

# INQUIRING pointers

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## Desire and atheism

Truth is God. To deny truth is to deny God.

A desire is a mental picture of the future. The future is not in the present. It is impossible for the truth to be shaped according to the portrayal of any particular person. That is, desire, whatsoever it may be, is an illusion. At the emotional level the desire is the denial of truth.

The presence of desire means rejection of God. Desire is the foundation of atheism.

*When we talk about prohibition of some thing, can we inquire about the foundation of that thing which might have started it and continued?*

*Revelation of the foundation may cease its occurrence.*

*Prohibition fails miserably, because it just suppresses the external manifestation.*



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**Urge and agenda are two different things.  
Both bring actions.**

**Urge is the basic instinct of the body and  
thereby actions evolve with a perceptory  
depth.**

**Agenda is an illusionary image of the  
future in the mind bringing continuous  
sensations and thereby fueling the  
obsessive actions.**



**Love is not possession, neither it  
is about owning.**

**Love is Awakening.**

**When there is a control, there is a controller.**

**When there is an observation,  
there is no observer.**

ভিন্নতা প্রাকৃতিক। যখন ভিন্নতাকে বিশেষতা হিসেবে  
কল্পনা করা হয় তখন অনুভূতির সৃষ্টি হয়। কল্পনাসৃষ্ট  
অনুভূতি প্রাণশক্তির অসীম অপচয়ের কারণ।

ভিন্নতা প্রাকৃতিক है। जब यह कल्पना कर ली जाए कि  
भिन्नता एक विशेषता है, तब संवेदनाएं आने लगती हैं।  
कल्पना से आने वाली संवेदनाएं ऊर्जा की बेहद खपत  
का कारण हैं।

Uniqueness is natural. When uniqueness  
is imagined as special, sensations get  
generated. Sensations coming from  
imagination are endless depletions of  
energy.

ইচ্ছা, তা যাই হোক না কেন, এক অন্তহীন  
অনুভূতি যা অভ্যাসে রূপান্তরিত হয়, তাই  
এটিকে সন্তুষ্ট করা অসম্ভব।

ইচ্ছাপূরণ করার প্রচেষ্টা হল ইচ্ছাগুলিকে প্রশয়  
দেওয়া, যাতে আখেরে প্রচুর শক্তি খরচ হয়।

इच्छा, जो भी हो, एक अंतहीन भावना है जो एक  
आदत में बदल जाती है, इसलिए इसे संतुष्ट करना  
असंभव है।

इच्छाओं को पूरा करने का प्रयास करना इच्छाओं को  
ही प्रोत्साहित करना है, जिससे ऊर्जा की बेहद खपत  
होती है।

Desire, whatsoever, is an endless feeling  
which converts into a habit, hence it is  
impossible to satisfy.

Attempting to satisfy desires is a further  
indulgence in desires and an endless  
engagement of energy.

जो बिना किसी कोशिश के प्रकट हो जाए, वही सच है। जो कोशिश से दिखता है, वह भ्रम है।

That which gets revealed without any effort is truth. That which is seen with effort is an illusion.

কোনো চেষ্টা ছাড়াই যা প্রকাশিত তা-ই সত্য।  
চেষ্টার কারণে যা দৃশ্যমান তা ভ্রম।

Imagination is the foundation of psychological suffering. When it is not seen, it lingers eternally. When it is seen, imagination disappears and suffering ends.

কল্পনা মনস্তাত্ত্বিক দুঃখের ভিত্তি। যখন তা দেখা যায় না, তখন এটা অনন্তকাল ধরে থাকে। যখন এটি দেখা যায়, তখন কল্পনা অদৃশ্য হয়ে যায় এবং দুঃখের অবসান ঘটে।

कल्पना मनोवैज्ञानिक दुःख की नींव है। जब यह नहीं दिखता, यह दुःख अनंत काल तक रहता है। यह दिख जाने से कल्पना लुप्त हो जाती है और दुःख समाप्त हो जाता है।



**"I can solve your problem"**

- Ain't all the five words in the above statement and the statement itself, imaginary?**



'ঘটমান পূর্বনির্ধারিত' ও 'ঘটমান পূর্বপরিকল্পিত'  
এই দুই কথনের ভীত ভিন্ন।

প্রথমটির সত্যতা গঠনগত। দ্বিতীয়টি কল্পনা  
আধারিত।

'পূর্ব নির্ধারিত' और 'পূর্ব আযোজিত' शब्दों के  
अलग-अलग अर्थ हैं।

'পূর্ব নির্ধারিত' এক রচনাत्मক पहलू है। 'पूর্ব  
आयोजित' एक काल्पनिक पहलू है।

The words 'predestined' and 'preplanned'  
have different connotations.

