme being. Whatever a witness does, is for that only. A witness comes to know that this is his opportunity to serve the Lord. A witness wants to consolidate this state and reach that height, where one gets seated in the feeling of uninterrupted love. So that one becomes love only and shares it with others also. This is a state

where one doesn't get affected by other's views, philosophies, ideologies and actions. This is a state which is free from all insecurities. Love and completely developed awareness erases all insecurities. When one becomes awareness only then every other thought gets eradicated completely.

An actor gets affected by imagination whereas a witness gets affected by the truth:

Imaginations are a great driving force for an actor. As an actor tries to work upon the imagination and performs the experiments related with it. Imaginations create a perception in the mind and mind wants to move ahead holding on with that perception. Every perception has a certain feeling associated with it and actor feels that this feeling would be substantiated once the perception gets changed into reality. So this is the driving force behind the experiments related with any perception. The feeling associated with the experiments and the end result are quite different from the perceived feeling. That is why every action which is associated with a perception can be termed as an experiment. Imaginations create a world of fantasy within the mind and there is a full industry and a massive business exists that caters to the people's fantasy. As the feeling associated with every unfulfilled fantasy is quite binding that is why consciously or subconsciously mind wants to live those fantasies in the real world as well. They who are deeply associated with it, know this fact that if you can sell an imagination and the fantasy related with it, then you can definitely sell a product as well. As the people want to experience the charm related with it that is why investing in realising the imaginations doesn't

remain a big deal. The charm associated with an idea or imagination is widely expanded across nearly every field.

As we know that inventions are driven by the need and the business associated with it is driven by the demand associated with that invention. There is a lot of karma associated with bridging the gap between the perception and the reality, the feeling and the experience. The basic human needs are different and the demands associated with fulfilling the imaginations are different. That is why the whole economy can be divided into two parts, need based and demand based.

The state and the vision of a witness together take the shape of a lamp:

The state of a witness is like a covering of the glass that protects the light of the lamp from the strong winds of the Maya or illusion. Vision is like that window through which the light appears. We need a lamp for us as it guides us through the darkness of Maya or illusion. Secondly we also need a protection for it so that the light can remain alive & we can keep marching forward. We need our own light to steer us through the zone of darkness. Till the time we remain in the darkness we have no other option but to stay dependent upon our own mind that is highly reactive and sensitive towards the Maya or the illusory side of this whole cosmic arrangement. We need light so that we can remain distant from all those memories of the past and imaginations of the future. Being in present is about the stillness and having the light within is about remaining focused upon the truth. We need our own light and that too a constantly alive light. Having own light is about true self

dependency and keeping it constantly alive means maintaining that self-dependency and the state of joy. The moment we are not self-dependent, joy disappears. This light of joy dispels the insecurity and fears away. We also want our focus to remain completely still. As it is imperative to obtain that most rare state of bliss. When one gets to feel the gloominess of darkness then the individual becomes capable of appreciating the joy of light. When we are made to sit on a hard surface and we get to feel the extended period of discomfort associated with it, then only we come to appreciate the comfort of a cushion. When we get to feel the humiliation associated with failing the examination, then only we take the resolve of not ever repeating this scenario. Similarly maintaining the state of light is a resolve that dispels all the options provided by the Maya. Then only one comes to realize that the options are not important but this state is.

A witness earns and develops oneself while being in the life:

This is particularly untraditional as while being in the life, person remains restricted to own identity and developing own individuality and helping children to develop their respective individuality. So there is a complete layout of the life and during most of our lives, we follow this layout only. It is too difficult to break this pattern and walk the path of unknown and uncertain. It needs a lots of courage to walk the non-traditional path in life as treading this path is not encouraged by the society and family. One needs to go through a lots of resistance as no one can assure and guarantee the success. Either the person has to be self-motivated or guided by the destiny.

Everyone has a particular design of the life which is different from others. The longing of the individual gets facilitated through the network of nature. As everyone has a different longing and aspirations that is why different people follow different paths in life. Before coming to the life, they who want to attain the proximity with truth get facilitated towards the self attainment. So that the individual can utilize the time during the life to develop an awareness about the cosmic presence of truth and can develop the feeling of love within. As merging with the ultimate reality gets facilitated through the feeling of love. One can get to feel the affection, emotional attachment and proximity with the people however the feeling of love is quite a rare finding. This love cannot be provided by others, only the individual has to cultivate it within gradually. They who have love within can help others to have it developed within themselves. Only the presence of a naturally loving person or even animal can help others in the proximity to develop love within oneself. They who become able to help oneself become a source of inspiration for others as well. This is how helping oneself facilitates helping others as well.

A witness develops the awareness towards the conscious element, which is the source of life of everyone:

That is why as far as the life is concerned, a witness is not merely dependent upon the visible aspect of life, which is the physical form of everyone. This is a very important development that happens with every witness as being an actor we know only the visible aspect of life. because of the mind focussing upon this aspect only.

Mind fosters attraction towards it, sustains attachment with it, develops relationship with it, deals with it and as far as the life is concerned, it recognises the visible aspect or the physical form only. As the mind is not aware of the invisible or the conscious aspect of it, that is why all the activities it does are based upon the half information only. Which means we are not taking the life in totality. It restricts us from getting the access to rest of those feelings, which are inaccessible by the mind. Having physical form and it's various qualities in thoughts, mind remains surrounded with some specific kind of feelings like jubilation, excitement, seduction, fear, anger, satisfaction, proud, curiosity, jealousy, hatred, insecurity, ego, affection etc. The rest of the feelings like containment, stillness, peace, love, joy and bliss remain distant. Until and unless person comes to know about the conscious element behind life, one doesn't get the access to the rest of these feelings. This is what incompleteness is all about. Not knowing and not being able to feel that, which is there but out of the reach. So the knowledge and the feelings are connected to each other. That is why in Indian culture acquiring wisdom and awakening is considered paramount to expand own horizon. As feelings and expressions are connected to each other similarly feelings and knowledge are also connected with each other. That is why acquiring self knowledge or self awareness is that one step, which is considered important as It opens the gateway to the compassion, humility, service, joy and love.

In the field of an actor mind is the only actor, which plays multiple roles. Individual remains just an instrument of the mind.

whereas nature is the only actor in the field of witness that functions through the inspiration of the Guru:

This is what the difference between a planned and a fruitful life. An actor can plan however in the absence of the nature, life cannot be fruitful. Nature expresses herself through the trees and plants. When she takes over, the tree of life becomes able to produce fruits of wisdom and shade of compassion. That is why all those people who are driven by their nature are particularly useful for their surroundings. When nature works, individual can afford to relax, simultaneously keep working. This means the natural work brings relaxation and peace. It can drive the person towards meditation.

Witness lacks prejudices as they are not burdened by any section, group or belief system. There should be people in the society, who are not affiliated with pre-existing ways. They prefer walking alone as they affiliate themselves with the omnipresent truth. That's why they cannot belong to a section. Like the nature, they are there for everyone. Humans are divided into sections and groups whereas nature is not. That is why she is the reservoir of all the resources. Through the various cycles, it ensures the availability of resources in nearly all the areas. Since the early ages humans and animals have been migrating to the resources rich areas. Till the person remains in a limited area, his mind and thoughts remain accordingly. As the person migrates to different areas, mind and thoughts expand. Earlier the person's world was too limited. Post migration his world becomes bigger. With this shift person's reach towards new possibilities and bigger share of resources increases. Same is the case with the witness as well. Witness is also known as the 'Brahman', which means a totally expanded mind. As the person's

awareness expands, mind also expands. For the witness or Brahmin, no one is unknown. In such a case mind is there to serve everyone.

A witness not only remains focused upon the truth, he tries to execute own duties perfectly as well:

When karma get dissolved into the Dharma or the natural work and duties then one gets seated into the knowledge of truth. Which is known as 'sthitpragya'. Karma getting dissolved completely means getting freedom from all the unnecessary actions and remaining devoted to all the natural ones. These natural karma or actions are known as the Dharma. All the natural karma doesn't need any planning. They just happen. They're like the flow of river or air. Whenever the mind is empty, all the spontaneous works take over. It means something keeps happening through the person. If the mind is not driving the karma, then the nature drives the dharma. All that one needs is not to promote the mind unnecessarily and remaining the follower of it. Natural karma doesn't need any leader or follower. They just happen automatically and spontaneously. This natural internal environment gradually shifts the individual towards a state, where the individual remains surrounded with the joy of truth.

This is the major shift that happens in the life of a witness. As we generally see about the life that the scenario & the circumstances change however the approach of the individual generally remains same throughout the life. Whenever person's approach towards the life changes then that is known as the transformation. When

the mind's centric life gets transformed into the nature's centric life, then this is the transformation. When the confusion gets replaced with clarity, darkness gets replaced with the light and wandering gets replaced with stillness.

As an actor person's approach towards the life is completely different. Where mind only seeks success and senses seek satisfaction. To get both of them, mind makes lots of efforts and planning. Which ensures lots of activities and interpersonal interactions. They collectively fill the mind with lots of unusueful data and related feelings. Which resultantly clutters the mind.

Guru is pure witness. When the individual awakens and leaves behind his old identity, in that very moment guru appears:

Guru is made available by the existence just to transform an awaken consciousness into a complete witness. This means Guru guides the individual through a journey and a process. So upon awakening journey is quite straight. Guru is unmoved like an idol in the temple. His presence is an inspiration for stillness. One who is completely still has complete awareness as well. So the Guru's presence is an indication towards the journey to stillness. 'Savikalpa samdhi' & 'nirvikalpa samadhi' are two levels of it. Samadhi is about the growth of flower of awareness. On this journey mind gradually retracts it's tentacles of seeking options. A witness is not interested in the available options rather he only remains focused upon the ever pervading truth. Options are short living and perishable. That is why they are not able to provide the tranquility & joy of stillness. Guru is like a

milestone to be achieved, a height to be attained and a journey to be completed. This journey opens the gates of the joy that is related to the completion of natural work, fulfilling duties of a family person, getting to serve the Lord through the service of people and increasing awareness towards the universal consciousness, getting to feel peace through meditation & stillness of samadhi. This is about complete restructuring of own inner space. As before the arrival of guest, we clean our house and try to put the things in order, cook some food for them and try to make them feel comfortable. Similarly in order to surrender before the Guru, one tries to make inner space cleaner and offer him own uninterrupted power. So that he can utilize it in the way he wants to. It is about inviting the Guru to work through the disciple. So that the extraordinary works can be done through an ordinary person. This is about lifting oneself upon an altogether different level.

The journey from an actor to a witness demands continuous emptying of oneself. Thoughts, imaginations, planning and memories are disposed off. Awareness keeps getting filled in this empty space. As the content of modesty increases, density of an actor decreases:

This means everything else has to be left out to let the absolute come in. The supreme consciousness or the absolute is completely surrounded by the nature and it's power. Which has its own mechanism and way of functioning. Which means the universe or the existence has it's own program. It is the default or the eternal program of the Cosmos.

On the other hand mind creates it's own program with the help of intellect and through the inputs of ego. However the hardware and the electricity belongs to the nature. Whenever this artificial program is deleted the natural program takes over. Now the same machine starts producing the natural output. As this program naturally sustains and updates itself and is connected with the eternal cosmic server, so even while functioning it doesn't occupy space. It is that uniqueness of natural functioning that it doesn't create the residual files. Function keep happening without producing the data baggage. In such a case natural work keeps assisting the development of cosmic awareness.

An actor's work keeps fuelling the person's individuality. As an actor and a witness have different visions so their respective vision catalyses different categories of work. An actor's work doesn't help in creating stillness, whereas a witness's work helps in achieving stillness.

A published study says that an individual buys expensive houses, properties and cars. One of the main reason of this is the person 's sexuality. When sexuality gets replaced with modesty then one gets the relaxation of being driven by this feeling of showing importance and exclusivity. In such a case one gets saved by diluting own focus unnecessarily. This way a lots of person's energy and resources are saved.

Being an actor we may or may not remain involved in dispraising others. However one gets to feel bad upon being condemned:

A witness achieves such a state, where neither he is interested in disgracing others nor concerned about being dispraised. He achieves such a tranquil state where he's not bothered about any of them. To get connected with any one of them a witness has to leave his state of tranquility, which he doesn't intend to. This means it is all about being receptive or sensitive. Sensitivity and awareness belong to two different realms. Sensitivity is related to mind, whereas awareness is related to supreme consciousness. Saints who get to attain a different level of awareness and become able to maintain it constantly become nearly immune to praise or condemnation. As much as our awareness develops, more indifferent we become towards the views of others. In the absence of awareness, we are too much sensitive towards the views of others. As the awareness develops, it becomes increasingly difficult to condemn others. The reason behind this is the awareness is not focused upon the person's actions and views. It remains focused on what the individual is. We may be on different levels of development and understanding however the truth within everyone is as absolute as ever. When the person's realization becomes fixed that he is nothing & none, then the awareness towards the truth develops.

This brings along by state of stillness. Stillness is tranquil in itself. This tranquility serves as a deterrence against getting sensitive towards other's comments. Like the awareness, it is a gradual process of learning to inculcate this deterrence. There's a few lines of a song which says that whether you approve me or reject me, it doesn't matter as I am intoxicated. Which means being in a different segment where the ways of the world doesn't affect the person much.

Understanding the scenario and knowing the absolute are two different things:

As an actor there is always some scenario before us. Scenario is a very small piece of whole cosmic picture. It is just like a piece of the puzzle. If we don't have the complete picture or all the pieces of the puzzle together, then it is surely going to puzzle us. Puzzling happens when our attention gets attached and involved with it. Till the time our focus remains fixed upon that piece of picture, our understanding keeps working upon it. Understanding is too limited a facility, so it produces a string of thoughts, images and feelings. So engaging with the scenarios means ensuring that piece of time being utilized by thoughts and images associated with it only. So if we keep engaging with different scenarios regularly then our time would be consumed by the related effects of it only. At the end they are all related to our own identity and individuality.

Life makes us learn many things however only the individual can work towards the self evolution. Life surely creates the conducive environment for self-evolution however it is upon the individual to realize this opportunity and utilize it accordingly. As all these conducive environments may not be very comforting for the mind as these periods are intended to work upon own awareness. Mind doesn't find them favorable, so it may get agitated during these periods. Through the self evolution individual attains awareness for the truth. The time of the lifetime can be divided into two parts. One is about working towards own ambitions and desires and another one is devoted towards developing own awareness towards the cosmic consciousness. First period of time is related to mind and second period of time is related to consciousness.

Favourable and unfavorable times are all about developing different aspects of ourselves. During these periods, one part of us feels too restricted and another part gets open space for development.

Eyes become stable when the vision gets focused upon the eternally present element:

Eyes become empty when the internal vision or the third eye start developing. In such a case facial expressions doesn't change often. When the person is not in the interactive mode, eyes remain empty and facial expressions remain fixed. One might feel that the person has the long face and is in the pensive mood however in reality person remains immersed in internal joy, This internal immersion is so complete that person has no extra energy and thoughts to change the facial expressions. Through the eyes and face, one might gets a hint that where the person's mind is engaged at. Mind looks at the world through the eyes & when the mind is not using the facility of eyes, they appear empty. When mind finds some other attraction beyond the world, then it wants to explore this as well. So there are people in the society who rather than being interested in the worldly activities prefer more to explore the hidden realms of being. It is also about understanding the root cause of sufferings & showing interest in some very uncommon feelings like peace and rarely experienced feelings like joy. These feelings are such that it is nearly impossible to express them as one needs to come out of it to express them. Till the mind remains immersed within them, it remains speechless. Which means it remains silent & joyful. This is the reason of incapability to express them.

There's such nondualistic kind of feelings that they end separation completely. Which means when you are situated in peace, you become peace. When you feel joy, you become joy. When you feel the intense love, you become love. This is about being completely engrossed in something that your mind forgets and fails to express. This is a very unique kind of feeling for mind also as it is not available to humans generally. One needs to take the path of internal exploration to find such kinds of feelings.

An actor is driven by expectation whereas a witness is driven by service:

The primary reason behind two different driving forces is the vision that both of them possess. An actor remains focused upon the job in hand. As the achievements are related to the successful completion of the job within the stipulated time frame. To convert the dreams into the reality, actor has to make oneself attached with it's process. So the process of launching, it's development and promotion, needs to be looked after. As all the things are needed to be right and many other people are also attached with the process, that is why this feeling of expectation remains there within the actor. Even in the family, society and person level, people expect from each other. An actor remains within the field of duality, where another side remains there always. So all the connection and attachment with another side creates a pull. This pull expresses the attractive forces. Sometimes when the expectations don't get fulfilled, attraction doesn't get neutralized rather it becomes repulsion. So the individual always remains under the effect of some attractive or repulsive forces. These forces are a major liability for developing the person's

awareness. That is why it is said that on the path of spirituality neither attachment nor hatred helps. Attachment engages you & hatred makes you disoriented and bitter.

On the other hand witness is not associated with any of them. As he doesn't have any dream to fulfill that is why he ensures his own commitment to the work, as his work is a tool of fulfilling his wish to serve the truth. At the same time he doesn't prefer to egg upon fellow associates as he prefers making the minimum intervention both verbally and mentally. He just wants to remain restricted and devoted to his own work. As nobody prefers to take instructions that is why he lets others to develop through their own experiences. One who values his own development prefers to make minimum interventions in other's lives. This is the basis of the concept of "live and let live".

Desires drives an actor,

Whereas meditation compliments a witness:

Desires make us remain active but they don't let us become awaken. Which means activities under the effect of desires keeps one part of the person so dormant that the individual is not even aware about the hidden presence of it. This means the desires get a free run with lots of fuel. So the one who is not on the ground cannot register it's presence. The ground keeps getting stomped by the run of desires. Which makes the upper crust condensed and barren. As the individual has never seen greenery on the ground so one is not even aware of the unknown possibilities

of the ground. The ground where only wars are fought and constructions are done, never comes to attain its full natural potential because of the simple reason that it is under occupation. It's considered a condition when the ground is made vacant for longer period of time, then the nature starts coming back to it. In the rainy season, its all possibilities become alive. In a section of it a pond gets created, where beautiful lotus flowers come up, in another section few trees come up, ground gets covered with the lush green grass. In such a case all the hatred and friction get erased and freshness takes over. The ground's first state belongs to an actor whereas the second condition belongs to a witness. As an actor whatever we do we expect a payment for it. Meditative state is the payment of every natural activity that a witness performs. When an actor doesn't receive the payment, he gets irritated. Similarly a witness wants to sit in silence after performing his work, So that he can slip into the meditative state and get the taste of it. So an actor and a witness both of them have their own different unique tastes. If you provide desires to the witness, he may not get too amused with it. Similarly an actor doesn't show an interest towards meditation, leaving alone taking the efforts towards it.

This means different aspects within us have their own different preferences.

Getting established in the state of witness means the plant of consciousness getting converted into a witness:

Upon awakening or acquiring self-realization, one gets the answer of who am I? This means one gets to know about a seed within. The journey of a seed gets

started from the point of awakening. Now this seed requires a right environment to develop. Which is provided by the individual by realizing the changes needed and then bringing those changes within. These changes gradually create the right environment within which helps this seed to get converted into a tree of witness. The mind of a witness become ripen enough to consider everyone just one and become ready enough to serve everyone. A sapling has the possibility but no shade. It needs time and right environment to transform into a tree. If we have a sapling but no ground available to plant it and let it develop then we can't have a tree. So it is always good to have some free ground available within so that a sapling of self awareness could be planted there and allowed to develop unhindered. As we all live in a definite social setup that demands complete engagement as well as we have our own mind that has the desire for complete fulfillment. In such a state generally there is hardly any space left within us to have a sapling planted there. That is why there are people who get awakened while being a part of social set-up. they need to bring in a massive change within that suits the new seed within. While living in the society and with own mind one hardly get introduced with the spiritual way of life. So if the spirituality get introduced to you by destiny, then one needs to learn a lot and change a lot within. Upon being awakened one gets a guru within. That Guru doesn't provide any verbal guidance however whenever one makes a mistake and drifts away from his mission of creating a perfect environment within, one comes to know the adverse reaction of it. So it is the experience that makes one learn to self correct oneself, So that one can learn the art of spiritual gardening.

A witness has a full journey to cover:

From getting the answer of "who am I" to getting the answer of "who is that", which means from self realization to God realization. From understanding to awareness. Which means it is a gradual shift from material aspect to the spiritual one.

