



Unlock Your **FOUR INNER POWERS**

His Holiness Paramahansa Nithyananda



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All meditation techniques, practices and procedures described or recommended in this book, are suitable for practice only under the direct supervision of an instructor, trained and ordained by Paramahansa Nithyananda. Further, you should consult with your personal physician to determine whether those techniques, practices and procedures are suitable for you in relation to your own health, fitness and ability.

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This book has been compiled from talks delivered by His Holiness Paramahansa Nithyananda to global audiences. In this book, Paramahansa Nithyananda revolutionizes our understanding of what it means to live a truly extraordinary life, by revealing the Four Inner Powers that are available to us at all times, and which we can harness to design the life of our dreams. Paramahansa Nithyananda, recognized today as a clear, legitimate apolitical voice of integrated Sanatana Hindu dharma, distils the essence of Hindu spiritual truths and presents them here in the language we can all understand and apply to our life.

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Your Four Inner Powers

What would you do if you knew there was a way to eliminate conflict, stress and suffering from your life forever?

Listen : you can do it!

You actually have the power to simply manifest the reality of your choice!

You have the potential for self-transformation that will enrich every aspect of your life, bringing you everything from health to wealth to meaningful relationships to lasting happiness.

Inside each of you is an enormous potential energy known as **Kundalini**. Kundalini is nothing but your own latent inner energy which you have never used, and which you may not even know about!

Kundalini expresses through you in four different streams, known as the Four Inner Powers. All these inner powers are the different expressions of Kundalini energy in your life.

The key to health, success and lasting happiness lies in unlocking the FOUR INNER POWERS that are continuously available to you.

Though you use these powers everyday in your life, you don't use them consciously, with a clear intention. Please understand, all these powers are great energies, just like electricity or wind-power. If you handle them properly, they can shower you with everything you want. But if you don't handle them properly, they will continue to impact your life in negative ways.

The key is to create the right space inside you to express your greatest and highest possibility. When you create the right space inside you, all the events of your choice will simply flow into your life without any effort! Everything you do will be successful. When you learn to use these powers in the right way, you will immediately transform not only your own life, but the lives of all those living around you.





MEET YOUR FOUR INNER POWERS

To be able to unlock these great powers inside you, you must first understand a little more about yourself. Whether you know it or not, whether you believe it or not, you have four giant POWERS sitting inside you. They are related to the four major dimensions of your life your words, your thinking, your emotions, and your living. When you awaken your peak possibility in each of these dimensions, it becomes a great power and support in your life.

As you can see below, your four inner powers are:

- The Power of Words or vak-shakti in Sanskrit
- The Power of Thoughts or mano-shakti
- The Power of Feeling or prema-shakti
- The Power of Living or atma-shakti



WHAT HAPPENS WHEN YOU UNLOCK THESE FOUR INNER POWERS?

- When you unlock the Power of Words, you will have the spontaneous intelligence to use the right and most effective words towards yourself and others
- When you discover the Power of Thoughts, you will be able to focus your thoughts to achieve success in your job, relationships, education, finances and life itself
- The Power of Feeling teaches you how to launch yourself to the next level of life through empowered responsibility
- You are truly enjoying the Power of Living when you realize that the greatest rewards come when you live your life for others





TATTVAS KEYS TO THE FOUR POWERS

Each of the Four Powers is guided by a spiritual principle known as 'tattva'. The tattva is the key to unlock the corresponding power in you.

- The Power of Words will be available to you when you practice Integrity.
- The Power of Thinking will be open to you when you practice Authenticity.
- The Power of Feeling will be possible when you practice Responsibility.
- You will have access to the Power of Living the moment you decide to Enrich others.

INTEGRITY

POWER OF WORDS

AUTHENTICITY

POWER OF THINKING

RESPONSIBILITY

POWER OF FEELING

ENRICHING

POWER OF LIVING



Unlocking The Power Of Words

—INTEGRITY

YOUR WORDS ARE YOUR LIFE!



Why is it so important to honor your words?

Whether you realize it or not, your life is built on your words and commitments. The words you give to yourself and others form the structure on which your life-building is built! If your life can be compared to a building, the words you give to yourself

and others is like the foundation of this building. It has to be free from dust and rust, which means that it has to be free from unconscious patterns.

The unconscious words you give to yourself and others is the dust and rust on your building. The building built upon a rusty, dusty structure cannot last long! It has to be made of pure, authentic, strong steel. In the same way,



your life is built on the words and commitments you give to you and to others. It has to be without any unconsciousness or unawareness.

The strength of your life is based on the words you give to you and to others. If your words are conscious, your life will be conscious. If your words are unconscious, your life will be unconscious. That is why integrity forms the basis for your life. Integrity is part of your very life energy. It is the energy on which you and the whole cosmos run!

WHAT IS INTEGRITY?

Integrity is you fulfilling the words and thoughts you give to yourself and to others, and experiencing a state of completion with yourself and with life.

Integrity is not just about the big commitments we make in our life. It could be something as simple as telling yourself, 'I am going to wake up early every morning and practice yoga,' or telling a friend, 'Let's meet at 5 p.m.' No matter what the word you have given to yourself or others, honoring it as your life is real integrity.

YOUR UNKEPT WORDS CREATE A HANGOVER

Many times, you don't even remember the commitments you make to yourself or to others, because you use your words so unconsciously, without thinking. You don't realize the impact it can have on others.

