



Living Advaita

TECHNIQUE FOR MIRACLES

Individual Results May Vary. Results Not Guaranteed.

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Living Advaita



Live Advaita means, create whatever you want from the power of Advaita

Advaita is a simple basic truth, simple basic truth, like a sun rises in the morning in the east. You can't go on debate about it. The direction in which sun is rising, we call that as a east. The time and sun is rising, we call that as morning.

These are all simple factual understandings.

So, Advaita is also a simple factual understanding.





Living Advaita Process Step 1



Build a teamily of minimum 11 members. (Max 21). Write down their names in a list format. **(5 minutes)**

Identify persons with whom you are sharing your day, ones who are living with you or around you, with whom you share your life. Choose your teamily from people who are every day working with you, with whom you share your life, with whom you share your house, you share your bed, food, work, office. You share all the moments of your life whether good or bad. These persons can be your coworkers, employer, family members you share your home with (like children, husband, mother, father, siblings, maids/ servants, pets.). They can be living in another city/ state or country also, but they should have a significant impact on you/ your life and should be close to you. Even trees, river, mountain can be part of the teamily.



Living Advaita Process Step 2 - Instructions



Make a conscious decision that you will live in the space of completion with all of your teamily members.

Write down all the incompletions first and then complete each incompleation with each member of your teamily.



Living Advaita Process Step 2: *Completion With Others*



Start your completion process with each and every one of them.

Start the completion; move in to the space of DOING the completion. Sit with each member, inform them what are the incompletions you are feeling and how you started building this pattern from young age.

It is the patterns you build are responsible for your incompleteness. The incompleteness is due to the pattern (mold) you carry. The discussion should go on incident by incident with the other person step by step till both of you are completely complete.

Please Start

10 minutes



Living Advaita Process Step 3: *Create Authentic Identity*



Step 3: Create new authentic identity which you want to live.

Authentically describe four images listed below-

- Inner Image (Mamkara)- the idea you carry about yourself in you,
- Outer Image (Ahamkara)- the way you project yourself in outer world
- Other's image (Anyakara) How others perceive you, for which you are responsible
- Life image (Swa-Anyakara) How you perceive others and life, the image you want to experience about life.
- Write down in detail and elaborate way for each identity listed above.



Living Advaita Process Step 4: *Create Authentic Identity*



Describe all the four images to your teamily. Ask your teamily to suggest to you what all the incompletions you need to complete to achieve the other's image and life image you want to create. Upon feedback, contemplate. Your teamily should help and support you with completing your incompletions. Identify incompletions around your inner image, outer image and life image.

- Identify all the doubts, fears, impossibilities etc. you have regarding your images and drop them, to clear the space and hold what you want to create as a reality. Completion is a decision to get rid of the pattern and not to entertain it again consciously. Completions can be done in two ways:
- Reliving and relieving Or Using your intelligence and just discarding. Continue to complete all the incompletions to become your authentic self, your authentic inner image, outer image, life image and other's image. **DECIDE** not to be in any incompletions. It is your **DECISION**





Living Advaita Process

Step 5: Become A Co-Creator *For Teamily*



Step 5:

- Become the co-creator for teamily- become the catalyst for the teamily.
- Ask each member of your teamily, what they want to achieve, what do they desire in life and become the co-creator for your teamily members
- Declare to them, what actions you will take, what all things you will do as a co-creator of their reality