As our connection with our mental and material aspects are so deep that it takes a complete process to shift own focus and have it fixed upon the truth. Doing it by being in the society has it's own unique challenges as the person has to take the time out for own natural work, meditation, readings and staying away from those activities that play as a spoilsport. As it is a process of investment and withdrawal simultaneously. Withdrawal from taking interest in unnecessary activities happening around, from the virtual world and try to be where the individual is. So that the vicinity could get benefited maximally. With increasing awareness person can get more compassionate and play own role wherever the possibility is.

Till the time we remain driven by our minds, our focus remains there, where one has no role to play. We get affected by far distant activities positively or negatively and an action and reaction process starts taking place. If it doesn't happen verbally then it keeps going on mentally. In such a case we make ourselves disturbed by those activities that are none of our concern. This means we get concerned about that thing which is beyond our control and that very thing goes out of our focus, where something could have been done. This is like losing an opportunity. Scenario at the distant side keeps getting changed and we have hardly any role to play in that. All that one can do is to remain an spectator. This comes at the cost of

losing the opportunity to offer own services. As all of our energy gets directed towards where our focus is.

A tree invests all of its energy at the place where it is. That is why it can provide both fruits and shade. So as far as the value addition is concerned, a tree may be much more useful than a human.

An actor is an expression,

A witness is a manifestation:

There is a difference between both of them. Expression happens within the limitations of duality. Which means there are two people or two sides involved with it. One is expressing for another to consider that. With the expression there is always some other side involved with it. Someone else remains in the center of it. Which means there is some separation or distance. It is an effort to achieve something or resolve something. It is either being done to convince someone or to ridicule someone. It is either to encourage or discourage. It is about creating an association or disbanding it. It is for some start or some breakup. It is either to give or take, to upload or download. Which means it is concise and limited. Expression is always sectional. It involves few and leaves many. It is either unilateral or bilateral but it is not cosmic. A person keeps on expressing one thing or another throughout the life. However these expressions are so limited in nature that they fail to produce any everlasting effect. No matter how expressive an individual is, the effect of individual centric talks remains limited. Majority of the words that we

use in the daily life are used to establish the connection. If in case we get to know about some other way of establishing the connection, then the dependency upon the words is done away with and the effort to speak them is saved. When the mind goes silent, tongue follows & consciousness start flourishing. Upon attaining a definite development, It becomes able to spot the conscious element in others as well that is known as the soul. Definite development means a definite level of awareness. This creates conditions for peace to appear. Peace means mind becoming silent and individual becoming capable to hear the universal sound known as omkar. Such a peaceful person is a manifestation in oneself. As we seldom get to see people like that in the society.

For an actor beauty means physique, looks, house, car, building, decorations etc. Whereas for a witness, beauty means nature, trees, flowers and every dynamic aspect of life:

As much as we remain focused upon the beauty, lesser we notice the problems and difficulties. For the sake of feeling proximity with beauty, we don't hesitate in going closer to difficulties.

Similarly when our eyes remain fixed upon the various beautiful aspects of life like trees, fruits, clouds, mountains, sea, waterfalls, greenery etc., then the difficulties appear smaller. In such a case one keeps traveling having a sense of beauty within. Whenever one takes the eyes off the beauty then problems start appearing bigger. So it is of importance that where we look at.

The meaning of beauty for mind and inner nature are different. The mind of a human and an animal may find different things beautiful. However as far as the beauty of inner nature is concerned both of them show quite similarities as they prefer love, harmony, care. Sometimes a human caretaker and an animal come so closer that they feel like family. Many researches have concluded that humans and animals both get benefited from each other's close association as far as the emotional well-being & mental health is concerned.

Life shows continuous flow and transformation, which indicates that it is always connected with the nature's cycle. It means one is always connected with a cyclic process and this cycle is beautiful as it ensures the presence of life. This also means that the active phase and the resting phase keep alternating with each other. The active phase of life remains visible in a physical form and the resting doesn't need any physical presence as there is no action during it. In the human body, cells and tissues keep getting replaced in a dynamic manner. This means individual remains same but his constituents keep getting renewed continuously. This process could be visibly seen in the trees every year, when they shed old leaves and wear new tender leaves. This dynamism helps every individual to achieve own full potential.

An actor remains familiar with the mind whereas a witness feels familiar with the supreme being:

Mind and the supreme being are there in two completely different realms. The reason behind this is that mind has to coordinate with matter so mind resides in the realm of matter. On the other hand supreme being is completely detached yet completely available. All these realms are interconnected to each other. A witness becomes familiar with supreme being through being familiar and consonant with nature. Nature is that one common entity, which is present on both the sides. Which means on the side of mind and supreme consciousness both. With supreme consciousness it resides in the form of power whereas with the mind, it resides in the form of matter & energy.

As the mind prefers prosperity and abundance, so it always look for those places where they are generally available. Since early ages mind has remained attracted towards them and we have read in the history about loot, plundering and massacre in the name of invasions. Wherever the defence is weak, mind tries to dominate that area. Wherever the defense is adequate, mind tries the right channels to reach out to such places. So as an actor mind tries every possible way to acquire prosperity.

Similarly as a witness, we aspire for the light & love. For the consciousness, abundance and richness means light. Full light means complete absence of darkness. Which means complete absence of emotional weakness and complete presence of cosmic love. As a witness we come to realize this fact that neither various shades of feelings nor emotions provide us what we look for. That is why we look for some eternal feeling and state. Eternal means something that can remain constant. This state is only possible when our focus remains fixed upon the truth. All that is visible and degradable cannot provide us the eternal feeling. That is why the effort of a witness is about finding the truth and then remaining stable

with that. This is how a witness comes to feel the stillness and when it becomes fixed it gets exhibited through him also.

State of an actor is the carpet of Maya whereas the state of witness is the cradle of mother:

Both of them are two different aspects of same nature. This means when we come out of the zone of mother, we enter into the area of Maya or illusion. As Maya is considered illusion so it creates confusion in us. Under the effect of this confusion we forget our inner self and make oneself connected with all the perishable entities. This is the double jolt for the individual as one becomes unaware of our inner self and in such a case individual has no option but to make oneself attached with multiple perishable entities. During this, person keeps investing in multiple momentary activities. These activities generate the fruits of Karma that creates a binding effect on the individual as person cannot evade them. As nature is fully fertile that is why it does create fruits. Mind thinks that when that period of activity is over then it's all over. Now you are free to move ahead and take part in another activity. As every activity leaves its effect upon the mind, so mind works as seed and nature functions as the soil. Both of their combination produce results, whenever the circumstances are right.

One can take our mother as granted as she forgives all of our mistakes till the time the child is novice and immature. Mother always protects the child and always keeps the child close to her heart. Whereas Maya punishes the individual for every

wrong act. In the ambit of Maya, the individual has to protect & take care of oneself. The area of Maya maybe exciting and attractive although the individual doesn't get the cover of mother there. So the individual is on his own. That is why an actor says that let's move on, we will see whatever happens. Whereas a witness doesn't have to move on, he only expands all over. Only a witness can say that 'world is a family'. When your awareness expands, it doesn't leave anyone behind as the space covers earth from all around, without leaving behind any specific area or a single inch. This is what totality and completeness is.

Whatever the role of excitement is in an actor's life, same is the role of joy in a seer's life:

Nearly all of an actor's decisions are driven by the want of excitement. Because as an actor we try to balance our monotony and boredom with the shot of excitement. It is a reality that life demands duties to be performed, which demands continuous engagement. As mind needs it's regular dose of something exciting. So in the free time and in between the work as well, It keeps on checking out all that which appears exciting. All these dosage of excitement are acquired through 5 sensory organs and mind is the driving factor behind all these activities. Till the time mind remains there, It keeps searching for excitement. So irrespective of all the age, one keeps looking for this dose of excitement. As in such a scenario, age doesn't matter, mind does. Our search of excitement, takes us to the territory of other people. In such a case excitement creates engagement. Every engagement has it's own pros and cons. So our search of excitement takes us to them as well. This

means the process which gets initiated for the sake of acquiring excitement, takes us to sufferings.

On the other hand a witness looks for the joy in life. As intensely as an actor looks for excitement. The priority and the way of life of both of them are different. A witness gradually distances oneself from all those activities that are known to provide excitement. Rather he looks for those opportunities, where he can sit amidst nature without being interrupted. This gives him the opportunity to dive deeper within. All the joy associated with a witness is related to achieving the inner depths and heights of the consciousness. For that he just needs total freedom from worldly interferences to remain indulged in own natural work and extract joy through solitude in between the natural surrounding. An actor is known for his level of understanding whereas a witness is known for his vast awareness.

Till the time there is incompleteness, we keep making divergent efforts.

With completeness, efforts become natural:

This is the major difference within the individual, when one is an actor and when one gets transformed into a witness. As an actor thoughts keep appearing and we keep converting them into actions, being clueless about the fact that what to do with own energy. All of us look for something substantial in our lives, where all of our energy could be submitted and our efforts could be aligned with. It means we want something, with whom we can get attached in totality. Which means aligning all of our energies completely. If we talk about in terms of experience, then we

look for some experiences that could make us feel that which is not generally available through our worldly interactions. There is a unique feeling associated with stability, which is known as Sukh or happiness. Whenever one enters into the depths of meditation, one gets to feel that stability. No matter how hard one tries, this experience is not attainable by any mental effort. That is why whenever we get to learn about being physically static and mentally stable, then only we get to experience that aspect of ours, which is not generally available to us in our daily routine.

It is as simple as until we develop own awareness, we have to make do with understanding only. Once we are able to develop own awareness, one needs not to indulge into the verbal dialogues to get a better picture of things going around us and make oneself get adjusted with that. This shift from understanding to awareness is the shift from actor to witness. In this whole shift dependency upon words get reduced continuously. We need words to converse with others however as an actor they keep running within our heads. This condition gets changed with the witness. Witness takes the help of words, when he has to make contact with others only otherwise within oneself he doesn't need them. He can sit for long hours without having any thought within. During this period it's only the awareness that develops.

Samadhi is a state that is associated with the vision of a witness. Kabir described this state as 'surati':

If we look at the cycle of 24 hours then we find that there are two phases. One is dormant and another one is active. Sleep is the dormant state and when the person is not sleeping is known as the active state. As far as the quality of sleep is concerned, if the person does physical activities and meditates before sleep, then the quality of sleep gets better. During the active phase of the day, our mind takes over & produces a mixed bag of feelings, emotions, activities & memories. The combined effect of all of them create a unique state, which can be termed as individuality. So during the active phase of the day, either the person can remain busy in building own individuality and sustaining it or one can try building the state of samadhi or a witness. They who shrug off the covering of individuality, gradually proceed towards the samadhi. This is a complete way of life associated with the state of samadhi known as

Sanyas. Sanyas is the complete set of karma that sustains this state of samadhi. As to sustain own individuality one needs a completely different set of karma. Similarly to sustain own state of samadhi, one concentrates upon own duties, dharma, vision and meditative practices. As to sustain the individuality on a continuous level, one needs dedicated efforts. Similarly to sustain the state of samadhi, one first needs to recognize all those right ingredients that are needed. This recognition is a full process as it is a process of transition. During this many old habits become unnecessary, which needs to be left out and many new disciplines has to be incorporated. It is done not to trespass in the territory of Maya. To develop oneself as a witness one needs dedicated efforts of Dharma, service and meditation practices.

It means there are two branches of Sanyas. One is about not involving with the methodology of Maya and another one is about doing all the right things that are needed.

Witness is soul and that is stable.

Whereas an actor is dynamic and keeps frequenting between past and future:

Being eternal is about constantly fixed motion. Whereas being dynamic is about the unpredictable uncontrolled motion. An actor just changes the constant motion of nature into unpredictable dynamism of mind. It means the actor is completely dependent upon the nature for sustaining own activities. The eternal motion of the nature gives birth to the activities of future and memories of past. This dependency upon nature for sustaining own activities is the reason of various bondages. It means whatever we borrow from nature becomes a debt for the individual. We nurture our mind through the debt of energy. So it becomes a double liability for us. One is a developed mind and another one is the debt. If dynamism is there then inertia is also there. It means every entity wants to sustain itself. So is the case of mind as well. The object wants to sustain its total energy, if no external forces are applied on it. This means when we strengthen our mind by borrowing energy from nature, this piece of mind wants to sustain itself. As mind is a dynamic entity and for this it needs a constant supply of energy that is why mind tries to retain its connection with the nature, so that the constant supply of energy can be ensured. This means retaining oneself and constant development are two fixed features of mind.

On the other hand when we look at the witness, it prefers stability and it knows that there is a constant motion there in the form of nature which takes its own course.

So a witness clearly knows that who has to be stable and what needs to be dynamic. The subtle sound of omkar that can be heard within when the mind becomes silent, is said to be produced by the constant and eternal motion of nature. When mind gets fixed on the sound then the conscious element within can set its eye upon the conscious element in others, that is known as the soul. This completes person's journey of sound and images.

The vision of a witness becomes beautiful. In such a case all that is beautiful around us start becoming visible. Whereas there is a thirst in the eyes of an actor. That is why whatever is made available to drink, one has to accept it:

The concept of physical beauty has been taught to us. We have seen our close ones making comments on the various aspects of physical outlines of others. These comments often get recorded in our memory and when we get to see someone of the same physical characteristic then these comments get replayed in our minds. This is one way of segregating different individuals on the basis of their looks or some unique physical characteristic. This means everyone gets conditioned by the society as far as the physical aspect of beauty is concerned.

As the individual goes through various experiences during the life, then one comes to know about the real beauty that belongs to the nature. They who stood by us in the hour of our need, who helped us when it was needed most, they who have always been there whenever it was needed, who appreciate you before others

without having any expectations from you, they who have been kind to you, make you realize that what the real beauty is all about.

Unlike the physical beauty, this inner beauty doesn't get degraded with time. This means even the time doesn't have degrading effect upon the human nature & it has capability to survive the test of the time. So the belief or perception related with beauty is different than that beauty which person gets to feel through own experiences. The beauty of skin and proportions is gauged by the eyes. It means if we decide to keep our eyes closed then this beauty won't be captured however the beauty of nature can be felt with the closed eyes also. The vision of mind and the vision of nature are different. Nature's vision is complete whereas an actor's vision wants to quench own thirst first. So it is always on a search. Whenever it thinks that it has zeroed in upon something, a karma gets initiated there.

That is why whenever it is about taking the decision then their decisions don't coincide with each other.

Humility is related to the vision a witness possesses:

As a witness keeps own focus fixed upon the soul of the person, that is why he knows that he's dealing with the same soul not with different individuals. That is why a witness gets to enjoy the gratitude and humility. A witness doesn't judge individuals on the basis of their behavior. He neither expect something from others nor demands respect. He just keeps own focus fixed upon the soul of the person. That is why doing some duties related with others is like serving the almighty. A

witness is able to maintain the humility for a longer period of time than an actor as an actor has expectations and he is concerned about other's behavior towards oneself as well. That is why he deals everyone on a case to case basis. That is why one gets to see a change in his behavior with different people. He treats some people cordially and some with dry attitude.

A witness knows the distinction between the reality and truth. Unlike an actor who keeps own focus fixed upon the reality and the unfolding activities, a witness keeps practicing to bring the focus back upon the truth. To achieve this, he tries to remain inert and intervene in the surrounding activities only when it is necessary. An actor loves to intervene and interact whereas a witness tries to maintain solitude even at the workplace by remaining involved in own work. He likes to invest his free time in reading and meditating.

As far as individual's nature is concerned, humility is like a flower on it, that develops gradually. People water it, protect it and try to keep it safe. Even in the adverse conditions, people try to preserve it.

Humility has an associated soothing feeling within. Just to keep this feeling intact, we try to keep the humility intact. As once the humility is lost, we behave in an erratic way. It is directly related with our internal feeling, which gets cluttered by our irresponsible behavior. This means the beauty of this flower of humility lies within the individual and we want to retain all that is retainable.

While being an actor, a person continuously feels that I am doing this work. Whereas whenever a witness looks at something, He looks at it with absolute focus:

Which means the intensity of this look is not diluted by the presence of mind. Mind dilutes the intensity of any look by passing comments and focusing upon some particular areas of interest. In such a case one sets to loose the focus upon real happening. For example In the case of an accident or fall, there would be people who prefer to help the person. Whereas there are people who try to take the advantage of the event and steal something from the place of incident.

When the look is absolute, the connection is absolute as well. This is known as looking at something with complete presence. This is what being in present moment is about. Which means the person connects oneself with the need of the hour. Whatever the need of that movement is, person tries to fulfill it. In Indian context it is known as the 'Yajna' or 'yagya'. When the connection is absolute then the message can be received as well. In such a case the person becomes so receptive that the learning can happen at the deeper level. This is how a Guru transfers all the messages to the disciple in complete silence and the disciple comes to know about it without speaking or listening any word. This is how the message gets transferred without the trace of emotional current. This is the silent learning. Guru speaks too rarely. Rest of the messages he comprehends in silence. A disciple feels the proximity with the Guru in complete mental silence. When the mind goes silent, person can roam in the crowded areas as well without getting affected of it. As far as the learning is concerned, It gets interrupted by the intervention of the mind in the form of sound, feelings and imaginations. This is the reason that a

student fails to perform optimally. They who are able to restrict the intervention of the mind perform better than the rest. Some of students who are considered promising, lose their track later on just because their mind gets diverted in some other direction. Whereas there are students who are considered average, later on perform superbly because their focus becomes precise at the right time.

To enter into the zone of the witness, one has to protect oneself with the armor of modesty. So that the development of a witness can happen:

As it needs a barrier to protect the bud of the flower from the outer environment. That is why a bud remains covered with the outer covering of green envelop. The barrier of modesty makes one have control over own imagination and stops considering others as an attractive male or female. The vision of a witness is such that it doesn't consider others either as a male or female, human or animal. It considers everyone just a visible appearance of a soul. Everyone's visible appearance is just an effect. Witness takes away own focus from the effect and trains it at the cause. It needs a continuous environment to make it happen. If we keep considering others as an attractive physical entity then those images get fortified in our brains. In such a case right environment cannot be produced. That is why the repetition of images into the mind has to be stopped. So that our unnecessary habit of liking of the attractive, beautiful and seductive images doesn't produce a facial and physical attachment towards the variety of facial characteristics and physical outlines of others. If our brain remains clear then it creates a positive environment for our internal growth. The effort of a witness is to

take own awareness to an altogether elevated level. To achieve this the attachment with the inferior levels has to end. The sensitivity of an actor and a witness are towards two entirely different aspects of our being. That is why both of them have different approach towards the life. This makes the witness experience what the internal peace is all about. As an amateur a witness keeps entering and coming out of this zone of peace. However those advanced and realized seekers become successful in stabilising it through continuous and dedicated efforts. These people utilize the life to make progress towards attaining peace and clarity. Their attainment becomes an example for others and they also get encouraged about the possibilities that life offers.

For an actor almighty is a belief and life in the visible form is a truthful reality.

For a witness, natural beauty on earth is the visible signature of truth:

Truth cannot be seen through the eyes. Although the visible evidence of truth can be seen through the eyes. Third eye of Shiva is about the capacity to see the invisible. From material aspect to conscious aspect, the leap is quantum. All that a witness does is to change this belief into realisation. Belief is related to the mind and realization is a beyond mind phenomenon. With the help of mind, one cannot proceed beyond the belief. This means that to progress on this front, one needs to do something with own mind. One's all those beyond mind resolves, make us follow such a path that gradually dilutes the supremacy of mind and it's dominance

over us. Through this process only, one gradually moves beyond the belief and let that element awaken within us that is known for knowing.

Belief is just a shortcut and mind wants to take this shortcut because it doesn't want to go deeper into the zone of divinity and austerity and probe whatever that is available there. As mind is known for its mercurial tendency so it doesn't want to tread that path that is way too monotonous & demands persistence, continuous self-refinement, course correction and self discipline. All these things doesn't match the way mind works. So it takes the middle path. Which intends the mind to retain its control and at the same time somehow remain connected with the almighty. It means trying to remain where it is and at the same time remain connected with another side. This means let the mind and God both remain there and mind retains its freedom to work as earlier. So mind keeps doing many such activities which it likes, that too in the name of almighty. As mind likes place, not the space as space is empty, so it allots some space for almighty as well which are known as the places of worship and faith. So it is the mind's way of co-existence with almighty.