When you make a commitment and don't keep it, it will leave a 'hangover' in you or in the other person, which can destroy your self-confidence and the other person's confidence in you.

When you utter unconscious words in your relationships or in your business or anywhere in your life, you will be unaware of what consequences it is going to have in your life. When you are unaware of the consequences of your words, life will always bring shocks to you. If life is continuously bringing shocks to you, understand that you are not living in integrity!



INTEGRITY GIVES POWER TO YOUR WORDS

Integrity is the key which unlocks the Power of Words.

Integrity has two dimensions - honoring the words you give to yourself and honoring the words you give to others.

Who is the first person to hear the words you utter?

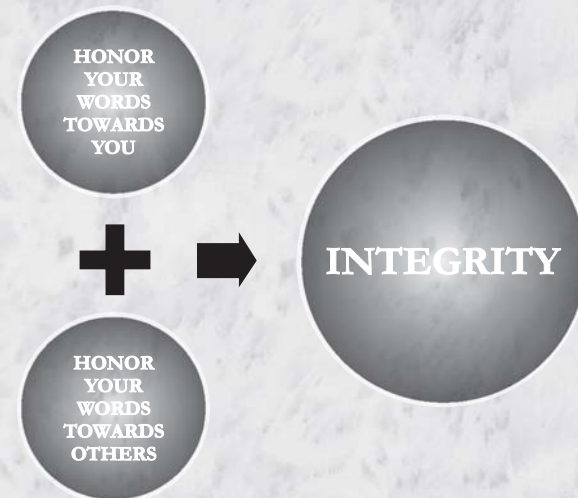
YOU!

So using the right words start with **YOU**.

When you honor the words you give to yourself, your confidence in yourself grows and your self-doubt melts away.

YOU become powerful!

When you honor the words you give to others, others' confidence in you grows. Your relationship with that person becomes powerful!





WHY SHOULD YOU USE WORDS CONSCIOUSLY?

- Using words consciously, with awareness, will help you understand the impact of your words on yourself and others
- Using the right words can immediately change the way you think and feel about yourself. You will even notice a change in your body's response to a situation when you handle it with the right words
- The right words keep your inner space conflict-free and peaceful, visibly improving your health and longevity
- By creating and expressing the right words to yourself and others, you can actually shape your reality as you choose!

YOU CAN CREATE YOUR REALITY WITH THE POWER OF WORDS!



The words you utter are YOU!

You become the words you speak to yourself and others. If you go on saying, *I am sick, I am sick*, you simply will become sick. In the same way, if you constantly tell yourself, *I am healthy*, your energy will wake up. You will be very healthy! Cosmic energy awakens in your system and makes your declarations a reality. It is important to choose the right words, because you can create your reality with the power of your words!



RIGHT WORDS TOWARDS YOURSELF → RIGHT WORDS TOWARDS OTHERS
 WRONG WORDS TOWARDS YOURSELF → WRONG WORDS TO OTHERS

A SMALL STORY ABOUT THE POWER OF WORDS...

Once, a small town was visited by a saint. As the saint passed by a small hut, a woman came to him and begged him to pray for her dying child. Since the saint was new to the town, a crowd gathered around him, curious to see if he could do anything. The woman brought the sick child out to him and he said a prayer over her.

Do you really think your prayer will help the child, when even medicine has failed? After all, they are just some words!', yelled a man from the crowd.

The saint turned and started shouting at the man, 'You idiot, you don't know what I am doing! Just shut up!'

The man was furious! His face grew red and hot. 'How dare you insult me!', he shouted at the saint.

The saint smiled at him calmly and said, 'If one word has the power to make you so angry, may not another word have the power to heal this child?'

That is the power of words!



LISTENING BRINGS INTEGRITY TO YOUR WORDS

When was the last time you really listened to your own words?

We never ever really listen, either to ourselves or to others. When you really start listening to yourself, you will naturally become more aware of the words you give to yourself and others. You will also have the ability to listen to others' words with integrity.

Listening is directly connected to your ability to handle reality as it is, without creating your own unconscious ideas and conclusions. When you don't have listening, you always come to a conclusion even before the information is cognized in you.

That is why the very first step of Hindu spiritual practice is **shravana, Integrated Listening.**



WHAT HAPPENS IF I CANNOT KEEP A WORD?

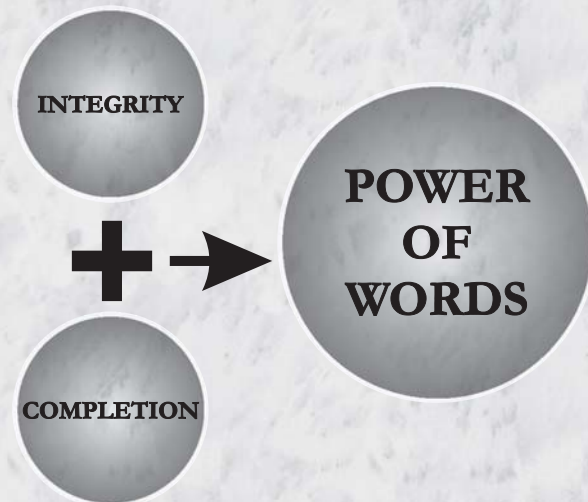


If you do your VERY BEST to keep a commitment but still find that you cannot keep it, you can **complete** with yourself and the other person, by telling them in advance that you cannot keep the commitment. Once you complete, you move on without pain or guilt or any other hangover of that commitment.