The fact of the first is structural. The  
second is imagination driven.

“

जब तक मनोवैज्ञानिक कशमकश हैं,  
तब तक सत्य में हैं।

*As long as psychological uncertainty  
persist, there is alignment with truth.*

যতক্ষণ মানসিক অনিশ্চয়তায়  
থাকা, ততক্ষণ সত্যের সাথে থাকা।

”



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Sadness in falling leaf, happiness in tender leaf are nothing but human imagination. In nature, there is no sensational difference between the two. Can we not live that way, the way we're structured in nature, without any interpretation?

ঝরে পড়া পাতায় দুঃখ, কোমল পাতায় আনন্দ  
মানুষের কল্পনা ছাড়া কিছুই নয়। প্রকৃতিতে,  
উভয়ের মধ্যে কোন অনুভূতিগত পার্থক্য নেই।  
আমরা কি সেভাবে বাঁচতে পারি না, যেভাবে  
প্রকৃতিতে আমরা গঠিত, কোনো ব্যাখ্যা না  
ক'রে?

पत्ता गिरने से दुःख, कोमल पत्ते से आनंद, यहां दुःख  
या आनंद मनुष्य की कल्पना है। प्रकृति में, दोनों के  
बीच संवेदनाशीलता में कोई अंतर नहीं है। क्या हम  
उस तरह से नहीं जी सकते, जिस तरह से हम प्रकृति  
में गठित हैं, बिना किसी व्याख्या के?

“

*Structural difference is  
physical uniqueness and  
factual.*

*Sensational difference is  
psychological speciality and  
ideated.*

*Both may sound similar and  
conclusive, on the surface.*

”



कर्म से संवेदना, संवेदन से चेतना। पर अगर कर्म एक अभ्यास बन जाए तो वह सोच से ही प्रेरित है। कर्म की मौलिकता इससे खतम हो जाती है। तभी, अभ्यास से चेतना में स्पष्टता नहीं आ पाती।

*From action to sensation, from sensation to perception. But if action becomes a practice, it is motivated by thought. This ends the originality of action. Hence, practice does not lead to clarity in perception.*

कर्म থেকে আবেগ, আবেগ থেকে বোধ। কিন্তু কর্ম যদি অভ্যাসে পরিণত হয় তবে তা চিন্তার দ্বারা অনুপ্রাণিত হয়। কর্মের মৌলিকতা এর সাথে শেষ হয়। তাই অভ্যাস বা অনুশীলনের মাধ্যমে বোধের স্পষ্টতা সম্ভবপর নয়।



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”

*'free will' is the second layer of imagination of 'I'.  
The 'I' being the first layer.*

‘स्वाधीन इच्छा’ हल ‘आमि’-र कल्पनार द्वितीय स्तर।  
‘आमि’ हलो प्रथम स्तर।

‘स्वतंत्र इच्छा’ ‘मैं’ की कल्पना की दूसरी परत है।  
‘मैं’ है पहली परत।

”



“

*Pursuits of  
pleasure is  
deception of  
**INQUIRY***

”