Witness is someone who can hold on own energies with oneself. This is what being Swami is all about:

Our being Swami, a regular person or a slave largely depends upon the fact that whom do we interact with? Swami only recognises the truth that is present in everyone. As a regular person, individual deals with the day-to-day problems and

highs and lows of life. He just keeps an eye on the struggle, friction and the altering circumstances of the life. Whenever one recognises them, one wants to know the reason of their presence and the way out of them. In such a case, struggles of life substantiate the seeking in life. This is how realization opens up a journey that takes a person to attainment. If we look at the life of Buddha then there would be two important points in it. First one as a prince when he recognises the problems of life and second one as a seeker, when he attains the solution. On the basis of two important points of life, Buddha's life can be divided into three phases. First phase is from the birth to the point, when he recognises the problems of life. This is the period of sleep. Second phase ranges from recognizing the problem to attainment of the solution. This phase is of struggle to come out of the sleep and become awoken. Third phase is the phase of solution and being fully awoken. it is endless. It is started from enlightenment and then continued. When we look through the larger perspective, then we find that there are only two phases. One belongs to the problem and another one belongs to the solution. We remain an actor till the time we remain in the first segment of problems and we become a witness, when we cross over to another segment that is of solution.

So a swami and a witness are same.

There is a third segment as well, where we take interest in interacting with and noticing other actors & their activities. This is the outermost segment that makes us ignorant about the rest of two inner segments. In such a case if we get far too distant from the truth. Here the person cannot feel the joy of solitude as one become addicted to the social, political, ideological and ambitious groupism and associated excitement.

3 layers of our engagement:

1. Created problems
2. Real life problems
3. Seeking

First one creates animosity, hatred & hurt. Second one produces humility. Third one produces love.

First one produces ego, second one produces understanding and the third or innermost one produces awareness.

In the first segment we might be creating problems for ourselves or there are problems created on the social level, which affect the individuals. This is because of our partial control over the mind & unnecessary habits. These types of problems are not created by those people, who exercise much better control over own mind.

Real life problems are there with nearly everyone. It includes the genetic problems, which create some diseases or disorders, our fears, phobia, overthinking, social anxiety, misconceptions, family problems, financial problems, employment issues, struggle to achieve a stable socio- economic condition etc. This group belongs to our own real problems, which nearly every person carries along although the extent might be variable. They teach us to keep patience, importance of maintaining balance & discipline in life, establishing a better social connect & cordial interpersonal relationship.

Seeking is the innermost part of our journey of life. However to concentrate upon seeking, one needs to take the extra focus away from other two segments. If one can control the outermost segment then that energy could be invested in the innermost segment. One can live with middle segment's troubles and inner segment's seeking.

When we look at these layers from a different perspective then we find that

1. Outermost layer is of desires & ambitions
2. Middle layer is of management of day to day problems
3. Our innermost layer is about raising the awareness.

Unwanted effect of outermost layer are sufferings. Unwanted effect of middle layer are troubles and the outcome of innermost layer is the solution.

Outermost layer is the creation of human mind, middle layer is binding as all those circumstances that one goes through cannot be altered as they come from the design of life that keeps taking shape according to existing conditions of the universe. Both the prospective actor and witness face the consequences of the middle segment. However an actor decides to go towards the outer layer whereas a witness decides to go towards the inner layer. Middle layer is the preparatory school, that produces either actor or witness.

Seeta swayamvar, Rama and parashuram:

When Sita attains the marriageable age King Janak decides to marry her. He organised a swayamvar, invitation was sent to other states. The qualification was that one should be able to lift the bow of Shiva and string it. As Seeta did it once in her early age, that's why King Janak decided to make it the precondition of marriage. As king Janak was a sage and a king both so he could understand the deeper meaning of the things as well. Janak knew that lifting the bow of Shiva was not about muscle power rather it was about the power of virtues & Seeta had all those powers of divinity, so he wanted a similar partner for her. To lift and string the bow of Shiva needed the virtues and the power of Shiva. No one in the meeting could lift it up and Janak thought that it would be impossible to find a suitable match for his daughter. Then sage vishwamitra asked Rama to lift the bow and string it. Rama lifted it up, strung it and then broken it. King Janak, sage vishwamitra and seeta were overjoyed.

However through his clairvoyant vision sage parashurama came to know about this incident. He was furious as he considered Shiva as his Lord. Utilizing his special powers, he immediately rushed to the venue. He was angry and wanted to punish the person who did it. Though he was a sage however under the effect of his anger, he couldn't realize this fact that only the eligible person can do it. He threatened people of bad consequences, if the person was not presented before him. People were afraid of his anger. Then Ram came before and said very humbly that this act could be performed only by someone, who is your servant.

So this was the meeting of fire and cold water in which fire of anger was extinguished by the coolness of humility & the vision of a witness. Rama a pure witness was not moved by any incident. Neither he was excited nor in a hurry to

lift and string the bow. Only when Guru vishwamitra asked him, he did so. He was just seeing a divine plan being executed before his eyes. So he knew that if he had any role to play then he will be involved eventually. He was the winner of the day, still remained calm.

Others were seeing anger in Parasuram however Lord Rama was seeing the ultimate reality in him. So exhibition of public anger couldn't affect him. Only thing that mattered was what he was. not his fluctuating temperament.

Vision and witness:

Vision can see the mind, intellect, ego and matter.

A witness can see the truth before the eyes and within.

From identity to vision and then to being a witness is a total journey. It is about going deeper within oneself and coming to know about the nut, bolt and screws of inner arrangement. Through this, one comes to know about the effect of intellect and ego on human behavior as well as the feelings erupting within oneself. One also becomes able to develop a better understanding about the thought process emerging from the mind and the intervention of mind through the feelings and imaginations in one's life. It is a hidden aspect of ourselves that when mind stops it's intervention then what kind of feeling rather state one attains and what is the effect of this state upon increasing own awareness and upon human nature and behavior. This way one comes to know about those secret elements that keep

casting their effect on human nature & behavior. It is about finding the book of oneself, turning its pages & going through its various chapters.

As a witness one enters into the zone of peace and truth, which in Indian context known as Shanti and Om.

This is how the focus starts converging towards the ultimate findings of life. All that mind wants is that one person who could be able to understand me properly. This could be the ultimate achievement of a possessive mind. Although in another scenario, if I become able to recognize everyone and all, then this would be the ultimate attainment. Recognising the supreme being in everyone is the ultimate finding of life. This is what a witness attains. Someone asked a saint that have you seen the God? Saint answered yes, every moment. Right now I'm able to see him in you. First person asked again that how you do that? Saint said, earlier I used to think that God lives in some far distant place of this universe. Later I realized that the distance was zero. All that which I lacked was the vision that is needed to see him.

How complete he is in everyone and how partial and restricted our vision is:

When our vision becomes able to witness his completeness, then 'maharas' happens. Which means the celebration of association of consciousness and super consciousness. It is a rare occurrence as it needs raising own awareness in a particular direction dedicatedly. It can happen when the person can continuously keep own focus upon the truth and doesn't get distracted by the trio of mind, senses

and the world. This is how a person becomes able to maintain a state of quietness and peace around oneself. As the various breeds of trees have different fruiting seasons, during which the conditions are favorable. Similarly consciousness needs a state of constant peace for this celebration to happen. So that the favorable condition could be made stable.

From incompleteness to completeness the journey is within. It all depends upon our vision that how incipient and how advanced it is. From the conscious element to matter, everything is there within. So it matters a lot that whether we remain focused upon the material aspect of ours or on the spiritual aspect of everyone. Just focusing upon own spiritual aspect is just half the task completed. The circle gets completed when everyone's spiritual aspect gets roped in within one string. Being an actor we train our focus towards the world that is why we become ignorant about the spiritual aspect of life. Material aspect of life goes through continuous change and remodeling. Mental aspect also has the same property. It doesn't remain constant and keeps changing regularly. That is why this tandem of mental and material aspect of life keep getting broken. One tries to balance it however due to the inconsistent nature of them, balance keep getting disturbed. Whenever this happens we try to rebalance. This keeps happening until we accept the reality & learn to live with it. Then only we become able to raise the level of our focus and shift it towards something else. When we come to realize this fact that everything about life cannot be changed and molded according to own comfort. Then this flow of change gets directed towards oneself.

The vision of a witness develops to such an extent that it can recognize the beauty of nature and become one with the stability of it:

It is about recognition and fixation. Mind follows the same path however without a twist. Mind is attracted towards the attraction. So under the effect of liking, it keeps selecting the articles and acquiring it. There is a story related with every article or individual. There is a full experience related with this process of selection and making contact with it. That is why an actor has many stories to share. Each of those stories has different flavor of feeling. As the feeling connected with any process is related to the experience associated with it and the experience acquired in every story is different than other. As all of these experiences and feelings remain registered in the memory as the story. The secret of our being talkative remains hidden in being continuously interested in acquiring new experiences. So an actor loves to act and interact. As on one side he creates new stories and on another side he shares it with others.

When it's come to the nature, one can merely connect with it by becoming aware of it. This awareness only, makes one get connected with the eternal beauty around us. As one doesn't need any activity in this connection so there is no story to tell and no variety of feelings associated with it. This association makes one feel calm within. This experience is just like sleep, which is too difficult to describe. Even 8 minutes are too much to describe the experience of eight hours of sleep. The case is just opposite with an actor and activity. An actor loves to describe or may keep thinking about a 2 minutes of activity for 20 minutes or maybe even 2 hours. If we can describe the association of a witness with nature then the suitable word would

be meditation. Whenever two of them meet, time flips fast. In such a case stories don't emerge rather something takes place that is beyond the ambit of stories.

One can feel the flow of nature in the speech of witness:

Flow of nature means flow of music and beauty of flow. So it is a musical beauty that is capable of making the listener tranquil. It means there is presence of nature around the witness that gets merged with his voice. It means a witness knows that how to get connected with the flow and power of nature. This is how a witness becomes able to end own alienation with the Cosmos. Witness is convinced to merge own way with nature. Now he doesn't want to tread his path alone with own mind only. When a person decides to move on under the guidance of own mind then he has no option but to part ways with the nature. However person doesn't come to realize this separation as he is gets taken over by the lure of excitement. It is like crossing over the zone of safety and entering into the zone of uncertainty. Zone of uncertainty surely provides the excitement however later on one can only guess that what comes next. On the other hand there is no current of excitement present there in the zone of safety. This joy is known as tranquility.

Flow is always new, it's always fresh and always full of nature. Beauty within can appreciate the beauty around. Only eyes are not capable enough to capture all the beauty present around us. There is something very unique that happens when your focus gets fixed and your mind becomes tranquil. In such a case the flow of your speech becomes continuous and the content of it gets greatly enhanced. On the

qualitative aspect also the speech is considered much improved, when mind is not fixed and the thoughts keep passing through it while speaking. Due to this the quality of such speech comes down. It all depends upon the fact that how much tranquil the person's mind is while speaking. If one is too excited then the content is too repetitive and words are much predictable. We often hear many excited minds speaking but we rarely come across a tranquil mind speaking. Listener is able to make out the difference between the regular and the rare experience.

Teacher keeps an eye on the student and whenever needed responds as well:

Whereas the Guru remains focused upon the supreme being. Guru initiates the sadhak into the spiritual world. This moment of initiation fills the disciple with internal motivation. Under the effect of this motivation disciple keeps working and keeps elevating oneself from earlier state. Guru reveals the truth to the disciple. A self-inspired person observes own activities and thoughts and tries to do away with unnecessary ones. Guru doesn't react. He is way above the sphere of the forces of action and reaction. Guru doesn't intervene. Disciple observes this unique trait of his guru and wants to inculcate it within one self. In short a disciple wants to be just like his Guru. This is part of the learning process of an aspiring witness. For the disciple, Guru is like the peak of a mountain. Indian culture refers this mountain as Kailash. Kailash Indicates towards the kaivalya. Kailash is considered the abode of shiva, who is known as the Adiguru or the supreme Guru. The way to internal Kailash is there within every person. Guru is like a standard or a threshold and disciple wants to achieve it. Disciple wants to raise oneself up to that standard.

The journey of a disciple is the process of transformation of an actor into a witness. Disciple, Guru and Govinda are three different levels of this journey. In Indian culture they are referred as karta (actor), drashta (witness) and sakshi (supreme being). This union of disciple and the guru is to make the disciple's consciousness achieve the state of witness. As much as we unlearn the tricks of the mind, progress happens. This whole process is about blossoming the flower of human consciousness. The journey from our artificial side to natural side and finally to the divine side.

There is a basic difference between ego and awareness:

Ego thinks that I am supreme that is why ego loves to flaunt all those awards, decorations and titles. This is just to make others believe that I am supreme or better or my knowledge, skills and achievements are heftier than others. Whereas awareness knows that only you are supreme, I am nothing. Awareness knows that everyone present there is just a reflection of that supreme being. As ego keeps own focus intact on achievements that is why it misses the truth that comes to us in the form of some human being or some other form of life. Till the time we remain trapped within the effect of our ego, we have no option but to remain an actor. And this feeling is so intense that we tend to believe that it is the only way before us. As an actor gets transformed into a witness similarly ego also gets transformed into awareness. No one would believe that a caterpillar could fly however upon being transformed into a butterfly, he flies. So the transformation might be a cumbersome process however it greatly enhances our capacity and potential.

Thought process is known to make the wild imaginations although even the thinking cannot gauge this hidden potential.

That is why being an actor and a witness is like representing two different dimensions of life. When the person remains ignorant about own potential, it keeps investing in own activities. If one has ever felt the current of ego then one should be ensured that awareness is also possible. Same force works differently in two different dimensions. If humans are there then Buddha, Rama & Krishna are also possible. An actor wears ego whereas a witness wears awareness. If dreams are there then reality is also there and so do the truth. If mixtures are there then absoluteness is also there. Ego is too restricted and awareness is too expanded. The reason behind this is that ego aligns with the identity whereas awareness aligns with the truth. As we know that identities are many that is why their field remains too limited. Nature's field is not limited as it is one and only present there on the earth. Same is the case with the truth as well.

The temptation of excitement is that greed, which makes the person become an actor:

Excitement is used as fodder or lure to attract the mind towards the state of an actor. To make a stable one unstable, It needs a strong pull of attraction that makes the person come out of the zone of stillness. As we know opposite charges attract each other. To make this force functional, we need to have some charges within us. Magnets can attract the charged surfaces however they are ineffective against the

neutral elements. So till the time one becomes completely neutral, external charges remain effective. For being a witness focus needs to be fixed upon the all pervading truth. When the mind gets fixed up on something which is present all over, then the element of curiosity and excitement is gone. This excitement is associated with the movement of the mind. In the absence of movement, the change in the internal state cannot be done. This only happens when the person remains functional under the guidance of own nature. When content of nature increases, the content of charges decrease.

Dharma uses nature to have control over the mind. Whereas ideology uses the mind to change other's minds. The element of nature is not present there in this process. Dharma originates from the nature. Beliefs originate from the mind. That is why Dharma has the stillness of neutrality whereas beliefs have the charges of flickering movements. The element of excitement is always there in the belief system. However all shreds of temptation are missing from the natural dharma. So if we try to understand the belief and Dharma, on the grounds of actor and witness, then we come to realize that no activity of mind ensures full functionality of nature and vice versa. Belief is a venture of an actor whereas Dharma is about the natural cycle of a witness. Being an actor we are continuously surrounded by the temptations. Witness maintains a safe distance from them so whenever any temptation strikes, witness comes to know about it. As the neutrality of awareness helps one to point out the excitement of indulgence.

Expressions belong to an actor whereas manifestation belongs to a witness:

Emotions get expressed in the form of talks whereas wisdom gets manifested in the form of scriptures. Till the time we are an actor we keep cultivating various emotions within and keep expressing them regularly. An actor remains in the middle of these expressions and feelings. This means an identity in the form of an actor remains continuously there. Whereas manifestation always happens when the identity as an actor gets dissolved. It means the tool called body remains the same. Either an actor or a witness utilises this tool. This means the chemistry gets changed at the conscious level, which gets followed by the change of content.

As an actor we may keep expressing & talking but that remains relevant for the individual only. When we look at this minutely then we find that every actor has a story to share that is full of expressions, emotions, memories and aspirations. So in any society there are millions of stories that keep getting shared among each other. Every actor has a story to tell. He just wants someone who could listen to it. As everyone is more interested in sharing their own story that is why there are much more speakers than the listeners. So if we arrange a congress of actors, then there would be more actors on the dias than those sitting in the public. Listening is not an activity, speaking is. As an actor, restricting oneself is difficult whereas letting oneself free is easier. For an actor speaking is like letting the machine run whereas for a witness speaking is like the flow of water that happens automatically.

As an actor we may keep expressing throughout although there won't be any substantial thing in that. When we compare that bulk of talks which as an actor we produce with the limited sharing happening through a witness, then we find that the weight of the talks delivered by an actor is humongous although any substantial content in it is very less.

On the other hand witness produces less content with more valuable inputs. Actor aligns with the quantity whereas witness aligns with the quality.

We are connected to others through words.

We are connected with our own mind through emotions.

We are connected to self through the state of nothingness & to the eternity through the state of peace, joy and love:

Words and languages are taught to us. A process of learning is required to get acquainted with them. Surroundings, geographical location and cultural affiliations play a great role in deciding that which languages person gets to learn. There have been incidences where a child got deserted in the jungle somehow and was raised by the heard of animals, that child howls and makes the sounds like animals only. As he gets to hear those sounds only that is why he learns them only. So the language is something which comes from outside.

On the other hand feelings are an essential part of us as they are connected with mind. It is often said that the journey of knowing the eternity is done through the purification of feelings. Feelings are an internal phenomenon that is why no school or teacher teaches about them. Every child whether that may be of human or animal is born with feelings. Feelings keep bubbling within. Even the person with no education has feelings. Feelings are there within and they keep changing and shuffling among each other. As far as mind is there, feelings are also there. They

are corresponding to each other. When the person works on feelings, he works on the mind as well and vice versa.

Feelings and languages remain a dominating part of an actor's life & as an actor we may not be able to come out of them throughout the life. However when the divine content starts increasing within the individual and the person starts having a better control over own mind, then person restricts his emotional investment in others and tries to take it one step ahead by trying to find the solution of those feelings that troubles him at the personal level like fear, anxiety, educational & skills related aspirations etc.

Among the tussle of these feelings whenever person's awareness rises to the next level, one gets to feel more static and a stable state of being. This is the state that a witness aspires to maintain and try to take it to the next level from here.

----- (End 2)

An actor aspires to know other's experiences, sharing own and live the dreams:

As an actor experiences become a mainstay of our lives, as we try to gather them from all the quarters. When there is no obstacle in making contact with the world and it's various offerings, then one goes out all guns blazing to take a dip in every available faction. We love to have dreams and chase them. There are various levels of one single dream. Gradually one goes on to achieve each level. When one level is achieved, another level starts glaring at you. Then there are thoughts regarding setting up the next aim and then a new chase starts. As an actor we take pride in this whole process and talk about it with others with pride. Our passion and our dreams become the mainstay or the pillar of our whole individuality. An actor

believes that there is so much to do and so much potential within that needs to be fully utilized.

Then there are experiences. As an actor, we want to make our presence felt and sharing our experiences and making others share their experiences is one easy way of making connections with people. As there is a certain excitement related with it, so even the individual likes to share them and want to make others feel the same excitement as well. This is one of the way of stamping own mark on their minds. Sharing own experiences also become an activity for an actor. This may be termed as a passive activity.

As an actor even if it is a resting time or break from the regular routine, then also this knack of doing doesn't go away. So during that time we collect best of our experiences and present them forward so that to mark our presence in any group activity happening around us. Many a times people know us through our experiences and our capacity to turn dreams into the reality. People appreciate and admire this capacity and that's what make a person successful, a celebrity or even a brand. This is the reason that many a times people market themselves as a brand and try to take the maximum advantage out of it.

From calculative living to spontaneous living:

Calculated way of living is about planning, thinking, weighing, believing, offending, defending, following, analysing, discussing, assuming, observing, dreaming, achieving, failing, convincing etc. It is like having a basket of variety of

vegetables and keep shuffling between them multiple times everyday, just thinking about the flavor of their curries. This way of living keeps holding our attention and limit them to those delicacies only. This makes us forget about the fact that there are multiple delicious fruits in the nature as well, available to be tested.