Either fulfil or complete!

Understand, completion is also integrity.

Integrity means aligning the words you utter in both your inner and outer space toward completion. When you are in the space of Integrity, the Power of Words opens up in you.



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COMPLETION TECHNIQUE FOR CONFLICT-FREE LIVING

What is Completion?

Completion means living and acting without any hangover of the past incidents, words, actions or memories.

Not having a hangover does not mean that you will not remember your past at all. When you are in completion, you will remember past incidents and actions, but they will no longer have the power to cause pain or anger or guilt in you anymore. Integrity is a beautiful way to ensure that you don't create incompleteness in yourself and others through your words.



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TWO TECHNIQUES FOR COMPLETION

A. TECHNIQUE FOR CONTINUOUS COMPLETION



Anything from the past that hinders you from participating in life as it happens is incompleteness. So completion starts by remembering, reliving and relieving yourself of those incidents from your past which caused suffering in you. Completion is the only method where you can alter your past.

1. Be seated comfortably in front of a mirror.
2. The mirror should be large enough for you to see your entire reflection.
3. Maintain a deep eye-to-eye contact between your body and your reflection.
4. The moment you have a deep eye-to-eye contact, the first thing you will have is tears! Allow it.
6. Keep sitting in front of the mirror and talking - just pour out whatever you want to tell yourself.

7. Spend time with YOU. Talk. Talk.
8. Now, try to identify the earliest memory that created this incomplete understanding in you, forming the root pattern of your suffering. Go back to the first few situations in your life when you experienced conflict. This situation would have happened typically between the third and fifth year of your life.
10. Relive that situation. If the tears come, if the anger comes, let them come.
11. *When you stand face to face with your past, the pain disappears, the anger disappears! When the anger disappears, it turns into love.* Please understand, when the energy expresses as anger, if the anger is removed from the energy, it just completely turns into love.

Completion will not happen if you just work on that root pattern; every incident which stems from the root pattern must also be completed. Please understand: you need to go back to the very earliest memory you have had in your childhood and complete this memory - and then complete each and every pattern that you've had till today.



B. TECHNIQUE FOR SPONTANEOUS COMPLETION

Completion does not mean blindly accepting everything that happens in your life. It simply means not resisting life as it happens to us. The root of all our incompletions is the idea we carry - *Life should not be this way.*

That is why we spend our whole life asking, *'Why, why, why? Why is life so bad? Why did this happen to me? Why do bad things happen to good people?'*

Spontaneous completion or instant completion means simply dropping the wrong understanding that is creating conflict for you in a particular situation.

It is possible!

Next time you face a crisis or conflict in life, don't ask, *'Why is life this way?'*

Instead, decide:

THIS IS LIFE, SO NOW WHAT?

*Do I want to **accept** it and move on?*

*Do I want to **reject** it and move on?*

*Or do I **change** it the way I want?*



Whatever decision you make out of this cognition will be right for you. When you act out of completion, you are empowered to resolve any conflict that happens inside you or outside you.

WHAT DOES COMPLETION DO FOR YOU?

- When you relive painful memories again and again during the process of completion, they lose their power over you
- You regain the ability to live spontaneously and stress-free
- You start living in Integrity, fully harnessing the Power of Words.
- You become a single, unified Being - your inner space, body, and mind come under your control!

TAKING RESPONSIBILITY FOR YOUR WORDS

Taking responsibility for your words is practicing Dharma, right living. In the Hindu epic Mahabharata, it is said, 'Do not do unto others that which would cause you pain

POWER OF DECLARATION

To strengthen your decision to be integrated and complete, declare it to yourself and others. Whenever you declare a decision, it helps gather your scattered energies and focus them towards making your declaration into reality through responsible actions. When you continuously and consciously align your words to the right actions, your words become powerful. You achieve vak-shakti or vak-siddhi, the power to make anything you say into reality. This is the ultimate experience of the Power of Words.

Unlocking The Power Of Thinking

AUTHENTICITY

TUNE YOUR THINKING TO YOUR PEAK POSSIBILITY

accidental and you cannot control your mind.

When you unlock the power of thinking, you will be able to spontaneously focus your thoughts to achieve your highest potential. Constantly functioning at your peak possibility is Authenticity. *Authenticity is the key that unlocks the Power of Thinking.*



Authenticity is you being established in the peak of your capability and responding to life from who you perceive yourself to be for yourself, who you project yourself to be for others, and what others expect you to be for them.

Listen! You don't have just one identity, as you imagine. You have four identities! At all times, you carry four identities or dimensions together.

The first of these four identities is *mamakara* or **INNER IMAGE**. It is the inner image and experience you carry about yourself : *I am healthy - I am ugly - I am intelligent - I cannot tolerate hard work I love people* etc.

You carry many such inner ideas about yourself. Unfortunately, the idea you carry about you is always less than what you project yourself to be for others!



The second identity is *ahamkara* or **OUTER IMAGE**.
WHAT IS AUTHENTICITY?
It is how you project yourself to others.

You may try to project yourself as powerful, talented, honest, helpful or whatever. Unfortunately, what you project is always far more than what you believe yourself to be.