“

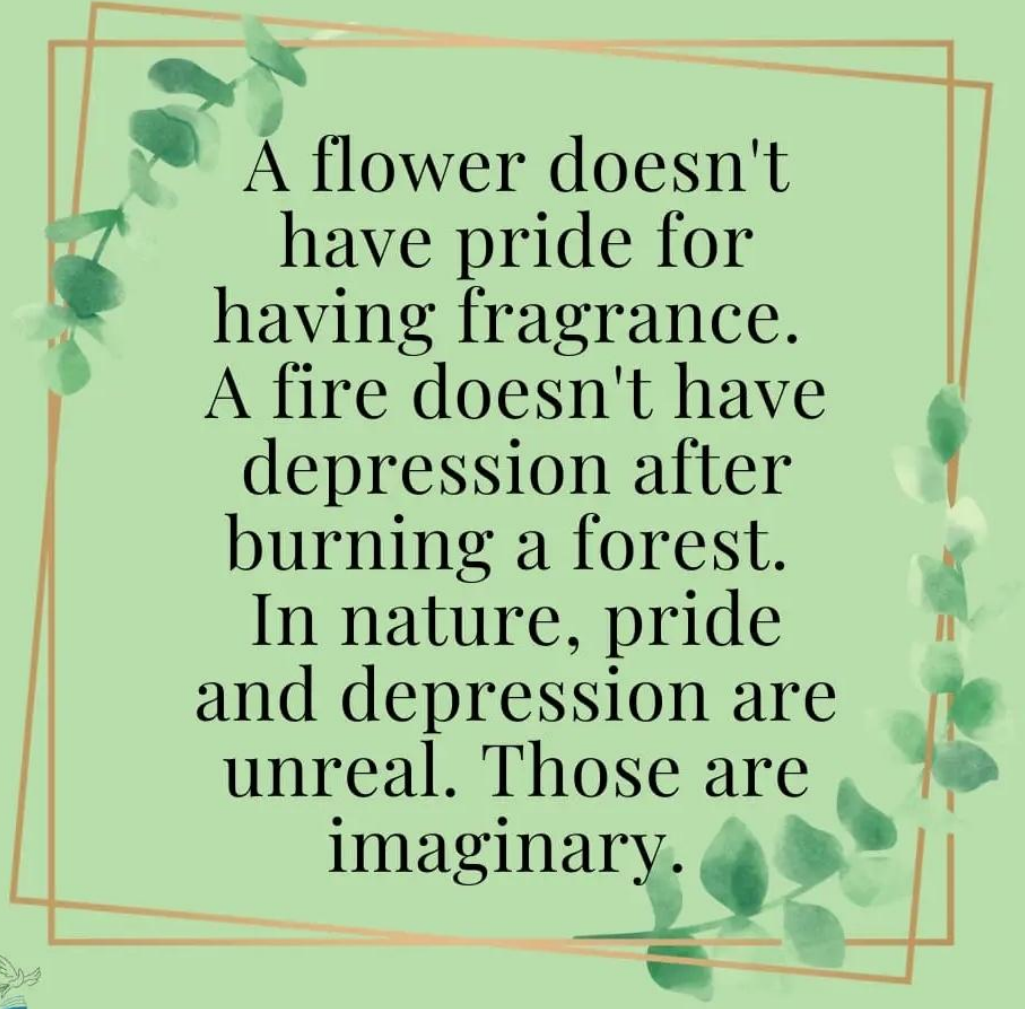
*Experience-  
focused  
exploration is  
not an  
**INQUIRY***

”

यदि मैं सोच रहा हूँ कि मेरी इच्छा से कुछ हो रहा है तो यह सहसम्बन्ध मेरा भ्रम है। सत्य इच्छा से स्वतंत्र है।  
इच्छा एक कल्पना है।

If I am thinking that something is happening because of my desire, then this correlation is my illusion. The truth is independent of desire. Desire is an imagination.

আমি যদি মনে করি যে আমার ইচ্ছার কারণে কিছু ঘটছে, তবে এই প্রস্তাবিত সংযোগটি আমার বিভ্রান্তি। সত্য ইচ্ছাধীন কোনো প্রক্রিয়া নয়। ইচ্ছা একটি কল্পনা।



A flower doesn't  
have pride for  
having fragrance.  
A fire doesn't have  
depression after  
burning a forest.  
In nature, pride  
and depression are  
unreal. Those are  
imaginary.

“  
**THE PAIN IS NOT BUT  
THE ADJECTIVE OF  
THE PAIN IS  
REMEMBERED.  
ADJECTIVES ARE  
IMAGINARY  
SENSATIONS.**  
”

“  
**WHATEVER I AM  
IMAGINING, AM I  
IMAGINING THAT IT  
IS THE TRUTH?**  
”

## **WILL POWER**

Will drains a lot of power. Will works on an image of the outcome which is yet to come. The image of an outcome zaps a tremendous amount of energy in its psychological establishment of becoming a truth.

## **SELF CONTROL**

Psychological impressions of the Self is the Ego. With Ego, the truth is suppressed and controlled. A controlled truth isn't the truth.