When we keep holding one way or a segment of the life, then we are sure to miss out on the various other segments of the life. We don't have any other option but to continue the same way as we are not exposed to any other way of living. If desires are there, differentiation is there in different people's lives, then surely there are more ways of living apart from our traditional conditioned way. We predominantly come across the people, who live their life in this way only. That is why we observe a commonality in the social behavior and the interpersonal treatment. Our formal talks follow a similar pattern, similarly our informal talks also follow some set patterns. According to the various cultures and ideologies, they do vary from place to place however in their own comfort zone, they follow a common pattern only. We might live in a democratic world where citizen enjoy freedom to live freely as constitution ensures and guarantees them this liberty however when it comes to providing the freedom to ourselves, rather than keep opening ourselves gradually, we prefer to remain grounded by our own set patterns, which were laid by our own mind. We might not be too happy about it & want to break free from those patterns that become binding for us. We repeatedly keep following them as we ourselves feel helpless in avoiding them however they neither make us feel better nor happier. This is our life as an actor.

We get to see a completely new aspect of living the life whenever one gets to live the life of a witness.

Fear helps to get in touch with own productive aspect:

This is impossible to make problems disappear completely from the life. They remain in all the phases however their form and face keeps changing. As the time changes and one doesn't have any control over this change, similarly problems always remain there however their appearance and effect keeps changing.

However mind looks at the life in a different way. Sometimes it feels that the phase is too difficult and problematic. Whereas sometimes one feels that it is going okay. Even when mind feels that everything is going okay, problems remain around. Although we remain unaware of it or they remain hidden.

Problems are one thing and being fearful of them is another. On it's basis there are two phases in life. During one phase problems remain there however person is not fearful of them & feels comparatively safer and not on the verge of breaking down. During this phase even if comparatively bigger problems remain there, person goes through them rather comfortably. One can either remain closer to own desires in the life or to the life itself. During the phase of fear, one might feel too vulnerable and weak from inside however one feels a lot more proximity with the life. Doing the another phase when the person feels comparatively much safer, one might not feel proximity with the life and resultantly with the source of life.

Productivity means being much closer to own natural side. Fear may be there within the mind however during this phase consciousness comes much closer to own natural aspect. When fear is not there and we feel too much confident then we go towards the world with whatever we have within.

As the person feels that it is a favorable time to connect with the world and extract whatever one wanted to. In this condition, there are chances that person becomes forgetful of our own natural side. That is why the inner productivity might lag behind or pave the way for external accomplishments.

Realized individuals know that it is highly imperative to keep own productivity alive during those phases of life that are rather normal.

From effortless thinking to effortless silence:

Effortless thinking is a state of ours as an actor. Our mind is our driver which keeps on producing noise in the form of thoughts and that too without considering the fact that whether we are liking them or not. Effortless thinking is about compulsive thinking. It is like living in a house that's adjacent to a very busy road. Where honking and multiple voices like loudspeaker, sounds of engines etc. are very common. So even if person wants to avoid them, he cannot. In reality we grow up in that circumstances only. So the flow of sound becomes one of our part. As we don't know any other way than this, so it becomes a life for us. These thoughts keeps on guiding us in various directions. Having adapted to this way, we just follow our thoughts and keep converting them into actions. There is a hidden aspect behind the thoughts and action and that are the feelings. Functioning of mind conditions the brain in such a way that it keeps producing multiple kinds of feelings under the influence of all the inputs, it collects through various senses from the outside world. In such a circumstances brain gets stimulated when it sees,

hear, touch or smell something interesting. If it is about the food then brain produces such feelings that mind gets dragged towards those food items. Various kinds of foods stimulate the mind in various ways.

Under the influence of those stimulations, various feelings get generated and through them various types of thoughts and visualisation start appearing. This may continue throughout the life, if nothing exceptional happens that alters the course of the flow of energy and power within the person. Effortless silence demands a different kind of the way of life that is neither dependent upon the feelings, emotions nor the regular demands of life. It just wants the internal cleansing so that the picture of life can become more clearer.

Be resolute & change the world.

Be abstinent & change own life:

This means there are two worlds before us. In one of them, you can intervene through the thoughts & actions. So if someone becomes resolute & behaves adamantly then the thought process of mass could be ignited and a chain reaction gets sparked off. When more people join hands, the overall effect gets stronger. This is how a momentum can be established & floated. Someone's initiation provides others courage. This world gets shaped up by various thought processes. Under its effect a set-up gets established. As it is an interwoven society, so people get affected by many of such settings as various setups overlaps with each other. Mind is always sensitive towards such arrangements and prefers to keep a track of

them. It is always about safeguarding own interests, especially when they get hindered by some adjoining arrangements. That's where the concept of peaceful co-existence arises. There are probability and history of one arrangement trying to take over another. Which means imposing oneself on another. There is a concept that says neither dominate others nor allow others to dominate yourself. There is always a way of supporting each other by ensuring the co-existence.

Then there are two or three generations living at a time and all of them have their own particular way of living. As our understanding gets shaped by the environment we live in & everyone has variable levels of it. That is why confrontations are often seen in the family and the society.

Another major factor is of aspirations. As life is an opportunity to make own dream come true, so people want least intervention of others and if possible, maximum support.

Then there is a factor of available opportunities in the contemporary world to fulfill the individual aspirations, demands and ensuring own survival.

From having unwanted, irritating and vulgar thoughts about someone you respect or worship to mental quietness:

As an actor there is an extended phase in life when the imagination fly too high. Whatever eyes see becomes a potential idea for imagination. As the mind remains too much interested in the world and it keeps getting influenced by multiple things

on a daily basis. So during this phase, seeing and imagining alongside becomes normal state of mind. When the eyes are not involved in seeing something interesting, then the mind keeps producing various imaginations related to the memories & the images seen in the recent and the long past. Whatever the eyes get to see, mind can categorise them in multiple segments. Few of them fall in the disgusting or neglected class and few are considered auspicious to too auspicious. In the middle there is a segment that is considered normal or average. For making the soup of imagination mind prefers to forget the middle segment, avoid the disgusting segment and select the contents from the interesting segment.

In the early phase of adulthood when the body and the mind are not considered prepared enough to take the plunge of action, mind creates imaginary situations called imaginations, wherein it can perform the way it wants and even take the leading or the commanding position. So it is like the preparatory phase before the real action starts. Most of the time imaginations are very smooth as they don't have the angle of real experience. So mind can sauce up the imaginations with pleasant feelings, which might not be there in the real experience. As the experiences are a little far away and imaginations are readily available so mind becomes really creative with it's imaginations. Sometimes these imaginations go out of the control and some of those things get introduced in it, which individual tries to avoid at any cost. At that moment person's conscience tries to break this flow of imagination anyhow. Person tries to direct own focus in another directions swiftly, so that the guilt feeling associated with those particular imaginations could be kept away.

From compulsion of reaction to self tranquility:

This is a huge transformation in the way we conduct ourselves during the lifetime. It may sound easier however it is really difficult to get rid of this compulsion of expressing own reaction on any point. As mind lacks the inherent traits of being quiet. When one tries to stop watering one aspect of ours to water another aspect & let it develop, then It is like creating a complete functional change within oneself. It is about trying to shift the power from one aspect to another within. It is about nurturing a child or a sapling within. It needs devotion and devotion demands self-restraint and self discipline as well. In the absence of self tranquility one cannot experience peace. Peace is not about ceasefire between two warring factions. It is about the dominance of one natural aspect of the individual and making another mercurial aspect completely redundant. When there is peace, mind can relax and consciousness can bloom. This creates the effect of self tranquility.

Priest in the temple has a privilege that he can serve the Lord. Mere visitors in the temple don't enjoy this privilege.

Only that person can be appointed as a priest who assures his devotion and availability. Another requirement demands being qualified enough and the knowledge the rituals.

Same are the constraints in the internal world as well. As the rituals don't serve their purpose within, so one needs to switch to the development of own virtues whether that maybe through yoga, bhakti, service, love, wisdom or conscience. As the proficiency in formal education is not an eligibility in the internal world, so they who offer their unconditional surrender have the higher chances of getting chosen by the existence for having the privilege of serving the lord through his various manifestations.

Best performance comes out when the person is fearless:

Till the time fear is there within, person cannot play naturally. Another thing required to play naturally is having own focus fixed upon the truth. Then all the unnecessary distractions and the premeditated activities become obsolete.

Results doesn't matter much if one has enjoyed the process of preparation. If the preparation was not enough and person couldn't feel the joy associated with the phase of preparation, then one has no other option but to connect own expectations with the results. Where there is an expectation, there has to be some fear associated with it. As an actor we perform however as a witness we just play our natural game. A witness is not under any compulsion of moving out of own natural constraints and deliver what others are demanding. The best part about the witness is that he just loves to be in the game without associating with some results. The game is to be enjoyed not to gain something out of it. If we associate the multiple strings with it then it becomes a burden. Otherwise It just remains the joy of the game. Through this one gets in touch with own childhood, when the games used to be most joyful way of activity.

As the person grows older, game gets converted into duty & dreams. Which has it's own demands and expectations. As an actor we forget to take the life as game, that provides fun and joy. An actor starts taking it as a tool of fulfilling multiple objectives. On the other hand a witness considers own work just a game, where he can let own nature exhibit itself. In such a case even the onlookers appreciate the

naturality of his game. Both the actor & witness have two completely different approaches about whatever they do. That is why people get two different vibes from them. One plays for collecting the appreciation and achieving the targets whereas another plays keeping own focus not on the world but on the truth. That is why a witness's performance is just like a song or a poetry in motion.

As we need energy in various forms to sustain ourselves in the world. Similarly we need power to sustain ourselves in the inner world which is the world of witness:

A witness realizes the fact that sun is up there in the skies so in order to get the better understanding about the source of light, it needs to rise above. So that the limitations of day and night could be surpassed. Achieving highs also allows a person to achieve aloofness. As obtaining and maintaining a particular height requires a special arrangement and detachment. That is why few people walk this path. Mind wants to achieve highs however without sacrificing it's connection with the ground. That is why rather than going for the highs, it chooses expansion and getting bigger in surface area. Only they who are ready to leave the earth behind, get the privilege of scaling new heights.

No doubt earth has it's own gravitational pull however there are few methodologies to defy this pull and rise up against it. Science has told that fuel and engine aggregately can make this happen however nature has been showcasing its universal way of arising above and moving towards the sky. Mother nature utilizes

her inner power to do so by covering the earth with the canopy of trees & branches, somewhere up in the skies.

A witness learns from nature and to make changes within oneself, he tries to follow a natural and simple way of living. The best and practical way to know that whether we are really connected with the nature is to follow her way of life and see if there are some changes appearing within ourselves? Do we get to see some alterations in the feelings that generally dominate us while we just follow the sensually dominated way of living. Do we get to see some changes in the patterns of thoughts and it's overall effect on our behavior and interpersonal relationship. So this development of witness within, requires some wholesome changes in our way of living and our perception towards the life.

From being reactive to being steady:

Whenever a picture erupts before us, some feeling erupts. If not verbally then mentally. Our old memory related to that particular condition gets freshen up and related words automatically surfaces in the mind. Sometimes one reacts instantaneously and sometimes later on. Reaction comes when we take the things very seriously. This is how the external activities make something moving within the individual.

When we don't value the activities much then all the seriousness associated with that activity fades away. In the absence of seriousness, there can hardly be any reaction. As an actor if we are not in a condition to react then and there, then the

mind keeps those things in memory and saves own reactions for later and more favorable time. Mind wants to react & until and unless it doesn't get the opportunity to react, it keeps bubbling. If the person is more naturally driven then he might try to forget the incidence or make a safe distance from the individual & the activity that produced the bad experience.

As a witness person values own tranquility much more than anything else. Tranquility makes a person connected with the truth. A victim tries to maintain this state of tranquility and truth at any cost. So even after getting poked repeatedly, a witness tries to keep away from any sort of reaction. If the person neither has tranquility nor truth along, then as an actor, one has no other option but to surrender and follow the mind's instructions.

As a witness person takes the activities and comments too lightly. That is why he doesn't remain keen on making the records straight and giving someone a befitting reply.

When one gets to know that truth is everywhere then he is not burdened to keep remembering the incidence as they don't provide any clue related with the truth. Another thing about incidents is that they are not constant and keep moving like a picture.

Fearlessness is a trait of witness:

Fearlessness and happiness are interrelated. Till the time one is not happy, one cannot be fearless. Happiness corresponds to freedom and freedom corresponds to fearlessness. Absence of fear is about total control over own mind. Till the time one is free from mental deflections and impurities, one remains free from fear. Once we come to know that mind is taking over us, fear returns. Free will might be about the freedom to work according to own ideas however freedom is about zero mental fluctuations and trespassing. If the person is able to retain own awareness during the free time, then this is the state of fearlessness. If no one else is engaging us during our free time then It is our own mind or desires that retains the capability of making us lose our stillness and get involved in some of the activity desired and guided by the mind. We can somehow isolate ourselves from others however the attainment is about making our own mind assimilate into our awareness. This is the last hurdle for anyone to win over before one enters into the world of awareness and service. As an actor we value our job and try to avoid this condition of joblessness at any cost. Similarly as a witness we want to avail the privilege of serving the supreme Reality through it's various manifestations whether that may be in the form of humans, animals or nature. As a job demands commitment from us similarly the service demands total control over own mind and senses. Until that is achieved and awareness is not developed then in it's absence, service cannot happen. Although various activities keep happening however service means serving someone having full awareness of the presence of Lord in them. In such a condition person whom one serves becomes medium of providing the opportunity to serve the supreme being through oneself.

He may be involved with the happenings around him but he is not attached with them:

His attachment remains preserved for the omnipresent element. As he knows that being witness is about joy. So why to sacrifice the joy for small and inconsistent periods of enjoyment. After the arrival of virtual world mind got an avenue of getting connected with the preferred area of interest for the sake of seeking enjoyment. It means for the mind enjoyment is a little more within reach than earlier. When the things can be done without being emotionally involved and retaining own state of joy then It is not wise to sacrifice the treasure for petty gains. This is a learning process for a witness also that how to remain there, keep taking part, keep getting involved in the process although not getting attached with the psychological aspect of it. Joy is consistently present mild feeling whereas enjoyment is restricted to a short span of time having moderate to high level of effect.

When one starts getting to feel the joy then one tries to find out the ways of continuously

maintaining it. From keep sticking with the enjoyment to gradually learning the process of milking joy. No matter how interesting enjoyment could appear however it cannot provide the freedom that is present there with joy. Far getting into any kind of enjoyment, one needs some sort of dependency and own active senses. Whereas to experience joy it only needs to comfortably sit at one place and let the consciousness rise above and expand in the internal sky. This means joy is not dependent upon any tool, not even upon own mind. That is why joy is considered divine as it follows the natural pathway within the person, than any

mental involvement. Enjoyment is a group activity. It makes people inter-dependent whereas joy can be attained individually without getting involved into any group activity at all. All it needs to get connected with the internal nature. This is how a witness comes to know that divine mother called nature is not about activities, rather she is about the eternal collective process.

As an actor we are asked to believe whereas as a witness our guru wants us to experience & know:

They say that seeing is believing however people are asked that even if you are not able to see it then just believe it. A Guru's Methodology is completely different. He just wants you to go through the process, see it and then believe it. Believers take the easier path. Guru makes his disciples to take the difficult path. Mere believing without knowing is just an empty envelope. Guru wants you to be completely filled from within. So that your knowing gets ignited & you cannot be taken for a ride by others as far as the pillars of life are concerned. Believing in people is much more difficult than believing an invisible God. Believing that people have the potential in themselves to correct their own course and their wisdom is difficult than considering them fools. Whenever we start preaching to others then one is sure of the fact that the other's knowledge is sub-standard than ours. This is what our stance as an actor is. Whatever we are taught by the someone, we try to preach others the same thing without having any experience associated with it. It is just about sharing my own belief with others.

On the other hand there are people who want to explore, know the things in and out, develop the complete science associated with it and then try to introduce it to others. Guru knows that the disciple has the thirst for knowing. His journey cannot become complete without knowing and getting own attainment. Guru wants the disciple to be self-reliant. This is what the compassion is about. Guru doesn't want the disciple to memorize the things. Parents wants children to stand on their own feet. Guru is the spiritual patron. He just wants to make the disciple know the things spontaneously. He wants to have him connected with the nature and develop his own abode in the divine dimension. Through the Guru disciple learns that what the divine love is all about.

Until & unless we get complete control over our senses and mind, acquiring happiness is not possible:

They who are lords from within are the real Lords as they consider you the Lord. Being rich is not about being the Lord. Kings consider themselves as king because they find others not comparable with themselves. That is why being king and being the Lord are different. A lord knows that how to win over other's hearts. A King knows that how to win over other's properties. Lord values people, kings value properties. King makes others work for him whereas Lord wants to work for others and serve them as he is serving his Lord.

Happiness makes us comfortable with all whereas lust makes us feel excited in other's presence. Excitement and truth cannot go hand in hand. Whenever there is

some sort of excitement truth becomes hazy. In the absence of truth there cannot be tranquility.

Excitement of any kind cannot make the person tranquil. As an actor we never get to know about this secret. They who value the truth, value tranquility as well. Happiness, tranquility and the truth, they all reside together. This is what as a witness one gradually comes to realize. Tranquility eliminates the need of all the feelings and emotions that keep erupting within the person. In the absence of all those feelings one can get to experience what the peace is all about. In the presence of peace only, the picture within becomes clearer. This is how one gets to witness the truth in one and all. No matter how hard our senses and mind try, they can never provide a person happiness. Happiness is our internal phenomenon. When the person proceeds in his desired direction, then only he gets to feel the happiness. One can only become carefree when there is happiness within. Living carefree is very rare and one gets to meet very few people in life, who are able to do that.

Live merrily, without worrying:

As an actor we keep the position that we have to make others understand our point. That is why an actor always have to keep thinking and planning that how to make others fall in line and work. An actor keeps believing that all the responsibilities are there on his shoulders. Whenever this perception erupts in the mind, brain starts working upon it's solution.

However a witness knows that the supreme being in all knows everything. That is why he is no more troubled about making others understand and realize. As a witness we always keep simplifying the work however as an actor we inadvertently complicate the things.

Actor tries to make mountain out of a mole however as a witness we do just opposite. No matter how hard the things may appear, a witness tries to portray them as a regular or normal one. When Lord Rama was announced the next to be king of Ayodhya and suddenly one night he was asked to leave the city for 14 years to reside in jungle and sacrifice the crown, then he remained unmoved and happily got ready to follow the orders of his father. Along with him his wife and younger brother Laxman also accompanied voluntarily to reside in the jungle for next 14 years. A witness wants to be exactly like this only. To remain unmoved of the activities happening in the surroundings and to retain own internal happiness and peace in all the circumstances.

For them the variation in circumstances can't make them happy or sorrowful. As they know it's secret and method of maintaining it, no matter whatever keeps happening around them. Far Rama thrown and thorns were similar because he kept holding something much more precious than both of them. This is easier said than done. Being able to uphold own happiness and tranquility, even after childhood is a yogic play only. Seems like they are wearing a suit that makes them immune to the life and it's turbulence.

An actor's focus is merely attention, which is captive. Whereas a witness's focus is free and intense:

As an actor our focus is limited and demanding. It is either fixed on some material object or dream. That is why this focus demands attention. Whatever that remains in the mind wants to get materialized. For this attention is needed.

A witness's focus is much more productive than an actor as it doesn't demand anything. It just wants to stay fixed upon it's lord & keep watching the truth and this is how one starts taking the happenings non-seriously. This is how one takes things lightly and stops getting too much bothered about them. A witness comes to know that truth is omnipresent and in-corruptible. All the activities happen on it's periphery and the truth at the center remains completely still. When one starts seeing the center then the activities happening at the periphery start losing their relevance as the person comes to realize that these activities are merely a function of mind and that is why they need not to be taken seriously. A witness can also see that how the mother nature executes her work so elegantly that witnessing her doing it becomes a joy for the eyes and consciousness. Witness also realizes that how nature continuously & tirelessly keeps working upon the constructive part of the whole Cosmos and life. Mind remains focused upon the development and decay however it misses the natural productivity happening around, even though it happens on the largest scale possible. This silent natural productivity sustains life. If it stops doing her natural karma then life won't be possible in this entire cosmos. For the nature aliens are not aliens as she only produces and sustains them like she does on the planet Earth. When focus gets free from the captivity of the mind, it can enter into more deeper aspects of our being. This is what makes a witness more fulfilled.