YOU HAVE FOUR DIMENSIONS

Apart from these two, there is a third identity you carry, which is the image or expectations that others have about you. This is called *anyakara* or **OTHERS' IMAGE** about you.

- How others perceive you may be different from how you project yourself to them, because people create their opinion about you from the subtle signals you give them, rather than what you openly project. Human beings are intelligent enough to catch even what you don't say - or especially what you don't say!

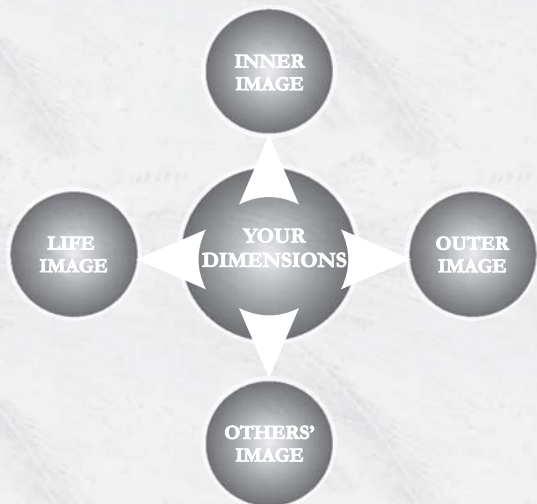
The fourth identity is very subtle, because it is not directly related to you. It is called *sva-anyakara* or **LIFE IMAGE**. Life Image is what you experience life to be for you.

For example, you may feel -*Life is lonely*, or *Life is complicated*, or *Life is sacred*, or *Life is scary*, or *Life is always showering me with everything I need*. Please understand, this is also your identity, because it defines the exact experience you will be receiving from the people and situations in your life!

- *Authenticity means living at your peak in each of these dimensions.*

ROOT THOUGHT PATTERNS SOURCE OF YOUR CONFLICTS

A thought pattern is a pre-defined way of responding to any situation based on a powerful past experience like failure, rejection, being punished, being subjected to abuse or witnessing the death of a loved one. During such moments of crisis, you create an idea about yourself and life - like 'I am weak' or 'I am a failure' or 'Nobody loves me' or 'Life is dangerous, so I have to be very careful.'



Almost all root thought patterns are negative, even the ones which may lead to success in your life, because they are born out of your feeling of powerlessness.

Some common root thought patterns are:

- *I am a failure*
- *Nobody loves me*
- *I am alone*
- *I am ugly*
- *Life is out there to cheat me*
- *I am weak and unhealthy*
- *I am powerless, so I have to please everybody*
- *Life is hard, so I have to be extra-smart*
- *Life is too big for me to understand*

All thought patterns are based on inadequate cognitions, because life is different every moment, and you need to respond to it spontaneously. But right now, you are nothing but a bunch of programmed actions and patterns that never let you contact life as it happens.

You have many thought patterns, but a **root thought pattern** is one of the few defining thought patterns that are continuously running your life without your knowledge!

Even the conflicts among your identities are nothing but the result of your root thought patterns. If you have a certain idea about yourself inside, but you project a different personality outside, that is inauthenticity.

If you look deep, all your problems arise from conflicts among your four identities. When any of your dimensions is out of alignment with the others, it causes disease, suffering and incompleteness in your life.

HOW DOES AUTHENTICITY UNLOCK THE POWER OF THINKING?



Please understand, all these identities you carry are actually thought patterns that you carry about you. Even others' image about you is an idea that you have created in them. So you are the creator of all your identities. Understand?

Now, when one identity is fighting with another identity, how can your

thinking be focused? All your energy is going to be used in reconciling your fighting identities. When all your identities or 'images' are in tune, all your thinking will be aligned in one direction. Your thinking becomes clear and sharp, like a laser beam. You will awaken the Power of Thinking.

With authenticity, there is no more space for unconscious thinking and living, because you will always be aware of the causes and effects that are playing in your life.

WHATEVER YOU CAN IMAGINE IS REAL!

Your thinking goes hand-in-hand with the way you want to build yourself. These four parts of your thinking need to be completely purified. Look inside and identify the images that you carry about yourself. You can then rewrite what you feel will be the peak possibility, the best qualities you can possess, of these four images. Let your



thinking be always aligned to your peak Inner Image, peak Outer Image, peak Others' Image and peak Life Image.

Usually, your Inner Image will be much lower than the identity you project outside to others. But understand this very important truth - if

you can project a higher identity to others, it means that the higher identity is already there in your visualization space, in your thinking space. And *whatever you can think of as yourself, you already have the capacity to make that into reality!*

EXERCISE TO ALIGN YOUR INNER IMAGE AND OUTER IMAGE

- 1) Make two columns in your workbook titled *Inner Image* and *Outer Image*.
- 2) In the first column, make a list of your top ten inner images - beliefs you have about yourself eg. I am weak, I am friendly, I am unlucky, etc. In the second column, write the corresponding outer image that you project to others. For example, you may project yourself to be strong, friendly and lucky.
- 3) Now compare each inner image and outer image you have noted down.
- 4) Wherever there is a conflict, start tuning your inner image and outer image -

TUNING INNER & OUTER IMAGES

INNER IMAGE	OUTER IMAGE	PEAK IMAGE
I am weak	★ I am strong	★ I am strong
I am unpopular	★ I am popular	★ I am popular
★ I am responsible	★ I am responsible	★ I am responsible
★ I am smart	I am stupid	★ I am smart

what you perceive as you, and what you project as you to others - by always choosing the higher idea. For example, wherever your outer image is higher than your inner image, decide to tune your inner image to your outer image. Don't reduce what you project yourself to be for others, increase what you perceive yourself to be for you.

