



Atma Sakshatkara Experience

I did not believe in God, and when I was first introduced to Sri Amma Bhagavan 27 years ago, I had no faith in them either. But soon Sri Amma Bhagavan began to fulfil my wishes and began to teach me lessons, and my life began to transform both inwardly and outside.

I was a very egoistic person who enjoyed hurting people with my words, but Sri Amma Bhagavan broke all of my egoism and transformed me into a true human being; by placing me in their position and making me experience their emotions. Sri Amma Bhagavan taught me how to begin loving, respecting, and appreciating others and their viewpoints. As a result, I began to feel more connected to people. The nature around me has grown to be a close friend, and the plants I grow respond to me and communicate their emotions. The connection between people, plants, and animals has

now grown stronger, so much so that I am able to instantaneously identify with any human, animal, or plant that is in pain, and I instinctively pray for them to be relieved of their misery and Sri Amma Bhagavan would often resolve their issues almost immediately. Now, all I want to do is help people in whatever way I can.



My internal dialogue has entirely gone, I no longer judge others, and even when I do become furious for a reason, it only lasts for a little period of time before dissipating. Most of the time, my mind is completely silent, and I am in a beautiful state. However, even when I am actively engaged in activities, my mind will not interfere, make comments, or start an internal monologue. There is a lot of awareness that will come into play when the past experiences come up but I don't get carried away by it since I am always in the state of witnessing. Additionally, I have no recollection of any hurtful past events, no matter how hard I try. When I've wounded my family or friends in the past, I've apologised truly and wholeheartedly and graciously accepted responsibility for my actions, which has relieved my guilt hence I no longer feel guilty about the past.

Every time I find myself in a stuck situation, just a thought of Sri Amma Bhagavan helps me become unstuck. The teachings of Sri Amma Bhagavan are distinct from all other teachings in the world and cannot be compared to them. I am lucky that those teachings are now becoming my realisation, thanks to mukti moksha yagnas and other processes. Now at the age of 70, I am solely performing seva (translating seva), and while I am transcribing, I move into higher states of consciousness and their teachings turn into my guiding light.

Although I am at a loss for words to adequately express my sincere gratitude for granting me these mukti states. I'm truly blessed that Sri Amma Bhagavan picked me to be a part of their 74000 army and serve as their tool for bringing about enlightenment in the world. I want to sincerely thank my friend, parent, teacher, mentor, Antaryamin, and Divine Sri Paramjyoti Amma Bhagavan. I will serve them until my last breath. Forever at their divine lotus feet.

*Narendra ji,
Bangalore,
Karnataka.*