He accepts the happenings around more comfortably and doesn't expect anything particular to happen:

As a witness individual knows it perfectly that the journey towards the supreme being is about working upon one self, not on the circumstances. So a witness remains focused upon his own natural karma, maintenance of self discipline and continuous development of awareness. He understands that all that is worth happening would happen within him only. He only has to preserve what has been done and keep walking his path. The best things of the life would be done through this only. One would not get the inner fulfillment through those things that happen in our surroundings. Person's own improvement is possible through his own efforts, not through the efforts of the surroundings, not even by the circumstances. Circumstances can surely guide us towards our inner improvement however It is the individuals like us, who either rise or fall and that too being fully responsible for our internal quest.

This means a completely active front is there within a witness where Maya or illusion is on one side and another side is the truth. Witness wants to move towards the truth however Maya wants to retain him. The whole system of the existence works upon the concept of 'complete or nothing'. Till the time a single shred of desire is present there within the individual, he is fully free to experience it. Maya and the existence are not separate. Maya or the material world is the extension of the existence. Individual is made up of same energy and gets retained by the same power that retains the Cosmos. So everyone is the integral part of this creation that is why one is free to be wherever one wants. The whole arrangement of the world

is divided into two parts. Manifested part and the conscious part. As a witness, person comes to realise that his constant, everlasting and unchanging presence can only be there in the conscious aspect of it. That is why ever changing happenings around the person doesn't hold value for him. He seeks shelter in the conscious aspect of the existence.

A witness can sit for longer duration of time without doing anything and without having any turbulence within:

This is no less than a wonder for the mind. Mind looks towards a meditative person with suspicion, wondering about what he might be doing. Sitting idle is a term that has been coined by the actors, for actors. Activity is an essential part of an actor's wakefulness state. As an actor we believe that another actor should keep doing his job. Person's competency is judged on the grounds of his interest, curiosity, learning ability and consistency. As an actor our distractions are our own individual interests and habits. That might interfere in executing our duties perfectly. As an actor we are itching to do something & that may be related with any field. During the time of our duties, if we are not found involved in it then we may be accused of sitting idle. We might be accused of sitting idle because of not discharging our duties properly, however as an actor we continuously remain engaged in some activity or just dreaming about it. This means if not at the physical level, then at the mental level some activity keeps happening. Body can sit idle however mind doesn't provide this liberty to an actor by continuously producing thoughts and feelings.

'To do' is easier however under the influence of mind, not doing anything is nearly impossible. To make oneself independent enough to resist the continuous push of the mind, it needs self discipline and remaining devoted to own natural karma. Now only one can feel the proximity with the supreme reality. Supreme Reality is the most still part of us. Feeling it's presence & making oneself sit in the lap of it's stillness is known as the Samadhi.

Sitting with total quietness in mind, feeling peace within, being able to hear the continuous subtle sound of the existence known as Omkar can be experienced in the state of witness. In the absence of internal turbulence, one can get to see the nature's beauty outside.

Achievement is a byproduct of attainment:

If the desires and wants remain in the center then the achievements become the highest points of our lives. As whatever work there may be, one does it for the fulfillment of those particular desires. As the desires are many and they keep bubbling up, which means new ones start getting added to the kitty. So it becomes a modus operandi of the individual to focus upon the fulfillment of each one of them. In such a case one goes ahead with a definite intention. Doing anything with a prior intention makes one put extra efforts to gain the intended mileage from them. These pre-intended extra efforts take the natural flow away from the person as well as it drains energy and makes the focus diffused in many directions. So with any prior intention, a completely new trajectory gets created that takes all the

beauty away from the individual. Our intentions and the actions associated with them suppress our natural and divine side. In such a scenario everything that gets exhibited from our being appears artificial. There is a stark difference between our natural side and the artificial side. The observers can make out the difference between both of them. It is our natural side that creates a lasting effect in people's psyche. Artificial side lacks appeal and it doesn't get noticed even.

Attainment requires dedicated practice and unidirectional focus. No matter what person does however his attainment helps him to do own work more artistically and naturally. In such a scenario individual doesn't have to go after securing the achievements. Through this one comes to know practically that the truth and the nature are integrated to what an extent. If the individual constantly keeps his focus upon the truth then the nature within keeps working in it's most competent and artistic way. With the practice and time, consistency transforms into eternity and awareness starts getting transformed into existence.

A witness doesn't have any particular destination to reach. He is joyful, wherever he is:

If no one is expecting anything from him then he is not in hurry nor he is bothered about the delay.

A witness personally doesn't have any specific place to reach. As an actor we remain in a hurry to reach at some destination as we get some sort of fulfillment upon reaching there. For an actor mind selects the destination and there remains a

feeling of shortage, which gets dissolved only when the destination has been reached. When we look at the world through the eyes of the mind or on the material grounds, we find that there is a vast degree of qualitative and quantitative differentiation present there. On this ground the world appears too spreaded out and immensely lucrative. This means there is always a feeling of paucity within the person, no matter how rich one becomes. In this scenario, even money cannot make person feel abundant. Through the money an actor tries to improve own looks, personality, conversation skills so that own sellability remains intact & one remains viable in the world of opportunities.

Although the scenario gets changed with a witness. Through the continuous phase of meditation and samadhi, a witness develops his internal vision and makes the mind stiller. Now he is no more enthusiastic about the qualitative and quantitative factors of the world. As when the person goes beyond the material aspect then the spiritual aspect of the whole existence starts getting revealed. Now the distance doesn't make difference as whatever that is here, is found there as well. No matter person remains here or thousands of miles away. Scenario remains same, so the witness also remains same. He needs not to change and do some extra preparation for the upcoming event. Whatever I have here, remains exactly same there as well.

Now the person can afford to be tranquil and kiss goodbye to the mental excitement created by this feeling of curiosity and paucity.

Playfulness takes birth from happiness:

Through the happiness one comes to know about what is being carefree. A carefree person is playful, as the children are. As an actor our mind gets too much crowded with the continuous traffic of thoughts. It gets tired by too much involvement in the various areas of interests. Through the involvement in the field of interest person feels satisfied however remaining indulged in the various unfruitful activities make mind tired. Remaining attached with the own natural side, executing creative natural duties and through the practices of meditation, mind feels lighter and happier. As it feels the proximity with the ultimate truth. In such a case happiness appears automatically. We might feel excited with a selective section of people, jubilated with another group

and uncomfortable with some other group of people with whom the person's nature doesn't matches. Similarly one feels happy, when one gets to feel the presence of truth around.

As an actor none of our activities remain centric to the truth. It is either related to the various material or the mental aspects. It is not about attainment. During the various phases of life, person goes through different sets of challenges. A definite section of mind tries hard to insure own viability in those particular circumstances. A person feels relieved when he meets the challenges successfully. A definite section of our mind seeks satisfaction through own work. A section of mind wants to prove oneself relevant by registering own presence on various social platforms or securing continuous updates in own work. Next there are dreams on which mind wants to work upon. Looking all those things aggregately individual finds too little time for seeking the truth of life or feeling proximity with own natural side. If we ever get a chance of doing so, we feel some of the time got utilised productively and this is one reason of our happiness.

Having an opinion about people means recognising the presence of individuality:

When we keep opinions about people, then inadvertently we recognise the individualities. In such a case we behave with people on case to case basis. It means the behavior gets changed from person to person. So the image of the person decides that how would be the behavior of the person with him. When the person forms some image about anyone then onwards his behavior gets fixed with him. This is how we get prejudiced about people. If we keep carrying images of people in our heads then many a times we share it with others as well. This may make them prejudiced also and their behavior also get affected as well. So as an actor we have to carry many files in the mind that are related to different people. This is an extra baggage in the head. Upon seeing someone, the file related to that individual gets opened in the mind. In this case the feeling within the person keeps changing rapidly as one gets to see different people during the span of the day. Another problem related with this that mind believes that everyone has an individuality and working on the individuality is the most important thing for any person. In such a case person works on own image projection, so that others could be affected in a more positive way. In such a scenario we might be a different person but we project a different image for ourselves because as an actor we believe that individuality and image are very necessary.

As a witness we are neither too much concerned about our individuality nor we take an extra effort to project our image. Individual is not even interested in having opinions about others. As a witness one knows that due to the change in

circumstances, person might act differently. As everyone tries to ensure own smooth survival, so it is not important that who did what today. For a witness only important thing is the truth of the individual.

A witness feels inertness towards jubilation and grief:

Jubilation and grief are related to our interest and attachment. Because of some happening when the person feels jubilation, there is a certain aspect of the mind active within, which has the affinity with the jubilation. In such a case mind looks for such opportunities where the jubilation or the excitement could be secured for oneself. For this, one has to continuously look toward the world. As far as the grief is concerned, mind tries to avoid them at any cost. This effort of avoidance is also a feeling. In both of these cases mind remains attentive so that it can intervene whenever required. Both of the jubilation and grief may appear too small a thing however they are like the glue that keeps the mind attached with the surrounding and the proceedings of the life. Because of them a constant state of expectation and wait keeps kicking. These feelings act as fuel that keeps the flame of mind burning. In these conditions when the individual tries to drift away from the worldly inclinations, then they act as a roadblocks. They who are not too much into jubilation or the grief can more comfortably turn inwards. It is all about one thing at a time. If a bucket is empty then it is much easier to turn it upside down. If the bucket is filled with items then the individual thinks that turning it upside down would mean losing all the stuff. Now person becomes cautious and feels scared in doing any activity with it. They who don't carry worldly attachments within

themselves can push themselves a little too far, for making progress towards gathering own experiences and attainments related to the spiritual side of life. There is also a great fear associated with this whole process of turning inwards. It is like losing what is there in hands without having been able to experience what lies ahead in the journeys within.

A witness can feel the proximity with existence:

As an actor we feel proximity with our people and the world. It means our focus gets fixed on a certain distance and direction. This creates a bond with the world. This association can only make the person guess about what is truth as till the time person's focus remains attached with a certain thing, then it is not free enough to probe about various aspects of existence. So till is the time we are densely attached with the material aspect of the existence, the spiritual aspect remains hidden. That is why one feels that world is much closer to oneself than the truth. In such a scenario we only keep guessing and believing about the spiritual aspect of existence, which is known as the divinity, truth or God. In Indian culture there is a tradition of pouring the milk over the symbol of Shiva, known as shivalinga. Milk symbolises the internal power, which moves upwards as milk is produced by the breasts that are present at the level of heart. This means Shiva can be worshiped by that power which moves away from the lower centers of the body. This also represents the control over the lust. This way energy becomes free to move in a different direction that lets the person know about different aspects of the existence. Power saved from the lust can be surrendered to the Shiva. There is a

hidden message associated with this process, which makes one aware about the internal movement of the energy. A witness tries to follow such a lifestyle that helps in preserving own energy so that the power could be surrendered back to the existence without making use for personal benefits. It means rather than giving own power to the material aspect of the existence, surrender it to the spiritual aspect then one becomes capable of feeling proximity with the eternal truth. This is a simple methodology behind becoming aware of what is there behind the material aspect of the existence.

Major difference between an actor and a witness is the intensity and direction of focus:

This is the difference between our material aspect and spiritual aspect. As life gets constituted by the material elements and the conscious element. When both of them come together, a life gets born. One either concentrates towards the material or the spiritual aspect as one has both the options during the lifetime. Both of these options provide two different types of privileges. It is entirely dependent upon the individual that which aspect of life one wants to explore about. The results to avail are also of two different types. Our focus is our ray of light. In whichever direction one tilts it, one gets the information related to that very direction. This ray of light brightens the different aspects of life. So they who are able to control own focus can get the desired results out of the life. Individual and his focus are like person holding a torch.

At any given moment he can throw the light in one certain direction only. Although one can surely do some manipulations with this light. It's polarized beam can be expanded in a larger area however for doing so, it's intensity has to be sacrificed. This way it can throw the light in a wider area however it won't be concentrated on a certain point. Person can surely divide own efforts in a larger area however the resultantly acquired feeling can also gets diluted. To get in-depth knowledge of a certain area, one needs focused light and efforts in that particular direction. Laser light can penetrate deeply however normal light cannot. By altering the intensity one can change the use of the focus & light. Through meditation this light is turned inwards. So that all those hidden aspects of oneself could be revealed.

The value of good times for an actor and a witness are different:

Whosoever becomes fully capable of controlling oneself during the good times becomes a Swami. Kabir has mentioned about it that one who is able to maintain own connection with the eternity during the good times, can remain distant from sufferings. Either we can use our good times for achieving our ambitions or it can be used for spreading the awareness and fulfilling the purpose. Favorable times is that period when our mind tries to become active again and rush towards own desires and ambitions. During the good times world looks lucrative to the mind and it becomes greedy. This greed of engaging with multiple available options is too difficult to resist. They who are able to resist this temptation become able to elevate own awareness at an altogether different level. So both the scenarios are

possible there. Either maintaining own awareness to the previous level or even downgrading it or raising it to the new heights. This only decides that whether we are an actor or a witness. One who can skip the temptation of taking part in the activities for the sake of acquiring some enjoyment can skip the boundations of karma fruits as they are known as the cause of sufferings. So the quality of Karma can either elevate our consciousness or it can plummet it's current level as far as the internal sanctity is concerned. Gaining financial and social benefits are different ballgame altogether. They who are able to balance these two sections of oneself are really advanced as it requires attaining a certain level of preparation and maturity. Becoming careful and aware are two entirely different things. One who is able to maintain both of them becomes able to utilise the time to the fullest. Only a Yogi is capable of doing so. The amalgamation of self restraint, disciplined & devoted life is rare.

Being an actor you see yourself seeing whereas as a witness you just see:

As as actor we keep watching and thinking simultaneously. It means the main player remains the thinker. Together thinking and watching activate the actor. Whenever we see something mind keeps running commentaries about it. This thinking instigates the individual to secure some advantage for oneself in the ongoing activity happening there. So there remains a picture before our eyes and an actor within us. This creates a connection between the actor and the scene that is playing before the eyes. This very connection keeps strengthening the actor within us.

For an actor the picture happening before the eyes becomes the truth.

It means as an actor we don't have any differentiation between the reality and truth. Whatever that is reality becomes our truth. The difference between true and the truth is that truth remains same and eternal. Whereas whatever that is reality keeps changing with every moment. The moment and the activity together constitute something true. In such a case we get engaged in classifying true and false. For an actor, this is what a witness is all about. Whatever we saw in any particular moment becomes our memory and we can provide our testimonial about that piece of memory only. At any given moment there are billions of activities happening around the world. On this ground there could be billions of truth and billions of witnesses, who will have their separate truth.

On the other hand a witness doesn't depend upon the activities happening in different moments for the sake of acquiring the truth. For the witness the one who was seeing oneself seeing, gets deleted.

Now only the scene and the truth are left behind. The seer also gets deleted. For the witness the activity of that very moment is not the truth. Truth is separate than the activity. The truth of every moment is not different rather it is separate from the activity of that very moment.

A witness can achieve the heights of meditation much more comfortably than an actor:

As an actor it is so very much difficult for us to experience the meditation. Actor is about mental activities and meditation cannot get in sync with the active mind. This is the reason that to provide the experience of meditation to the individual with an active mind, many meditative practices and techniques has been devised. The transformation of an actor into a witness is a gradual process and that too an extended one. It doesn't get initiated when person decides about it rather It keeps happening without the conscious mind being aware of it. As it is about the person's internal wish and aspect that remains viable between the life cycles. That is why the existence facilitates this journey of transformation.

As an actor we don't show any interest in the meditative activities as there is a lot to do during the free time. Mind that is habitual of feeling the rush of excitement, meditation is either the wastage of time or a mystical activity. As an actor one gets interested about the meditation only when we go through the unfavorable circumstances. Then we try every possible option to get some relief. Devotion and meditation are one of those activities. Controlling a vehicle without the brakes is too difficult similarly controlling the mind without the brakes of self restriction is nearly impossible. That is why Maharshi Patanjali gave an 8-fold path of yoga, wherein he mentioned that what five things are necessary to be controlled or introduced in the lifestyle just to have the experience of meditation.

As an actor our attention remains engaged with some activity related with senses. As a witness that attention rises well above the confines of the body and gets situated in the sky. There it gets to know about the vastness and own ability of expansion.

Buddha says "live happily" :

How can that be possibly if our mind remains active and keep generating thoughts? One moment it is here & another moment it wants that what eyes saw just now and to get experience of that own power has to be dispensed. One moment it is imagining this and another moment it imagines something else. Happiness means now, here and within me. It is about my fulfillment within myself. It means the best thing that could be experienced is here and within. It is my playground and the place to execute the duties and serve the absolute. It is not a shop where the happiness could be acquired. Happiness has to be found within and duties has to be executed in the world. Worship has to be done within and the service has to be done outside not the vice versa. As an actor we think that we have to serve our identity and buy happiness from the super store of the world.

Happiness is about executing my natural work and through that being able to feel the moments of stillness. The stillness within provides one the capacity to witness the truth. When one feels proximity with the truth, then it provides the needed supply of love.

When Buddha talks about living happily, he is talking about being a witness. Witness gets confined to own inner self as far as the search for joy and proximity with own eternal search is concerned. Now onwards whatever he has, he just wants to give it to the world. This can only happen when the person is fulfilled from within. Until this state is achieved, we keep looking towards the world for our fulfillment. State of happiness is about gaining the internal fulfillment and knowing about it's source so that whenever the recharging is needed, it could be secured, that too without any such effort that takes us closer to the material aspect

of ours. A witness just wants to divide own daily schedule in such a way that he could balance the time between natural work and worldly activities.

Is there any joy beyond mind and senses? :

The answer of this question can only be found in the state of witness. As an actor we have been approaching the world for all of our requirements related with happiness. Gradually we get so accustomed of it that whenever we feel a little low, our mind gets activated, our senses become alert and we rush to the world for our dose of jubilation and excitement, which we term as happiness. Once the mind decides that it wants some favorable environment or happening then it immediately looks towards the world and an activity gets initiated. Whenever we seek some information on knowledge, we turn towards the books or the internet. This process doesn't happen on a weekly or daily basis but on hourly or minutely basis. So it becomes our habit to remain busy or involved every single moment. If ever we want some break from this whole process, even though we can't have it as during that period, mind keeps running in the backdrop. So nearly we never come to know that what is there beyond mind and senses. Because of remaining trapped in this whole process, we believe that all of our happiness is limited to this world only.

It is just a belief and every belief has to pave way for the truth one day. Belief is the outer hard shell of the coconut, which just prevents us from reaching out to the inner soft part and the nourishing liquid. If we never break the outer hard shell then we would never know that there is some edible part and refreshing liquid present

within. Which means the best part is always preserved within. When the person gets to know about the inner part, then a whole new avenue gets opened. Now the person knows that it is not about the volume and the size but it is about the content and the quality. Now the witness comes to know that it is not all about the physical presence but the inner eternal part.

When we say that something is mine or I want everything then how come it could be possible that emptiness remains beyond our reach:

How emptiness can remain unclaimed? It is us, who cover the emptiness also. When our consciousness remains around the matter, it behaves like an actor. When our consciousness gets raised up to the emptiness, it becomes a witness.

We can get some of our answers from matter however many of our answers are hidden in the emptiness. That is why no matter how much we acquire or win over the land, we never get satisfied. This creation is an amalgamation of space and matter. If one of our aspects is connected with the matter then there is another aspect that corresponds to the space as well.

The actor within us becomes functional whenever it focuses upon the matter. That is the reason of its limitations and confines. Whereas upon meeting with the emptiness, the witness within us becomes activated. A witness is often considered a mystic as he talks about no limits and seamless expansion. All of the understanding and experience of an actor suggests that there are limitations of our body and our approach. That is why mind fails to understand the limitlessness &

emptiness. It is difficult for the mind to understand what is self and how it is connected with the existence and its mechanism. As an actor we can do nothing in emptiness or space. Mind of an actor wants activity and in free space, it's not possible. As far as the witness within us is concerned, it can stay stable in space and expand there. Then only one comes to realize that life is not all about energy only, it is about power as well. It is the power that holds the consciousness in empty space. Mind wants matter, consciousness wants space.

The human software:

Indians are not new to the software. In fact Indians have been working on software from thousands of years. Although that was not the computer software but the human software which is mind, feelings, thoughts, mental clouding, emotions, silence, actions related to thoughts, desires, imaginations, fantasies and their effect on the quality of karma.