5) Repeat this for each point. Compare both identities. Whatever qualities are best in both, choose those. Draw a star against all your best inner images. Draw a star against all your best outer images.

6) If there are some great qualities in your inner image, you need to raise your outer image to match that. If there are some great qualities in the outer image you project, you need to raise your inner image to match that which you project. Continuously tune yourself to your PEAK IMAGE.



BRING AUTHENTICITY TO YOUR THINKING

Authenticity in thinking has two steps:

1) First, find out what you REALLY want in your life, by sincerely contemplating on what you want your four dimensions to be. Make a list of your best inner image, outer image, others' image and life image and place it by your bedside, your office desk or anyplace where you can see it as soon as you wake up and all day.

2) Now, identify the obstacles that stop you or distract you from achieving what you want to be, who you want to be, how you want to be. One of the biggest obstacles for most people is **self-doubt**, which is a negative thought pattern that happens because of the memory of past failures.

Whichever thought is in alignment with your peak possibility, encourage it, enrich it and entertain it. Whichever thought is not in alignment with your peak possibility, complete with it. Consciously, decisively complete with that pattern. Go on completing every day with those patterns which are stopping you from achieving your peak possibility.

When you start living Authenticity, you know the right way of thinking and will use your thinking to achieve what you want in life. In Hindu spiritual practice, this is the second step, **known as manana, authentic thinking.**

Let your thinking be established in Authenticity, continuously expanding you towards your peak possibility. When you achieve a powerful clarity in your thoughts that makes whatever you think into a success, you have unlocked the Power of Thinking.

Unlocking The Power Feeling

RESPONSIBILITY

YOU ARE THE SOURCE

The Power of Feeling is nothing but your ability to realize yourself as the source of all the happenings in your life. This understanding gives you tremendous control over your own life and gives you the power to be a positive influence in the life of others.

The Power of Feeling is unlocked when you recognize yourself as a leader and take responsibility for everything in and around you! *Responsibility is the key that unlocks the Power of Feeling.*



WHAT IS RESPONSIBILITY?

Responsibility means living and responding to life from the truth that you are the Source of, and therefore responsible for, all happenings in and around you.

SOMEBODY, NOBODY, ANYBODY & EVERYBODY

Here is a small story which we all know!

Once upon a time there were four people named Everybody, Somebody, Anybody, and Nobody.

Once there was an important job to be done. But who was to do it?

Everybody was sure that Somebody would do it.

Anybody could have done it, but Nobody did it.

Somebody got angry about that because it was Everybody's job.

Everybody thought that Anybody could do it, but Nobody realized that

Everybody wouldn't do it.

It ended up that Everybody blamed Somebody when Nobody did what Anybody could have done!



THREE KINDS OF PEOPLE

A person who does not feel responsible even for his own actions lives like an animal - he lives in a very low level of consciousness. A person who feels responsible only for his own actions is a human being - he lives in middle-level consciousness. A person who takes responsibility even for others' actions is divine - he lives in leadership consciousness.

Even though your actions are not responsible for something, *taking responsibility even for others' inauthenticity and irresponsibility makes you a leader.*

REASON VERSUS RESPONSIBILITY

When we hear about taking responsibility for everything, the biggest question we have in our minds is, 'How can I be responsible for everything happening AROUND me?'



I understand that I can be held responsible what is happening INSIDE me. How can I be held responsible for what is happening OUTSIDE me? For example, if an accident happens in my life, how can I be responsible?'

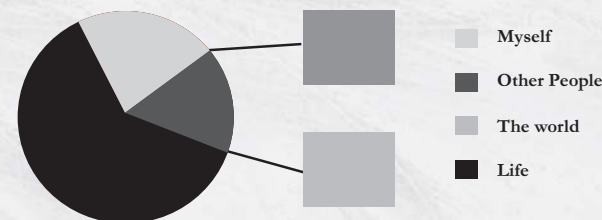
Everybody asks this question!

Listen: there is an important difference between being the CAUSE of something, and being RESPONSIBLE for it!

Sometimes you may not be the reason for a certain happening, but if it is affecting your life, you ARE responsible for that happening. For example, you may not be the cause of political corruption in your country, but as a citizen of the country, you ARE responsible for it! As per your logic, you may not be the reason for it, but that doesn't mean that you are not responsible in truth.

You need to know that unless you take responsibility, you are neither going to improve the situation, nor are you going to expand your inner space.

IAM RESPONSIBLE FOR...



YOUR BIGNESS FRIGHTENS YOU

You always believe that you are suffocated by your smallness. NO! You are suffocated by your bigness! Whenever bigness is demanded of you, whenever you feel you are being 'forced' to expand, you shrink even further into your comfort zone. Your tiredness, your weakness, your powerlessness all these are nothing but the resistance you have to seeing your own bigness!