Through this strong software of mind Indians came to know about the other state that is present above the mind, which is known as the state of witness. It is about being there in the physical form just without having any thoughts and imaginations. Through this Indians came to know that individual's activities don't stop at this juncture.

No mind doesn't mean no activities. It just means transformation of activities. It is the human nature that we always try to go to the next level, which is true all across the world. A state comes when we get convinced that no more options and

opportunities would be able to make us feel satisfied and happy. Growth and development serve their purpose up to a certain level however after that transformation becomes a necessity. After achieving a certain level in our respective field, We always try to look for the next level so that the pole position could be maintained. This is done to avoid that feeling of vulnerability.

If we don't progress towards the transformation after a certain level then the desire gets changed into ambition. India is known as the Vishwa guru because the Guru initiates the disciple into the process of transformation. Such is the limitations of our wants that they never make us feel contained and happy. Through their own experiences and soul searching, Indians came to know that after a certain stage, 'eeksha' or desire has to be changed into 'Diksha' that means lightening of internal lamp & fulfillment of other's necessities.

This is what the transformation of an actor to the witness is all about.

An actor has a compulsion to pass the time whereas a witness is not under such compulsion:

An actor tries to utilize the time for fulfilling multiple objectives. As an actor, we want time. This means we treat time as an asset. In the sphere of duality it is not possible that one can enjoy assets only, there has to be liabilities as well. So free time becomes a liability which one has to pass, especially if the person gets to be in a complete solitude.

No matter how high one goes in reputation and achieves the financial goals, an actor is not spared by the mind on these grounds. Even after achieving enormous material success, the problem of passing the time remains there. During the favorable times we get many options and opportunities to invest our time. So somehow as an actor we are able to manage and pass our time. That is why mind values the freedom of going out and interacting with people of its choice. We look for those people whom we feel connected to spend our time with. When we don't get a favorable response from their side, then we feel jittery and irritated. We want that they should prioritise us, respond immediately to our messages. So we go through attachment, excitement as well as irritation during this whole process.

As an actor we consider that doing something is the only possible way of passing the time. This way activity becomes a necessity for us as an actor. There is only two options available for an actor, which are either to act or sleep. Activity means some sort of motion. Which means mind corresponds itself with the movement. As an actor we feel that if the time is moving, then we have to move along. Mind doesn't know what is stillness. That is why feeling stillness is one of the most difficult tasks for the mind. As without making a space for some changes within, feeling the stillness is not possible.

State of witness is an inert state, where a person neither wants to affect its surroundings nor get affected by the proceedings of the surroundings:

This condition can be achieved in the absence of affinity and hatred. Affinity is the reason of seeking jubilation whereas hatred is the reason of sufferings. When the person makes oneself free from both affinity and animosity, then only this state of inertness can be achieved. In one word, this state can be summed up as detachment.

Detachment doesn't mean neglect. It means uprooting the attraction and repulsion. State of witness is a particular height of detachment.

It means just being there and watching the truth not the activities happening around. It is amazing to see that how one single seed of truth gives birth to trillions of its manifestations. One single truth remains hidden behind every face and form. Right from the past to the future. The circumstances and the activities around us are variable. It is just about being there, fully aware of the existence of truth and its various manifestations. In such a condition, witness serves the truth through its manifestations with devotion, love and might. It is not about being an actor, as actor has its own ways of interacting, working, influencing and achieving.

So his range of working is more diversified and spreaded out. As an actor person keeps choosing and picking. For this every time he has to initiate a process. Each of such process is different from the previous one. Sharing love with people is so beautiful.

A witness wants to shed all the inhibitions of protocol and social hierarchy, just to feel the divine love somehow. There is no other beautiful way of achieving it than establishing a cordial and loving relation with others. Love is like air. If it is there, it has to reach out to people. It just ensures its availability.

Imagination doesn't affect witness the way, it affects an actor. A witness is much more insulated against imaginations:

As a baby remains hidden in the mother's womb. No one knows outside that what is happening inside although a whole lot of creation happens there. Internally a life and the tool of life called body gets created. No one gets to see the process although everyone gets to see the final product when the baby gets delivered.

Through the imagination we can do nothing as far as the baby's development in the womb is concerned. Nature doesn't need any human intervention for the fulfillment of it's work. Nature doesn't possess any specific form like humans do yet she is absolutely capable of keep doing her job perfectly.

On the other hand there are actors, who imagine the things first and then take some action. During the period of activity, mind keeps thinking and planning.

The way we conduct ourselves as an actor is totally different than a witness. Witness comes to experience that how nature's power and the natural traits within him, automatically produce something constructive and wise. That too without any intervention of imagination and planning. Witness also comes to witness that how things happen through him without much of his involvement and that too of good quality. As an actor we do whereas as a witness we get to see the spontaneous happenings.

Whatever happens through a witness is known as religion as it is natural, unplanned and without involving any desires. Now the witness comes to know that how nature plays it's role as a bridge between the mind and the truth.

It lets a person have a greater control over own desires. This way person can afford to relax. Even if we become too much rich then too one cannot afford to relax mentally as mind remains mercurial even in that condition.

A witness has the competition with own mind. All of his competition and friction are internal:

So he is not a challenge for others. Atleast he doesn't take the life in this way. As he clearly knows that where his struggle is. One tries to minimize the struggles outside so that full focus can be kept on internal struggle and upliftment. We can keep wasting our time with the world but when it comes to self-improvement one has to invest own time within. To achieve this one tries to become inert and aloof.

While remaining in the society it is too difficult to segregate oneself completely from others so the person chooses to become inert so that one remains wherever he is still he manages to get some free space around him by not too much interacting with others and indulging in various activities. This way person tries to create some ground for self refinement. It depends upon the individual's interest and inclination. In whatever direction it is, one tries to make some progress there. As the world provides immense opportunities similarly the internal world provides immense possibilities.

An actor is limited to the memory and matter. He leaves his mark in other's memory and spreads his presence upon the matter by acquiring more area. Whereas a witness rises up in an altogether different dimension of being.

A witness can grow up like a tree. Whereas an actor has to spread horizontally. As a witness finds oneself compatible with the sky and an actor with earth. Earth has matter, sky has none.

A witness can rise up vertically without competing with others. As everyone has a physical presence in the form of body, which belongs to that very individual. Similarly the sky of witness is very individual. An actor has to compete with others. As an actor we don't belong to a common ground. That's where the competition and friction with others arises.

An actor is a victim of duality while a witness is not a victim anyone:

Our dependence upon image and words is the symbol of our victimhood. Both the images and the words are limited in the sphere of space and time. This means they represent a very small fraction of them. They are not about totality. Our search is beyond the limitations. Images and sounds cannot be about continuity as they keep changing. This is a continuous case of shifting focus from one to another.

We look for the eternity and totality. Eternity means being present in every small fraction of time whereas totality means that very element that is present in every form of life and behind every living being. This is how past and future become meaningless as the source of past and future gets known. Thus a witness knows that how past and future are created. So the curiosity related with past and future melts away. Past, future and time belongs to duality.

A witness develops and guards awareness through virtues. This also means coming out of the trends of past state and developing something afresh. This freshness makes one free of this state of being a victim. Memories are old so they cannot be fresh. Dreams are imaginations so there is nothing natural associated with them. Freshness means feeling something beyond or totally natural. What brings this feeling of freshness to us, that has to be something natural and not planned. Freshness is about the uninterrupted flow of power. When this flow gets established, internal nature become functional and hidden natural traits start blossoming and exhibiting themselves. This is not possible while remaining a victim of duality. Both of these aspects called duality and non duality make the life possible. Material pleasure and life cannot be the ultimate individual goals. As an actor no matters how high one goes up however he remains on the ground of duality only. Whereas no matters how grounded one remains but a witness remains on an all together different platform.

A witness gradually comes to know that the time is spent with awareness is known as devotion or bhakti:

All the time that is spent with understanding & without awareness, went without devotion. That is why, it is known as 'vibhakti' or differentiation. The state of awareness is known as samadhi. Samadhi happens when one comes to realize that thing that is worth watching can be viewed through the vision and for that, eyes or the mind are not required. In such a state when the person keeps own eyes closed, even then he is not missing something. Witness knows that whatever that is visible

through the eyes is just a product or the effect and the cause can only be viewed through the internal vision. This eliminates the person's dependency upon the eyes to look out for the truth. Samadhi happens when person comes to realize that whatever that can be viewed through the eyes and whatever that is present around, is just a manifestation of the truth. So one doesn't miss anything if he keeps own eyes closed and focus concentrated in the direction of truth. Till the time we are not in terms with the truth, we remain entirely dependent upon the reality.

To remain connected with the reality, we need senses. This is our state as an actor. Whereas a witness is not absolutely dependent upon the senses and mind. That is why witness can continuously work upon development of samadhi or awareness and further refining it. As an actor we can remain cautious or alert or careful however as a witness person develops another aspect that is known as awareness. It this is the missing link that will look out for. This is the light through which we get to see the another dimension of being. As an actor we cannot afford to relax mentally however a witness can.

Presence of any kind of life is an announcement that some superior authority is there.

It is a myth that elevation to the other dimension happens post life. In reality it happens during the life:

It means there is no angle of predictability. It is not about one will know oneself after the life. It is not about follow here, get rewarded there. If the divine virtues of

peace, happiness and love is increasing within, then one is heading in the right direction and getting the benefits here only. If the person's awareness increases and one lives in that awareness only then one is making a house for oneself to live in the higher dimension.

Its effect gets revealed during the lifetime only. Getting to feel stillness is not merely achievement, it is a divine attainment. One comes across to very few people who are not taking the instructions from their minds. They who have been able to feel what is there beyond the mercurial tendency of the mind. They who are not in control of their mind anymore and have found their natural side. Letting lose own mind is too easy. Bringing it under control and to standstill is too difficult and impossible without the divine intervention in life. Divine intervention cannot happen without presence of any divine content within the individual. It is like the lock and key. Both of them have the similar pattern that corresponds to each other. Our whole activities get influenced by the fact that what we know about ourselves.

Our ambiance corresponds to the information that we have. Which means that people who possess high level information, gets to experience better ambiance than others:

Public administrators, leaders, medical, financial and technological professionals, educators, businessmen etc. Often enjoy advanced & comparatively better ambiance around them. Similarly knowing corresponds to human nature. Person's knowing is complimented by one's own nature. More wise the person is or more

cultured the people are, their nature gets moulded according to that piece of wisdom. If the person gets too much negative information about the world, then his behavior automatically gets altered according to that information. As they say form is temporary, class is permanent similarly behavior is temporary, nature is permanent. Till the time the effect of those negative information remains there, his thought process gets accustomed according to that. It affects the person's behavior. When the effect of negative information thins down because of the change in the surroundings and one comes in contact with soft natured, saintly and cultured people then his nature gets opportunity to manifest itself freely and the earlier behavior takes the back seat.

Those people are more blessed who get this opportunity to live the life more naturally without any ideological intervention. In such a case their behavior remains more persistent and predictable. There are people who have beautiful nature although when mind get too much loaded by the ideological interferences then nature doesn't get freedom to exhibit itself freely. That is why to experience the divine side of the self, it is better to keep away from any ideological intervention.

This effect of nature becomes exponential, when internal nature gets the ambiance of natural environment outside.

As an actor we get affected by lust. We set our sites upon the individuals and individualities:

We collect more and more facilities and keep dreaming about more and more. Actor gives preference to experience whereas a witness gives preference to realization. An actor and happenings, together they constitute an experience. Whereas when an actor and happening both get dissolved, it gives birth to realization. That is why world is an experience whereas self realization is an awareness. In the moment of realization nothing gets changed in the world, It remains same. Only the internal actor goes through the transformation. As an actor we are totally dependent upon our activities and the happenings that create experiences for us. As an actor we keep believing that nothing would happen, if we won't think & plan. We get so much fascinated with thinking that we start believing that prayer is also about implementing one of our ideas. If any idea is conceptualized by us then we get totally attached with all the implementations and results associated with it. However if we come to know that what is the nature's wish then it's implementation becomes joy and the results don't bother us. Now onwards we just want to keep availing the job from nature and executing it without being associated with it's outcome. When our inner nature gets revealed then only we get to connect with the nature outside as well. This means a segment of the outside world corresponds to our mind and another segment corresponds to our nature. Our own ideas correspond to the actor within us whereas the nature's wish that is hidden inside the individual, makes one remind about the witness within. Mind is complicated, nature is simple. Implementing the ideas are difficult whereas implementing the nature's wish is pretty easier. Receiving the gifts from people make one feel special & excited and receiving the gift from nature makes one feel connected, relieved & loved.

If one has the inner power and the focus then the chances are high that the one will be able to come closer in realising or achieving own objectives.

Any rocket which has enough lift off power and the right navigation system can reach to it's desired orbit. If the individual is sure about what his objectives are, is able to preserve his own power and maintain his focus in the right direction then the chances of success get amplified. Same methodology applies in the human's pursuit of knowledge or wisdom. Penance or austerity is all about preserving own power and fine tuning own focus. If any projectile has the course correction and self balancing ability then it's rate of success becomes much higher. As an actor we may keep losing our power and focus in different directions, resultantly we may also lose our course correction ability. In such a condition we may be able to gather some material success however the objectives that a witness sets for oneself cannot be achieved with the methodology of an actor. Preparatory phase is required before the execution phase. If the person has taken his preparations seriously then the chances are high then the performance would be enhanced. If there are lacunae in the preparatory phase then it gets revealed during the performance. As an individual we have to find out that what is our larger than life goal? To achieve that goal individual takes own preparations too seriously. Proper recognition of our larger than life goals provides us an ability of recognizing our distractions. This provides a facility of sorting them out quickly.

When we are not certain about our goals, then mostly we fail to recognize our distractions. Thus they become a part of our habit and a new opening of mental distraction gets created. It compromises our navigation and we may even become under powered to achieve own objectives.

We have often seen in the movies & serials that individual remains the same and God appears before his eyes in the physical form and then after delivering his message he disappears:

This creates a perception that individual remains same, God just appears and then disappears. It means the change that is happening there is not in the individual but in the surrounding. Same happens in the dreams also. Whenever the individual has some expectation or a wish, then one may get to see the dream in which the Deity or the God appears and fulfills the expectation. This is a story and this is a mind's side of the story. In fact all the stories belong to the mind only. Beyond the mind there cannot be any story. There remains truth only. It means it is beyond the perception and the thought.

Realized people have a different way of describing it. In the moment of realization they come to know that they are not present. They are not there, only truth remains everywhere. Unlike the stories where the individual and the God co-exist at the same time, moment of realization makes one aware of the fact that individual is just a product of that omnipresent truth. Only truth exists nothing else. Then only the realised person comes to know that the activities are not the part of the truth. Remaining attached with the activities, especially those ones that are done by others cannot lead us to the truth. Our own activities can only provide us the experience. As an actor we remain hooked with the activities, as we think that the activities are about the truth. As an actor we keep believing that the activities and actor are one. Actor is just about the activities. As the activities are variable so one

keeps receiving the variable kinds of feelings. When the actor gets transformed into a witness then he comes to know that the truth is not about the activities so it is not required anymore to remain focused upon the people's activities. As one can live having his vision fixed upon the truth also.

Purest form of a witness is known as 'Sakshi', which means one that remains at the center of this whole existence:

At the center of the wheel, there is axle. Wheel revolves and due to which all the motion and displacement happens. In the absence of the stable axle and a strong connection between the axle and the periphery of the wheel, there can not remain continuity in the motion. When we look at the Cosmos and the life then we find that there are similarities between both. Both of them keep moving and there remains a continuity in the motion. This revolution and continuity is because of a binding force. If there is a binding force then there has to be an epicenter. In the Cosmos gravitational force is that binding agent. In the life power is the binding agent. Sun is a center point of our galaxy and it is the source of light, energy and the gravitational force. Sun is visible during the day but during the night it is invisible. Thanks to the movement of the earth, every part of Earth keeps getting its share of light repeatedly. Earth is a planet that is made up of matter.

Same is a case with the existence. Body is like a planet made up of matter. As during the night It becomes impossible to see the sun similarly during the life it becomes too difficult for us to see the epicenter of own existence because our mind

remains fixed upon the material aspect of the life. Night can make us suspicious about the presence of sun however this doesn't mean that sun is not present. Similarly during the life We may become suspicious about the presence of truth. As in the absence of sun there cannot be a galaxy, similarly in the absence of truth there cannot be an existence. Becoming suspicious of the presence of sun is our own problem, which every individual has to deal with. Presence of sun is the truth of cosmos and the presence of the supreme consciousness is the truth of existence.

Whatever thing we are interested in, our vision gets fixed upon that:

Kaikei was looking at the throne. Her son Bharat was looking at the cosmic consciousness. This shows the difference of the vision both of them had. They were unmoved on their decisions & did what they wanted to. Our karma are based upon our vision. The vision of kaikei got impure by the mixture of attachment. Mother's attachment and her want of throne could not deteriorate the vision of Bharat. Divine love was protecting the vision of Bharat.

Kaikei was not looking at the throne from the word go. Her close aide Manthra made her think upon these lines. This idea corrupted the vision of Kaikei. Vision and the Karma are closely interrelated. She couldn't understand that the greed of throne is going to do injustice with Rama, who was sent to the jungle for 14 years. If Rama retaliated, rejected this idea and became adamant for becoming a king, then this would have been just a forgotten story of history. However this googly of the circumstances was thrown at the disciples of sage vashishtha (Rama, lakshman,

Bharat and shatrudhana), who were accompanied by the disciples of Sage Janaka (Seeta, Urmila, mandavi and Shruti keerti). The way both these groups of disciples handled this situation gave birth to Ramayana.

This is a what a Guru does for you. He makes your vision broad and takes it to another level. As an actor the way we look at the life is different than a witness. This difference in the vision changes the way one conducts oneself during the life. Vision decides our values. Values decides approach and approach gives birth to history. Invaders and tyrants also create history so do sages and people with virtues. Although there is a stark difference between the quality of history both of these segments give birth to.

Investment of time:

During the process of getting transformed into a witness, one learns to invest the time in truth. In the name of interest and entertainment, mind keeps investing the time in Maya or illusion. This becomes a standard procedure of our lives. Whether we are too rich or just hand to mouth, everyone gets same 24 hours to invest during the entire day. It solely depends upon the individual that in which direction time has to be invested. This whole process gets initiated with this realization that enough worldly experiences have been gathered and it is the time to move towards the next level. With this realization, attachment gets converted into surrender. With this a process of wholesome changes gets initiated. Earlier we used to invest our total time in worldly activities. Now the process of course transformation gets

initiated. Consciously or unconsciously, all those wasteful and unnecessary activities that become a part of our mental structure and thus the daily life has to be cleaned gradually. So that the individual can advance towards the development of awareness. It is not an easy process. Self-refinement is one of the most cumbersome processes that one undertakes. Getting rid of own wasteful aspects and the liking towards other's attractive qualities get replaced with virtues that develops gradually.

This happens when we start utilization of the time for ourselves. Until mind keeps utilizing our time, our internal structure keeps getting loaded with the dust and rust. First of all this realization that I may need some internal correction is too rare. Our mind & ego seldom agrees on this point. Mostly our perception is that world needs change, it has problems. We may nearly never come to accept this fact that we may also need to change. It is our internal world that needs to be changed. For this one has to invest own time for oneself. Life is an opportunity to improve oneself.

A witnesses neither prefers to see the identity nor individuality:

A large section of our lives gets spent into recognising the physical identities and admiring the individualities. As far as their number is concerned, it is endless. Everyone has separate physical data and qualities. Until we keep following them, we keep juggling among them. We get to like some of their qualities, that is why we keep coming back to them regularly.

The sight of the cause has such an overwhelming effect upon the person that the individual neither remains interested in the identity nor individuality. That is why many realized people say that truth can not be told. Because till the time person's focus remains attached to the truth everything else appears dissolved. Only when some part of focus gets diverted towards the world, then only person becomes able to speak something. Till the time one remains connected with the truth, there is not even a shred of desire to speak something. This is about total involvement.

A witness is able to witness the mind, ego, intellect, nature, love, matter, conscious element, anger, fear, attachment, repulsion, hatred, greed, Dharma, Karma and their manifestation. That keeps happening through the individuals.

So there is a part of the truth that gets manifested and expressed both. Being apparent requires matter and expressions are conveyed through energy. This means matter and energy are directly involved in life's getting a physical form and becoming active. This is visible and evident however one section of this whole apparatus called life is too minute to be gauged by the senses and even understanding. This is where the cause of the life remains present. It means the conscious element and the power that holds the whole material part remains there only however it remains unknown as well.

A witness has a vision and that vision is about witnessing the truth:

This is the reason that a witness can segregate the illusion from the truth. Being able to witness the truth needs religiously remaining adherent with own religion or

the natural karma. Just like a comb that helps in avoiding the entangling of hair, natural karma or Dharma helps the individual to avoid getting entangled in the various prongs of Maya or illusion.

The facility of this vision that a witness possesses is not available to an actor. That is why the faith, belief or the concept of God has been there.

This means a belief exists that some supreme form of being is there. In the simple words some higher form of being is there. This also means that as an individual we are answerable to someone. This concept is as valuable as a brake in our system. As we know that we need brakes in our car or bike to successfully complete a journey. Brakes may decelerate the speed however they ensure that the direction remains right. Whenever our direction gets altered brakes cut down the speed. So that we get an opportunity of course correction. That vision of witness itself is capable of doing the same course correction for ourselves. Like other living beings humans are also capable of adapting oneself according to the changes in surroundings. Once the vision changes, the image also gets changed. In such a case person rearranges own life and expenditure of power according to that very image. This is the major factor that brings the change in an actor's life and a witness's life. As an actor we create material wealth, as a witness we create internal wealth. An actor can only see the cause whereas a witness has an access to the cause. Whatever we see we try to create a proximity with that and we try to adapt oneself with that. We may come from a rural background however gradually we come to learn that how to look and speak urban.

The inclination an actor has for entertainment, same is the value of meditation for a witness:

It is all about the point that where do we invest our free mind. Our free mind either gets invested in the entertainment or in the development of awareness. As an actor we go for the first option and as a witness we go for the second.

First of all, keeping the mind free is not easy. It is a very difficult task. Doing something is easier, not doing anything is much more difficult, as the focus keeps trying to move out in some direction. Mind remains hungry to come in contact with the world through any of the senses. Secondly mind always remains occupied with some kind of thought, emotion or picture that may either be some memory or imagination. All of them keep working as a catalyst that constantly keeps pushing the individual either to move in a certain direction or to avoid another. It is an effort. Mind cannot stop making some kind of effort whether that may be in the form of some thought or some activity. That is why being effortless is too much difficult. Mind keeps looking for those kinds of feelings that are pleasant. That is why it looks for the activities that can produce those particular feelings. These feelings are the main reason behind all those efforts that as an actor we make to reach out to entertainment. When we look minutely then we find that mind gets addicted to some particular kinds of feelings and it wants them to keep recurring. That is why all the habits form a vicious cycle and it becomes really difficult for the individual to come out of it.

Witness wants more stillness that is why he remains adherent with own natural work. Natural work facilitates meditation and meditation facilitates stillness.

Stillness facilitates the development of awareness. Awareness facilitates the sensitivity, compassion and love.

A section of writing is done just because it is either a passion or a way of earning the livelihood:

In such a case person gets encouraged & gets compensated financially by the readers. An actor looks towards the society for the inspiration for the next writing. He just wants to have more ideas, imaginations and assignments & wants to capture the imagination of the reader through his writing. This is how the interest gets created in the reader's minds. His entire success depends upon the fact that how successful he is in inducing the interest in people's minds about his writing. This is also a way of interacting with the people through own writing. When people like your piece of writing they become more curious about your life & knowing you in real life. Writing fiction is all about how imaginative our mind is. They who want more food for own imagination love fiction. Whether it may be reading or writing, person loves to come across more interesting moments. This is also one way of making own presence felt. Writing is one of the way of expressing own mind and an effort of spreading own effect in a wider area.

Whereas whatever a witness gets to see, he pens it down in his writings. This is his Dharma. He feels satisfied by doing so. He distributes his work in the society. As every tree does this only. He distributes his fruits among others.

Witness doesn't write for the readers. If we do so then the readers effect gets printed upon the writer's writing. A witness writes just because it is his job. An alone mango tree standing in the wilderness doesn't stop fruiting as it is his job. This is what he does naturally and without any external intervention. Whosoever remains adherent with own Dharma gets the prasadam of meditation. Through meditation witness gets paid immediately by the nature. This underlines the importance of natural tendency and related works in our lives. Ability to meditate is an attainment.

An actor wants to create a portfolio for oneself and showcase it to others:

Right from individual qualities, social background, family life, academics, financial status and interpersonal skills, there is a one complete portfolio associated with every individual. As the person keeps working upon them under the guidance of mind, so whatever has been earned and acquired mind takes pride in that and wants to showcase it to the world. Different people have different perceptions about the world. Whatever our mental setup is, we consider that the world has similar one. So if we have the knack of observing others, then we think that the world has the similar view. More we observe others, more we want to display our bright side. It means there is a curiosity that works behind observation as well as displaying. When we have the tendency of displaying, then we have to highlight few things and hide few. As the mind knows that it creates a perception or an image associated with whatever it observes. That is why we want that our perception or image in other's minds should be better. Many of our investments

that are related to buying an experience for ourselves get displayed to the others through our social network or social media. So that the people should remain aware of our continuous activity and development. Mind wants to get recognised and command other's respect. For that one has to take efforts and do the work on the ground, then create an even better image than the ground reality. It means some efforts are made on the ground to improve the things and conditions whereas some efforts are made to enhance the image. There are services available to improve both of them. As the business gets driven by the advertisement so people keep getting a reminder about the services related with both of them.

Actor is driven by the mind, witness is driven by the consciousness:

Mind wants desires, intellect wants self respect, ego wants ambitions.

Mind is that particular vision that keeps playing with thoughts and imaginations & keeps looking towards the fulfillment of it's desires. Mind, senses and matter they have a complete sphere associated with them. Intellect is a talent or a form of self-motivated power that makes the brain work brilliantly. Through this the person makes progress in a particular field of knowledge. Intellect wants some trophies for itself, In the form of degrees & titles. As well as it wants proper knowledge and skills to execute own work satisfactorily. Intellect wants to exhibit it's presence through those qualifications and titles. Intellect wants to know that have I adequately proved myself? Am I satisfied with my own academic level and achievements? Intellectual wants to ascertain that it has becomes a part of some

elite group. When the intellect believes that it has done enough then the energy gets diverted towards some other direction. As the mind keeps coming back to it's habit similarly the intellect keeps coming back to the same question that have it done enough? Although whatever intellect acquires, It is made available or facilitated through the senses only. It means some of the senses are used to carry the information from outside world to the brain. It means the flow of information is from the world to the individual. Although the information get processed in the brain and then through the motor network & effector organs intellect contributes from it's side. There are different kinds of talents and in different people different forms of it are present. Through this different people make advancements in different directions. Individual wants to make progress through whatever specific energy or talent one has. A person might get passionate about the knowledge but when it comes to the wisdom, it is all about surrender and complete devotion.

As an actor we look for the juice in the world whereas a witness looks for the juice in self:

There are various flavors, colors, feel, types, fragrances, variation, exclusivity, taste, styles etc. All of them has the capacity to keep the mind engaged. There are multiple ways of feeling fulfillment. Individual looks for the places of availability and wants to have enough resources so that getting those particular experiences could be made possible. As an individual we love to share our experiences during conversation with the people. Just to make them aware about the available opportunities as well as the facilities. This is also done to make others aware that

as far as the experiences are concerned my kitty has enough items. Technology has provided more avenues to share own experiences and people are often encouraged to share and rate their experiences. One way of advertising about oneself is sharing own experiences. In the service industry various ventures often encourage their customers to share their experiences over the social media platforms so that dynamic process of advertisement keeps happening. People go through these reviews in order to select an appropriate place for availing the services. It means the services try to reach out to their prospective customers to match the demands.

Every thought has the capacity of developing into a perception and service providers try to develop such a perception for themselves that is better than others.

Apart from this whole methodology, there exists a completely different way of living. This difference is related to the witness. Witness tries to utilize own material and natural resources in a way that would help him to develop his own inner possibilities. His way of getting fulfillment is different than an actor's. Actor is interested in developing own worldly possibilities whereas a witness tries to develop own cosmic possibilities.

An actor gets driven by the desires whereas a witness wants to get driven by the truth only:

Whatever efforts we make to fulfill our desires surely leaves it's effect upon us. All of these effects are not pleasant ones. So we may or may not like all the related effects however their nature is binding. Whatever Karma we do, it surely leaves it's

effect upon us. There is a certain kind of curiosity and excitement associated with every karma. Under the effect of it, mind initiates a thought process, that keeps producing various thoughts, imaginations and further curiosity. To fulfill some of our ambitions, there is an accepted process. One has to become a part of it for a certain period of time to have it completed. Many a times there is lack of opportunity, resources, under preparedness, assistance or just unfavorable times due to which their fulfillment becomes difficult or even impossible. Due to which they get postponed or even cancelled. Person wants to fulfill them because he wants to come at par with other contemporaries. Then there is a certain urge of keep updating oneself with the changing times. Ambitions may not remain fulfilled for years that doesn't means they disappear. They remain there somewhere at the back of the mind. When the person finds that there are enough opportunities available now and one can afford the resources and feels that he is prepared enough to go through the process then mind again tries to fulfill those ambitions.

Then there are desires associated with various senses. Once the person fulfills own ambitions and has gone through the process of austerity and celibacy to get rid of those desires then the individual gets ready to dissolve oneself completely into the truth. Getting one with truth is the deepest desire. It is so deep that it is nearly impossible to even talk about it. To fulfill this there is a complete procedure and a pathway.

An actor has mind, thoughts, imaginations and senses.

Witness has just a vision:

Witness is not into thoughts and imaginations and related feelings nor he is considerate about the various senses and their demands. He just wants to look towards the truth and hear the cosmic sound known as Omkar. Through this practice, he comes out of the periphery of thoughts and imaginations. This is how one proceeds towards the next level, leaving behind the earlier one. Witness loses the interest in utilisation of various senses. No matter how interesting or exciting various options maybe however the comfort provided by the home is unparalleled. When the person comes to experience that the truth can be a destination, then one comes to know that leaving behind the options provided by the senses is possible to get seated in the truth. Our mind maybe interested in various options and the potential of various senses however our nature is interested in one stable destination. It requires freedom from ups and downs of the feelings and emotions as well as the compulsions associated with them. Alongside it wants natural productivity, fruiting, flowering and development to provide shadow. It just wants to have one unidirectional approach. Mental activity is just one section of ours whereas natural productivity is another one. That is why at some point during the life, we want our nature to take over. Mind has multiple options to engage with and each of this engagement has the capacity to produce a string of feelings. These feelings produce an effect that is a kind of web that obstructs the continuous development of the consciousness.

Mind doesn't want to obstruct any other thing. It just wants to remain active and dominant. It's sporadic activity becomes a hindrance for the development of human consciousness as every plant needs an open space for development.

As an actor we try to balance our inferiority complex with the proud moments of life:

Both of them are two different kinds of feelings. One is not so pleasant one and another one is pleasant.

Inferiority complex means feeling of some sort of a gap or shortfall. Through our achievements and improving our knowledge, we try to bridge this gap. Realization of the existing gap and the efforts to elevate oneself to the next level make us an actor. Life exists on multiple planes like academics, family, finance, society, integrity and spirituality. As an individual we may be brilliant on some level, good on another and just average on some other plane. Although some of the aspects are given too much priority by the family and the society. Academics is just one of those fields. A student gets to feel that there is so much value associated with it. That is why even an average or a good student feels that atleast he should get to reach some respectable level. So that the feeling of paucity or being on sub standard level should not be there.

The presence of these sorts of variable feelings remind us of being an actor. The knowledge of the material aspect of life is given enough importance, as our future and the financial security is dependent upon it. As well as it has the capacity to elevate the social status of the individual and certainly plays a definite role in the family life as well. In India all the knowledge related with the material aspect of the life is known as 'Vidya' whereas knowledge associated with the conscious aspect of the life is known as 'Gyan'. All these comparable feelings are associated with the material aspect of the life only. Through the 'Gyan' one comes to know

that the eternal element of the existence is absolute. So neither there can be duality nor comparability. So the variation in the feelings can not be there. We get to see that there exists identities centric variable feelings as well as truth centric universal feeling of peace and love.

The desire an actor has for attachment and involvement, same is the value of total detachment for a witness:

Both of them let the person feel two completely different kinds of feelings. Involvement brings excitement whereas detachment brings tranquility. Attachment is related with the material aspect of life and the mind. Whereas detachment is the involvement with the conscious element.

A section of ourselves want to become known and one section wants to become anonymous as well. As both of them have their unique privileges. Being known means being too much conscious about oneself, own looks, behavior, and being constantly responsive to other's initiatives. On the other hand being anonymous means being comfortable, natural and not getting conscious of the excess attention. So no needs to dilute own focus and divert it towards the world.

Total detachment means total detachment from the material inclinations and absolute immersion into the truth. This is the journey of our focus. Which aspect gets activated for us, solely depends upon where our focus remains trained.

As an actor we love our immersion into the world similarly a witness loves his immersion into the truth. Earlier one needs senses, latter one needs self awareness. First one makes the mind supremo, second one makes the truth one and only shelter.

Actor gets involved in the worldly matters. This involvement is so intense that the actor goes to every possible extent to retain whatever has been earned & inherited. As an actor we consider world as our only shelter. This perception makes our involvement intense. One perception cannot dissolve another perception completely. Nothing changes if the vision doesn't get changed and the vision gets changed through the realisations, one attains during the life.

In order to expand our effect we try to reach maximum number of people through our senses and the mind:

Post the invention of telephone, we used it to the maximum to expand our reach. Upon the advent of Internet era, we further tried to utilize this facility to expand our reach. Once the smartphones came, our zeal to connect with more people in minimal efforts got a further push. Now we have various social media platforms, where we try to be connected with more and more people and extract more information from their end. When we share more of our information with other people, we come closure. That is why social media platforms encourage us to share our story with the world. As our connection increases with people, so do increases the use of that very platform. More connection means more business. This is what

the mind of an individual and the people behind these platforms know. No matter how hard we try however there is a limit to it. Mind took the help of the technology to achieve own ambitions of achieving success, more connectivity, more experiences, more effect and more facility. To be successful and widely known, actor needs complete immersion. Same is the case with the witness. To achieve the maximum attainment, one needs more absolute detachment and practices.

Contrary to an actor, a witness doesn't has interest in making deals with the world as far as the emotions, finance, mental and physical experiences are concerned. For him surrender, service and sharing becomes imperative. This is the way through which he wants to be connected with the world. No matter how rich and successful an actor becomes. At the end of the day he always keeps looking towards the world for some more. This keeps him at the receiving end. Whereas even if a witness is penniless, he still wants to give something and share.

An actor we want to be the best, so the feeling of getting dwarfed by someone else should get avoided.

Till the time our vision remains comparative and doesn't become absolute, this feeling keeps erupting every now and then.

There are always some benchmarks associated with the education, society and financial condition. As an actor we always want to meet it. During our growing up

phase we often get reminded about it and start admiring few and come in contact with many who perform really well in their respective fields.

So considering all these things we want to feel proud of our own standing, achievements as well as the ability to execute own work with

finesse. So it is about what we get to see and we try that the scene in future should remain in our favor. That is why the individual continuously engages own efforts in that very direction. It means there is something called as reality and the balance of reality should remain in the person's favor. It means what we get to see should not make us feel deprived or subdued. So there is a vision that is related with the reality of our lives.

Once the person takes care of it then the focus gets shifted to the next task in hand. As favorable reality can provide us comfort however availing happiness and peace needs efforts on some other level. When the person comes to know that through some specific kind of efforts, which are known as the self improvement, self-help or spiritual, a completely new vision can be availed. This vision improves our understanding and has the ability to make our Karma more inclusive and comprehensive.

This happens because the witness becomes able to make own focus more integrated and thus it becomes more purposeful. A witness just considers oneself as a servant of all pervading truth that dwells in everyone. This shows a complete transformation in the person's vision and the feeling or the state that one maintains within.

There are three things associated with every human being.

1. Facing those problems that are associated with own physical structure and the adverse times during the lifetime.
2. One has to earn the livelihood and face the related struggles.
3. It is about investing own time and attention into those things and experiences in which mind and other senses remain interested.

First two points are mandatory or binding for everyone. The third point is optional. This single point has the capacity to alter the quality of life. It depends upon the individual to individual that how much investment is being done in the third section. Third section has the ability to drain the human's power and put the mind in a commanding position or let's the one to achieve great self transformation.

If one solely focuses upon the third point only then one finds that this third point has the capacity to greatly affect the quality of life. If there is a struggle associated with first two points then there is a definite routine struggle associated with the third point as well. Only thing that varies from individual to individual is that few of us has very less control over our minds and few of us exercise much better control. They who have better control over own mind gets to feel the better quality of life as far as the mental sufferings and feeling of stillness is concerned. The second point is largely related with our social and financial status. Everyone wants to have a stability there and most of us are clear on this point. This point gets figured out most of the times during the interpersonal conversations. People like to share their advancement in this field with the known people. Although we get so much overpowered by our own mind that on the third point and improving the

quality as far as the mental state and feelings are concerned, we talk too less. We are pretty much convinced that our educational, financial & social status must get improved however the talks related with self and the ways of it's improvement often get brushed under the carpet.

A witness is free from the effects of thoughts and understanding:

Witness creates a new world of awareness for oneself, where his consciousness dwells. This is a very fragile world which needs utmost care. They who are able to sustain it, prefer living in it only. It is like living on a watch tower or a tree house, maintaining a distance from the world. In such a case one gets to see a complete different view, that is more closer to the limitless expansion of the sky and the canopy of trees. While living on the ground person only gets to see the nearest structure or building, whereas from a certain height one gets to see what the horizon is all about. One also comes to realize that horizon is just a limit of the view. It is not a definite marking rather it is just a limitation.

From here only it gets known that which area needs more consideration and how miniscule we are as an individual. From here only one comes to realize the significance of maintaining and sustaining this habitat of nature and inhabitation of humans. One comes to realize the balance required in both of them. From here one comes to know the significance of resolving the ruckus rather than creating it for maintaining the easy flow of the whole process. One also comes to realize that how much efforts are needed to resolve the problems and how much we are able to

provide right now. While living on the ground person frequently gets involved with the people and the proceedings happening around. That is why his attention gets limited to a very small field that doesn't let his awareness elevate, develop and expand freely.

That is why he is able to attain a unique stable field, that is free from emotional turbulence. Our internal journey is about the shift towards the thoughtlessness, to gain the stability from the unstable currents of thoughts.

While remaining on the ground if it is about understanding then while being at a height, it is all about awareness. Through awareness only one comes to realise this fact that how important it is to transform own karma into Yajna.

This world is unique as it houses both actors and a witnesses:

It provides an opportunity to the actor to get transformed into a witness.

This world is a business hub with station. Business hub for them, who love to deal. Station for them, who like to move on to the next level.

Both the business hub and the station are separated by a distance.

People who wait at the station keep the needful luggage, while keeping a distance from the glitters of business center. They remain vigilant and hopeful. They keep themselves ready.

As the witness looks for the proximity with the truth and a particular kind of feeling associated with this proximity, that is not available through the various deals that an actor makes here. That particular kind of state makes the things look much clearer to the witness. A witness looks for that particular feeling that descends when there is the complete absence of any mental urge towards the use of any of the senses and establishing the contact with the outside world and its proceedings. That feeling is about being totally seated in truth.

As an actor we keep experimenting with various kinds of feelings that are made available to us through the mind and senses duo. Through the experiences we come to know that only few of them are relished by us. A whole range of feelings are there that we want to avoid. In such a case life merely remains a game, where we want to select few and avoid few. Till the time one remains interested in this game, one cannot escape the undesirable feelings. As taking interest in few of the feelings make us vulnerable towards the rest.

Apart from these two sets of feelings, there is a particular feeling when mind is not itching to use any of the senses and continue the indulgence into the desirable feelings. It is too difficult to describe that feeling however that is not available through any of the worldly experiences. That is why it is described as out of the world feeling.