That is why, when someone tells you that you are weak, poor and a sinner, it is so easy to accept it. But if someone tells you that you are divine, you are powerful, you are complete, your whole identity starts trembling with fear!

But life always demands your expansion, because expansion is the natural law of life. That is why you carry such a deep fear of life, especially life in the form of other people - because people are the most living expression of Life! *The more you engage with life, the greater the expansion that will be demanded of you.* Whenever you are feeling weak, tired, powerless, the first thing you should do is this: immediately take on ten responsibilities and commit to fulfil them within an impossibly short time! Shake your inner space so powerfully with that commitment that there will be no way for weakness and tiredness to grow inside you.



RESPONSIBILITY MAKES YOU POWERFUL

We always feel that responsibility is a burden.

NO! It is a power!

Responsibility directly leads you to leadership consciousness.

As long as you feel responsible only for your family, you remain as the head of just your family. When you feel responsible for the community, you become a leader of the community. As your feeling of responsibility expands, your leadership quality also expands. *The decision to feel responsible for the whole Cosmos is enlightenment!*

Feeling responsible for the Whole and declaring to live by your feeling is **responsible declaration**, known in Hindu spiritual practice as **nidhidhyasana**. Responsible declaration unlocks the Power of Feeling in you.

But the moment you hear that you are responsible for everything happening around you, you think, 'If I feel responsible for all the garbage on the streets, I will be stuck

cleaning it up the whole day! I will not be able to do anything else!'

Please listen: I am not saying that if you feel responsible for the streets, you will need to clean them yourself. I am also not saying that you will NOT clean them yourself. Anything may happen - but don't be afraid to dive into the feeling of responsibility just because of your imaginary complications. Don't stop yourself from feeling it at all!

Complete with those imaginary complications. Take a little time to let this feeling to sink inside you and be in sync with your actions. It has to sink inside you and be in sync with your actions. Then responsibility will become **synergy** - synchronized energy!



THE SCIENCE OF FEELING

Understand the Science of Feeling. You can feel anything as joy or anything as pain - it is your freedom! Even the greatest achievement can bring pain to you, and even the worst experience can be a joyful learning. You have the ability to decide how you want to feel! Listen: whenever you feel empowered, you are joyful. Whenever you feel powerless, you experience suffering. All your suffering pain, anger, guilt, fear, jealousy, frustration is

nothing but powerlessness expressing in different ways! When you feel responsible for everything that happens in your life, you will feel that everything is joyful - because nothing can make you powerless. So empower yourself with Responsibility and unlock the Power of Feeling.

BY UNLOCKING THE POWER OF FEELING, YOU WILL -

- Always act from a space of power and completion
- Start focusing on the solution, not the problem
- Expand your inner space and open up new possibilities
- Gain a high degree of control over your life
- Raise yourself to the next level of success and evolve into a new being



EXERCISE TO UNLOCK YOUR POWER OF FEELING

- Write down all the areas of your life where you shrink from expressing yourself fully eg. at work, in relationships
- For each of these areas of your life, write down the thoughts you have, the words you utter and the actions you take
- Identify where you are not taking responsibility for that aspect of your life, where you are waiting for the external situation to change instead
- Choose any one area and declare your responsibility for creating the new situation you want. Identify what has to change for that to happen.
- For one week, follow up with yourself sincerely and record your progress.

Unlocking The Power of Living

ENRICHING

LIVING IS A POWER

Every day, you are walking, talking, sitting, thinking, speaking, feeling and so on. All of these put together is living. Living itself is a Power! You can harness the Power of Living in your life when you adopt the lifestyle of Enriching.

Listen! The purpose for which you are born is Enriching yourself and others. When you operate out of this understanding, you are most alive, at your peak and living enlightenment!

Enriching is the key that unlocks the Power of Living in you.



WHAT IS ENRICHING?

Enriching is you taking responsibility with integrity and authenticity that you are committed to continuously enriching, which is expanding yourself and life in and around you.

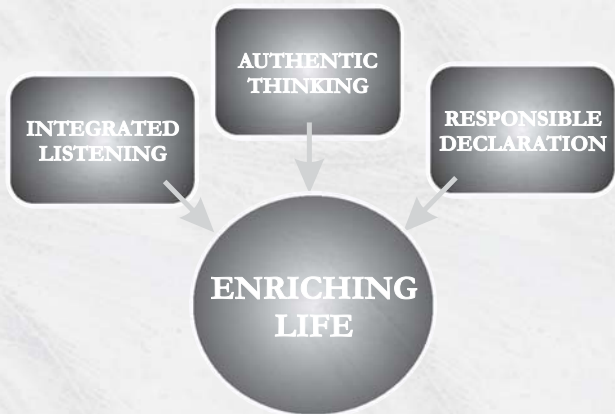
When you are committed to enriching yourself and all round you, Life showers you with the best of everything! You not only experience life within you but also outside of you with others. When you enrich, the Power of Living is awakened in you.

EVERYTHING IS PART OF YOU

Listen: all your struggles in life begin the moment you start thinking that others are separate from you. Understand, there is no one called 'other' in your life! The 'other' is only the forgotten and disowned parts of you! Your struggles with others are nothing but your struggle with the forgotten side of you. When you enrich others, you are naturally enriching the neglected side of your own being. So the more you enrich others, the more you enrich yourself. Above all, you wake up to the truth that everyone and everything is part of you.

ENRICHING GIVES LIFE TO ALL THE POWERS

With integrity you experience the space of positivity, with authenticity you experience the space of possibility, and with responsibility you experience the space of leadership. With enriching, you experience the space of enlightenment itself! Enlightened living is nothing but harnessing all your inner powers and using them to enrich yourself and others. So the Power of Living includes all the other powers in itself.



When you have integrated listening (shravana), authentic thinking (manana) and make a responsible declaration (nidhidhyasana), you will be living an enriching life.

When you enrich yourself and others, it is a step above taking responsibility. Enriching alone can burn any lack of integrity, inauthenticity or irresponsibility in you! Enriching is taking responsibility for everyone and everything, including others' inauthenticity and lack of integrity because they are a part of you.

WHY SHOULD I ENRICH OTHERS?

Understand that you do not live in a desolate cave or forest. You live with other people, where life is happening outside of you. Life is happening with others! You are involved with hundreds of others and hundreds of others are involved with you. So naturally, when your life is involved with so many people, for any transformation that you want in your life, you have to work and transform other lives as well!



Otherwise you may sit and continuously meditate for days or months and raise yourself to a very high level of joy and bliss, but the moment you come back to your house, your spouse can bring you down in less than ten minutes! Ten minutes is more than enough! A look, a word or even just a call is enough. Only when you enrich others can your life go through any transformation.

Taking responsibility for others does not mean that you will accept everybody's non-integrity or inauthenticity and take the blame for it. NO! It means that you will commit to inspire and empower everyone to experience the four inner powers in their life.

EMPOWERING OTHERS

Having naturally makes you responsible for sharing. This is the natural law. A person with eyes is responsible for giving the benefits of vision to a blind person. A person with power is responsible for making powerless people become powerful. A person with knowledge is responsible for making ignorant people knowledgeable. If you are wealthy, you become responsible for making the poor wealthy.



I am not saying, 'Distribute all your wealth!' No! If you pick up ten poor people and distribute all your wealth to them, we will have eleven poor people, that's all! So I am not asking you to distribute your wealth to the poor. I am asking you to take responsibility for educating them and making them wealthy. You become responsible for sharing anything you own and making it grow.

SOME TRUTHS ABOUT ENRICHING

- Enriching is your very nature! Understand that whatever you do is enriching others even your very breath is enriching the trees and plants on planet Earth.
- Enriching others enriches you, because everyone is part of you
- The moment you convince your heart that life is for others, all the suffering in your heart leaves you.

- Enriching others to live at THEIR peak possibility is the ultimate way you can enrich them

So decide to make ENRICHING your Lifestyle!

DON'T GIVE UP ON YOU AND PEOPLE

Internalize this important truth - do not give up on yourself and people! Even if people fail a hundred times, continue to work with them. When you are frustrated at other people's failure, understand that it is nothing but your frustration towards your own failure. If we turn our back on people, we are not living Dharma, because when we give up on others, we have also given up on ourselves! So never give up on people!

TECHNIQUE TO UNLOCK YOUR POWER OF LIVING

- Write down the first incident in your life where you felt that you were exploited by life and had to take care of yourself
- Complete powerfully with that root thought pattern, which is making you feel separate from others
- For the next 48 hours, see everything and everybody you meet as extensions of yourself and serve them joyfully out of a space of completion

Experience the Four Powers

COMPLETION & CREATION

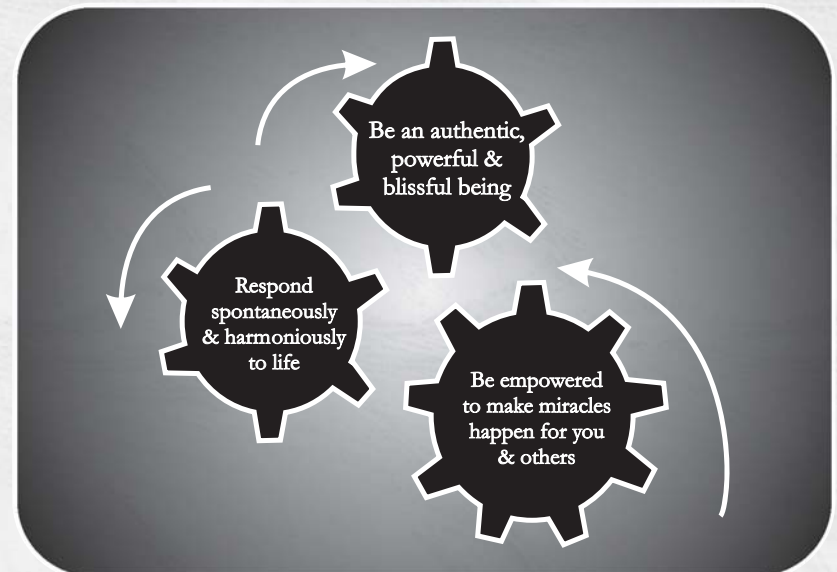
THE COSMOS IS WAITING TO FULFIL YOU

Do you feel that the Cosmos never hears your prayers or cares for your dreams? NO! When you dream, the Cosmos really dreams along with you. The moment you start dreaming, life starts building its dreams about you. The Cosmos is waiting to fulfil you, it dreams through you, it yearns for you to become Reality. Just like mother yearns for the child to become man or woman, the Cosmos yearns for you to become your highest possibility, your true Reality. The dreams that Life has for you are a hundred times bigger and more powerful than anything you can dream for yourself!