A witness is neither in a hurry of reaching somewhere nor he waits for someone to come:

This means a witness has found his destination. Witness gets to find his sea of nothingness, where he loves to remain floating. You might have wondered that why there are statues of the stones in the temple because stones are more dependable than humans. They neither interact, obstruct nor keep wandering here and there. They remain fixed at a place. Until & unless someone moves them, they remain fixed at a place. Neither they get attracted towards anyone nor they hate someone. The focus of their eyes remain fixed in one direction. So anyone who feels like being in contact with them just remains in the line of the focus of eyes and feels like that he was able to established connection with the lord. Anyone who wants to come to the temple premises is welcome and everyone is free to walk off at will. Person can remain there as long as one wants as they feel that it is a peaceful area.

As a human, one has to perform many duties and earn the livelihood. So body keeps moving here and there. Temples has a message that try to still your mind like the idol. In such a case the surrounding becomes peaceful. As well as one can feel the elements of divinity present there. In such a condition one can also feel the presence of truth nearby and the associated effects like peace, love and bliss as well. Such a place is known as temple.

Under the effect of this proximity, one gets rid of many unnecessary efforts and expectations. This helps the individual to live a simple life with natural karmas. When the person is neither in a hurry of own movement nor anyone elses movement towards oneself then this indicates that many mental complications has been resolved, roughness has been polished and smoothness has been attained. Planning is abolished, naturality has been embraced.

The source of information for an actor and a witness:

An actor's source of information is always outside whereas a witness's is inside. That is why an actor always avoids solitude as he feels that he gets cut off from the world. Solitude is not a workable idea as long as we prefer our actorship. An actor always has some element of curiosity and interest within, about the activities happening in the outside world. That is what makes him remain connected and dependent upon the various sources of information. Coming in contact with the people and the outside world is a regular activity for an actor. As an actor we are too much interested in the activities happening in the far flung areas that are out of our reach and even sight. Mind remains curious and interested, even if we are connected with that area through internet or TV only. Even if we cannot do anything about the happenings occurring there, then too we keep investing our time and mind in the information related with that area. This is what that makes our current affairs section too strong.

On the contrary an actor doesn't remain too much curious and involved in the activities happening around him. As he knows that there is a section of volatile activities happening in everyone's life. Getting involved in these activities is optional. A Witness's effort is to keep own focus unidirectionally towards the truth. So that his purified intellect keeps working on the ways and modalities of serving the truth through his various manifestations. Through this whole process a light of awareness is created that enlightens the hidden realm that becomes accessible by a witness. This is how a witness creates a new world for oneself to inhabitate. This is where he lets his consciousness live and flourish. This realm is up and above the

realm of mind. So the world that was hidden & dormant becomes accessible and functional.

When we remain under the effect of own desires, then we keep living in past and future:

As there are a lot of memories that are related with what we did, thought, contemplated or planned. A loaded mind keeps repeating those thoughts and incidents. As one can not do anything about the past and those memories, So the person keeps viewing them again and again and keep feeling the specific emotion attached with that particular incident or memory. Those feelings have no role to play in our day to day activities however still they keep recurring. Those songs, music, talks, imaginations, they have nothing to do as far as the present is concerned. Although when it comes to the future the person can learn from the previous mistakes and take a cue from them. Whenever mind decides to do some specific karma then a mental faculty gets activated which records all the incidents. So it becomes a file that gets deposited in our memory book. If mind has plans then it will execute them when it gets the opportunity and all those related information get deposited in the memory system. This is how we keep living the life of an actor. Standing on the platform of today, actor keeps an eye on the past and another eye on the future.

This is our standard way of living as an actor.

Present gives us an opportunity to attain the heights in this very moment. That height is out of the reach from the effect of either past or future. One who attains those heights is known as the witness. Witness of the truth and the witness of the nature's eternal activities. This state is the state of nothingness. Here the feeling of being close to the almighty is most prevalent. This is the basic reason of happiness. When the intensity of happiness increases, then the individual gets to feel the absence of sufferings.

The major difference between the vision of an actor and witness:

An actor's vision is mixed with some sort of excitement whether that may be positive or negative. This is how one keeps glancing at the world through this excitement filled vision. It feels like that one is searching for something. Whenever a person finds something appropriate, then the mind gets highly excited. Whenever a person gets to see something or someone avoidable or someone whom the person hates or dislikes very much, then the mind gets filled with negative feelings that may be either fear, grudge or anger. In such a case the mind wants that he should get to see only preferred things or people and wants that whom a person dislikes should not come before his eyes. As an actor this is our state of mind as far as the views and vision is concerned. This means that our perceptions should tally with the pictures that we get to see. In such a case there always exists some expectation in our mind. Our mind could be selective however it cannot change the world according to our own desires. To avoid the unwanted views and to get the desired views the mind prefers to change its location. A person wants to live in that area where the chances of desired

views are high and wants to avoid those areas, where the chances of unwanted views exist. This scenario exists just because of the excitement present in our mind and vision. In such a case we divide the world into two parts. One is favorable and another is unfavorable area.

In the case of witness, person's internal environment goes through a transformation. A witness trains his vision to remain fixed upon the truth. In such a case what one gets to see through the eyes becomes secondary. Now the eyes are not selective anymore, so they become strain free. Now they are not looking for something interesting nor wants to avoid anything disinteresting as this categorization gets eliminated. When vision gets to see what it is looking for then whatever eyes sees just becomes a manifestation of that ever pervading truth.

Dukh mai sumiran sab kare

Sukh mai kare na koy

We turn towards the Lord during the trying times & we turn towards the world during the happy hours:

Mind gets to face the heat during the difficult phase. Then only person comes to realize that there is something called divinity present there. When the mind realizes that the problem is beyond own control, then the person looks upwards for the sake of seeking some help. Now person tries to establish some connection with the divinity. For this they might go to the temple or any other place of worship or he

just sits anywhere and looks upwards as one knows that the place of Lord is above the humans. Whenever person feels that he needs some help, then he turns towards own people and friends first, so that some direct help could be managed. When the person feels that the help is not adequate then he finally turns towards any known form of lord or way of prayer. Somewhere deep down within we realize this fact that the divinity is associated with kindness and support. A child loves to play and spending time in the ground with friends however when he becomes hungry, gets injured or gets dominated by some other child or individual then he just turns towards the mother. He knows where his shelter is. He also knows that once he reaches home, the rest of the things would be taken care of by the mother. He knows that the shelter would be provided and the problem will be tackled.

Person is there in the world, one reason of it is that one has some aspirations related to it. Another thing is that the person is interested in the element or the feeling of interest. During our free time or leisure time when the mind is not under burden of any problem, one turn towards the entertainment or the field of interest. As a witness we try to learn that how to surrender our good times to the lord or truth or to invest our good times in divinity. This is the major change that gets introduced to the individual's life, when he transforms from an actor to the witness.

This is highly ignored and lesser circulated, advertised and known fact that life can be lived on two different platforms that are an actor and witness:

This teaching has been a part of ancient eastern culture. These two platforms are entirely different from each other. An actor remains indulged in duality while a witness remains out of its confines. An elevation from an actor's platform to the platform of witness has to be earned and that too in the lifetime only. It is a complete journey from the surface of an actor to the platform of witness. An actor is dominated by his senses while a witness is free from the effect of his senses.

We always feel incomplete while living life as an actor as within the limits of duality, mind cannot be everywhere as it is limited to a physical form. Mind keeps frequenting between two of its poles. So as soon as it leaves one point to reach up to another, its restriction gets exposed. Anything that is limited by the external factors can not be complete. In such a case mind feels that it must cover all the points as it might solve the problem of incompleteness for it or this may bring it closer to resolving this problem. If not then mind wants to feel satisfied that at least it tried its best and did not give up its efforts.

No matter how resourceful or rich we become, this feeling of incompleteness still looms around. That is why even the most financially prosperous people turn towards spirituality to get rid of whatever crisis that still remains there within. With the blossoming of every petal of the flower, one gets to know about one more aspect of its beauty. It means the evolution is related to more information. What one lets go in the life indicates about what one is set to achieve later. Buddha left behind name, fame, money, rights, attachment, lust & later on he achieved peace, bliss and freedom. He left one platform to climb upon another. This is what every seeker goes through in life.

A witness doesn't consider the body as one self. He considers the body a tool or biological machine or a medium through which one operates or exists in this world:

As an actor we are too much engrossed with other's physical identity. Till the time our consciousness remains surrounded by the body, we keep considering body as us. When it rises about the body then only one gets to realize that he's everywhere. He is not just the body or he is not limited to own physical form only. As there are wide arrays of objectives that could be achieved by the mind. Mind has to remain confined within the body as mind considers itself a living form of matter. That is why mind has an obsession with the matter and it's various qualities. As all the sensory and motor facilities remain confined within the body that is why mind keeps operating through it and keeps dealing with various forms of matter. Whether that may be related to people, places, materials, qualities, abundance, position, recognition and exclusivity. To achieve them mind keeps dreaming and trying through the body. That is why mind finds itself inseparable from the body and the world. This union becomes so intense that mind considers itself a body and to win someone's else's mind, it approaches through the body.

This scenario and methodology gets a new twist post self realization. Now the person comes to know about own hidden identity that was absent earlier. This new element doesn't correspond to the matter. It corresponds to that very element which is present in everyone. From here the concept of all pervading consciousness takes birth.

For a witness body is not an identity but a tool or facility of being in this world. A witness wants to remain focused upon the light. He recognizes that light in

everyone and considers everyone just a product of that element. It means the potency of life remains hidden in this element.

Major turning point in the life of an actor:

A lot can be talked about and actor's role in going through this transformation. However this process cannot be done single-handedly by the individual. Nature plays her own role in this process. This process is similar to a child's birth, in which humans have their own role to play and the rest of the work is done by the nature. In the womb nature converts a zygote into a fully developed baby. At the same time she ensures the production of milk in the mother's chest. Similarly as a person attains self-realization, his dharma is also made available to the individual by the nature. As the milk ensures the further development of the baby. Dharma ensures the development of the consciousness. Implementing the Dharma or the natural karma means providing the regular diet to the consciousness. Post birth the focus of the parents gets shifted towards the baby. Now the life cannot remain same as it used to be before the birth of the child.

Attaining self realization is the major turning point in an individual's life in the journey towards being a witness. Transforming an actor into a witness needs a second birth during the lifetime. Post this second birth only, one comes to understand about the family of Lord Shiva. As intellect & understanding is considered imperative for a grown up child, similarly wisdom and awareness has the same role to play in a witness's life. So an aspiring witness has to go through a

completely new cycle of learning, following a disciplined life that of a school, working on own Dharma like taking their regular classes and doing homework and gradually becoming comfortable with the world one lives in. A witness has to establish oneself over totally different and elevated level than an actor's. They who are totally devoted and interested in studies perform excellently in exams. Same is a case with a witness.

As an actor we have a problem of loneliness:

That is why an actor either wants to live as a couple or in a group. He always prefers a group activity whether it is related to the family, society or faith. Whatever he does, whatever field he chooses, he wants to make sure that near and dear ones and close ones should always remain around. When an actor transforms into a witness, he transforms his loneliness into solitude. What loneliness is for an actor, solitude is for a witness.

When we talk about the sages in Himalaya they even prefer to live in solitude. They accept the disciple when they find that disciple is ready and it's their duty to help him. Once the teaching period is over and they feel that disciple is ready, they separate their ways. They develop their ways of being in contact with each other through mental waves not physically. Living as couple or in group makes one feel dependent upon each other and remain conversant. This disturbs their meditative state or samadhi or state of oneness.

The main motto of a sage or a sanyasi is to develop the state of oneness. It is not about being in touch with each other rather about helping each other in their spiritual journey. Yogis look for the caves in the jungles so that they could get the right environment for being in touch with inner self and take their realization to the next level.

They want to achieve the state of inner silence, for this they look for the peaceful environment. This inner silence, clean slate of mind & tranquil environment helps them to uncover the mysteries of the innermost self. The way to truth goes through our innermost self. That is why all the practices and various modalities of yoga help the individual in guiding one to reach upto innermost aspects and states of ourselves.

There are 3 states:

1. Sleep
2. Ignorance
3. Awareness

In real life we see the images and listen the sounds. In the dreams there are images and sound as well. That sound is not produced by the throat rather it is in the form of thoughts. This means thoughts carry the energy.

As an actor there are two states in life. Sleep and ignorance or unconsciousness. This means during the lifetime an actor either remains slept or ignorant. Ignorance ascertains our involvement or indulgence into every activity happening around us.

This means mind keeps taking interest in the surroundings. This is how a memory is generated and mind keeps itself irrelevant.

Every initiation done by mind helps in keeping it viable. It's activity ensures the inflow of new images and thoughts. As an actor our permanent dependency remains on the images and the sounds. Mind remains interested in the inflow of new images and sounds. For it's availability it keeps making efforts and sustains it's activity. Every sound has a corresponding image and vice versa. So even by

listening some kind of sound mind creates a corresponding picture in the imagination. So if there any pleasant or frightening sound is there then mind creates a similar picture according to it. Availability of either of them initiates a particular kind of feeling within. So on the basis of variety of the sound either some happy feelings or some frightening doubts arise in the mind.

The mind and power cannot live together as whenever mind increases it's activity and produces strings of feelings, in such a case power finds it impossible to stay there. Retaining the power within needs still mental state, where no currents of feelings and it's related emotions are generated frequently.

In such a still environment the development of awareness or consciousness happens. Whenever we need a plant we hand over the seed to the earth and provide the needful. Like the regular care through the water and manure. All of the time, seed remains in a very static condition.

For a witness mental silence is about the rest and activation of the soul:

Solitude is an opportunity to meditate and slip into samadhi.

To maintain own state of samadhi, a witness gives preference to silence. He tries to avoid the unnecessary talking. It is much easier to enter into meditation while remaining silent. On the other hand talks are a medium of expressing own interest, evoking interest in others and maintaining the connectivity. Silence is a medium to keep own contact with the existence viable. In the process of being a witness, one learns to fully utilise own solitude. Developing own awareness is a difficult process as it is against the mental setup and infrastructure. Brain and senses are the infrastructure that mind prefers to keep utilizing. Breaking the mental pattern and habits to pave the way for development of awareness is gradual and a tedious process. With the awareness a whole new setup takes place that has it's own

separate field and way of functioning. Individual gradually recognises the new fields and starts working upon them from the scratch. These fields are new to him and he embarks upon a new journey without having any prior experience. Experience keeps coming with time although he just wants to dedicatedly and flawlessly do own work. Along with these works he comes to realize that what were the significance of few of those qualities that were present in him. As nothing significant had been done with them before this. Now those unused qualities start getting utilized and the hidden or the natural talent start coming to the fore. This is about fully utilizing all those qualities and the talents that are there within the individual. Some of them are developed, cultivated and pruned and some are natural. These natural talents are there to be utilised for the execution of nature's task only. Their presence is a gift and seeing them being utilised brings pleasure.

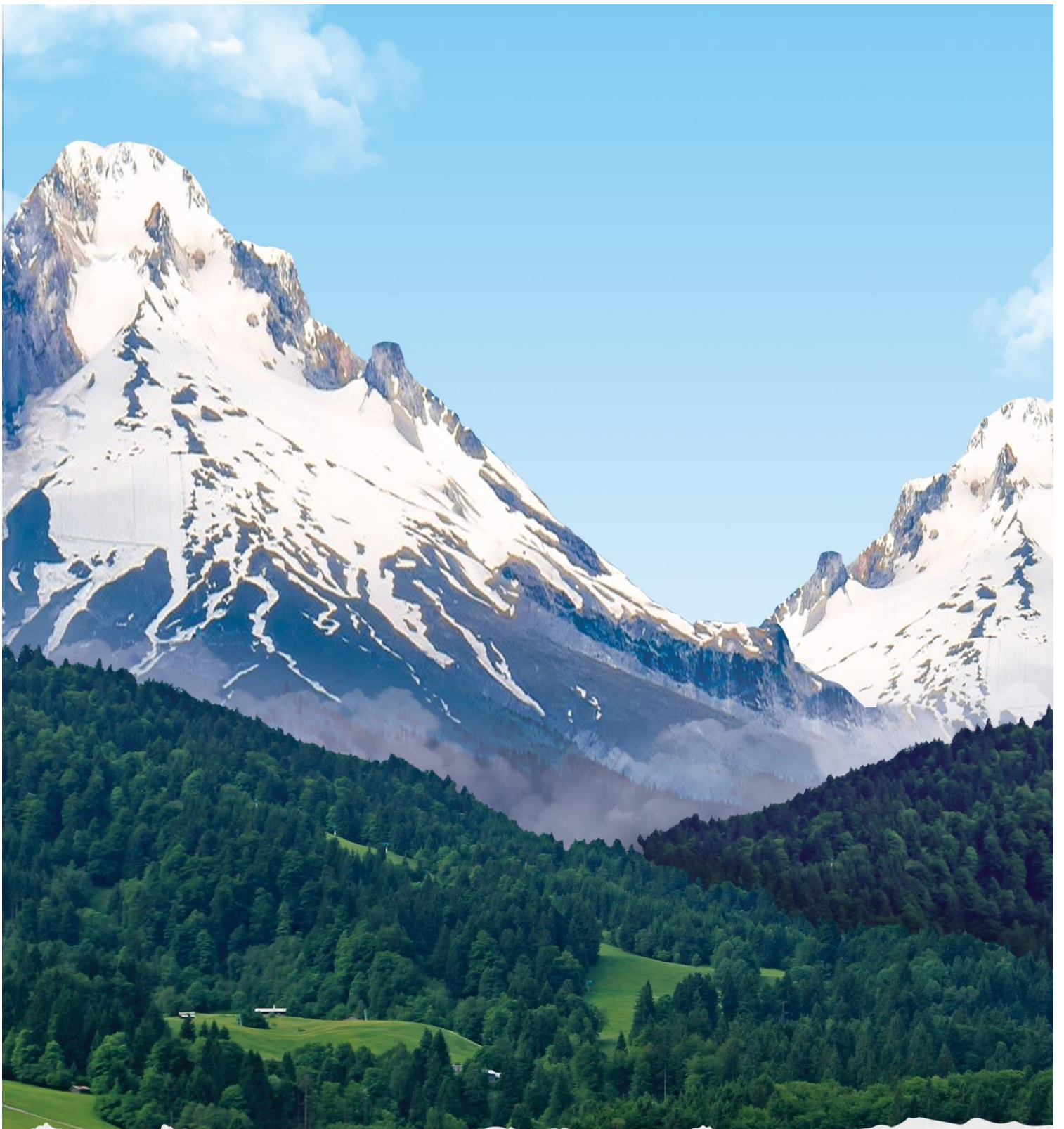
An actor's individual crisis:

We need to identify that whether our objectives are extraterrestrial, territorial, political, communal, financial, social, familial, individual or spiritual.

It is all related to person's natural Inclination that in which direction one wants to move ahead. The crisis of our lives or the midlife crisis are mostly associated with the identification and implementation of own natural tendencies. It might either be related to the efforts needed for switching from one way of living to another. These tendencies want to exhibit itself. It is an internal phenomenon so it might keep happening even when everything is going well on the financial and family front. Unless person starts working upon, it keeps bubbling within the individual. That's what makes person feel like a state of crisis. This means it is an internal natural call, which cannot be ignored by the person. In reality it is there to make one get aware of it and start doing something in this direction. In it's absence person would

remain forgetful of it and wouldn't be able to utilize his time during the life to work for own natural goals.

Once the person starts working upon it, the crisis starts getting transformed into a facility and an institution. Which ultimately becomes a convenience for many. This is how nature facilitates the human evolution and the social upliftment. Nature might remain in the hindsight and we might fail to mark it's presence under the overdominance of our own mental activity and being influenced by the virtual world. However she doesn't let individual go out of her sights. That is why at an appropriate time she starts reminding the individual to take own efforts to the next level. As the nature knows the individual's capacity better than even himself, that is why when most of the people remain indulged in social media, virtual world or in realising own dreams, a small group of people go through this crisis. This is the existence's way of knocking at your door to direct you towards a certain direction.



There are only two possibilities with everyone. Either the person keeps implementing the directives of the mind and simultaneously keeps living with the restraints of the nature or one becomes stable in own natural karma, which is also known as Dharma & grow out of the restraining limitations of the material aspect of nature. This way one enters into the divine aspect of the nature. First state belongs to an actor whereas the second one belongs to a witness. Being 'Swami' is related to the state of witness. When the power of self and state of witness get joined together, then only a person can feel like 'Swami' which means having absolute control over our mind & senses.