So dream your best possibility and declare it! Start thinking, living, acting, and doing everything as if your declaration has already become reality! Do it! Then you will understand the Power of your Words, the Power of your Thinking, the Power of your Feelin, and the Power of your Living. This is DHARMA - aligning yourself to the flow of the Cosmos.

WHEN YOU LIVE IN TUNE WITH THE COSMOS, YOU WILL...

- Be an authentic, powerful, blissful being
- Respond spontaneously and harmoniously to Life
- Be empowered to make miracles happen for you and others





MAKE MIRACLES HAPPEN IN YOUR LIFE

Siddhis are extraordinary spiritual powers that are activated when you reach the higher levels of Consciousness. When you work continuously and sincerely with the Four Powers, these miraculous powers awaken in you. Add Dharma to your words, thoughts, feelings and the actions you perform in your life.

When you add Dharma to the Four Powers, you will see miracles happening in your life. For example, when you live with extraordinary integrity, the Cosmos itself will rush to fulfil your word!

There is a funny but significant story about the power of creating the right space. The child-prince Prahlad was a great devotee of the lord Vishnu. This made his

father, the demon king Hiranyakashipu really angry, because he wanted everybody to worship him instead of God. One day Hiranyakashipu threw a challenge to Prahlad. He pointed to the pillars in the room and said, 'You say your god Vishnu is everywhere! So is he there in these pillars here?'

Without any hesitation the child Prahlad replied, 'Yes, Vishnu is there in these pillars also.'

'Oh, really! Show me which pillar Vishnu is sitting in!' roared Hiranyakashipu.

So Prahlad lifted his small hand and started to point to a pillar in the room.

It is said that when Hiranyakashipu was questioning Prahlad, Vishnu was resting peacefully in his divine abode. But the moment Prahlad's finger started moving towards the pillars, Vishnu jumped up and started running towards the earth!

His consort Lakshmi asked, 'What happened, what happened?'

'Oh, my devotee is moving his finger towards a pillar; wherever he indicates, I have to enter into that pillar!' cried Vishnu.



The integrity and authenticity of the innocent child Prahlad was such that wherever his finger stopped, Vishnu had to appear in that pillar! When you create such a powerful space of possibility, even the Divine will land there for you!

MAKING A DESIRE INTO REALITY

Listen!

Whenever you create a space for something to happen, you unfortunately also create doubts about the possibility of it ever becoming a reality! When you challenge the space, you



have already corrupted the space. Suppose you are suffering with a certain sickness. You decide to create a space to become healthy. But the moment you create the space, you will have all possible kinds of doubts - doubts about the Power of Space, and doubts about your ability to create the right space. All your past failures come and stand in front of you like demons!

That is the most unfortunate thing - challenging the power of Space. So first, all these complications in creating the space should be completed. Create the space from

TECHNIQUE FOR CREATION FROM COMPLETION



- Next, you will be creating the space to make your desire into reality. But first, you will need to complete with your doubts about your ability to create the right space.

Sit. Close your eyes. Pick up that idea you have. Complete with all that impossibility.

- Now, sit with that space of completion. Decide that you will make your inspiration into reality through your actions. Committing to transform your desire into reality is taking responsibility for it. **Creating a space of possibility and taking responsibility for it will make it into reality in your life!**

I bless you - let whatever you
created in your space
become an auspicious
reality in your life!

The Next Step INNER AWAKENING

Now that you have seen that the possibility of living a extraordinary life, the natural step forward would be **INNER AWAKENING.**

Every month, his Holiness Paramahansa Nithyananda conducts this 21-day transformational program that unlocks your Four Inner Powers, through powerful teachings, interactive sessions, root thought pattern analysis and 21 powerful initiations for kundalini awakening.

This program is designed to take your transformation still deeper, and make the Four Powers really start working in your life.

Find out more about Inner Awakening at www.innerawakening.org or mail your question to ia@nithyananda.org

PARAMAHAMSA NITHYANANDA'S worldwide mission enriches lives through personal transformation workshops, spiritual healing and humanitarian services.

The international headquarters of the mission is located at Bidadi near Bengaluru in India. Activities and services offered here include meditation, yoga, satsangs (spiritual gatherings), corporate programs, free medical camps, initiatives for women and youth, annadaan (free meals) at all ashrams and the revival of the best of the vedic Hindu lifestyle through holistic gurukul education and sannyas, monastic life.



about

PARAMAHAMSA
NITHYANANDA'S
worldwide mission



His Holiness Paramahansa Nithyananda is a world teacher in the science of living enlightenment, revered by millions as a living incarnation of superconsciousness. Recognized today as a clear, legitimate, apolitical voice of integrated Sanatana Hindu Dharma, he is the pontiff of Mahanirvani Peeth, the world's oldest apex body of Hinduism. His enlightened and compassionate insight into human nature has made this young enlightened yogi a hugely popular spiritual teacher and No.1 on youtube, with over 16 million views.

Every month, Paramahansa Nithyananda conducts INNER AWAKENING, a 21-day transformational program that unlocks the FOUR POWERS in you, through practical teachings and 21 powerful initiations for kundalini awakening.

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