সমস্যা কোনো অবস্থার একটি ব্যাখ্যা।

'ব্যাখ্যা' সত্যের একটি কাল্পনিক চিত্রায়ন। অর্থাৎ কোনো অবস্থার সমস্যা হিসেবে নামকরণ কল্পনার একটি বহিঃপ্রকাশ মাত্র। সমস্যা ততক্ষণই টিকে থাকে যতক্ষণ কল্পনাকে সত্য হিসেবে মানা হয়।

A problem is an interpretation of a situation.

'Interpretation' is a fictional depiction of truth. That is, naming a situation as a problem is just an expression of imagination. The problem persists as long as fantasy is accepted as truth.

एक समस्या एक स्थिति की व्याख्या है।

'व्याख्या' सत्य का काल्पनिक चित्रण है। अर्थात् किसी स्थिति को समस्या का नाम देना केवल कल्पना की अभिव्यक्ति है। समस्या तब तक बनी रहती है जब तक कल्पना को सत्य माना जाता है।



When 'I' does something in such a way that even if 'I' doesn't do it then also it doesn't matter. That action is an inaction indeed. There wouldn't be any 'I' operating in the process. It's a tremendously energetic state of being without any unnatural depletion of energy.

जब 'मैं' इस तरह से कुछ करता है कि 'मैं' वह न भी करे तो भी कोई फर्क नहीं पड़ता, यह ही अकर्म है। इस प्रक्रिया में कोई 'मैं' सक्रिय नहीं है। इसमें ऊर्जा की अप्राकृतिक खपत बिल्कुल न होने की वजह से, यह एक जबरदस्त ऊर्जावान स्थिति है।

যখন 'আমি' এমনভাবে কিছু করে যে যদি 'আমি' সেটা না করে তাতেও কিছু যায় আসে না। সেটিই অকর্ম। এই প্রক্রিয়াতে কোনো 'আমি' কাজ করে না। এটিতে শক্তির কোনো অপ্রাকৃতিক অপচয় না হওয়ার কারণে এটি একটি অত্যন্ত শক্তিপূর্ণ অবস্থা।

Options and Choices are different. Options are physical availability. Choices are physiological sensations crafted by ideas. When options are intentionally organised, they become choices. When options are selected choicelessly, the fact appears.

विकल्प और इच्छाएं अलग हैं। विकल्प भौतिक उपलब्धता है। इच्छाएं शारीरिक संवेदनाएं हैं जो कल्पनाओं पर आधारित होती हैं। जब विकल्पों को इरादों से संगठित किया जाता है, तब विकल्प इच्छाएं बन जाते हैं। जब विकल्प का चयन बिना इच्छाओं के होता है, तब सच्चाई दिखने लगती है।

বিকল্প এবং ইচ্ছা ভিন্ন। বিকল্প হল শারীরিক প্রাপ্যতা। ইচ্ছাগুলি হল শারীরবৃত্তীয় সংবেদনা যা কল্পনার উপর ভিত্তিশীল। যখন বিকল্পগুলি পরিকল্পিত হয়, তখন সেগুলি ইচ্ছায় পরিবর্তিত হয়। যখন ইচ্ছা ছাড়া বিকল্পগুলি নির্বাচিত হয়, তখন সত্যতা প্রকাশিত হয়।

'जीवन के लक्ष्य' जीवन की सच्चाई को देखने में रुकावट हैं। लक्ष्य काल्पनिक होते हैं और इनके आवेश के भंवर में ऊर्जा की बेहद खपत होती है। लक्ष्यहीन जीवन ऊर्जापूर्ण होता है। ऊर्जा जीवन की नींव है।

'জীবনের লক্ষ্য' জীবনের সত্যতা দ্বাখায় বাঁধা।  
লক্ষ্য কাল্পনিক এবং এর আবেশে শক্তির  
ক্রমাগত ক্ষয় হয়। লক্ষ্যহীন জীবন শক্তিপূর্ণ।  
শক্তি জীবনের ভিত্তি।

'Goal of life' is hindrance in seeing the fact of life. The goals are imaginary and there is a continuous depletion of energy under its influence. A life without goal is a life full of energy. Energy is the foundation of life.



When 'one is ending something', it's not actually ending.

'Ending by itself' without any efforts is the actual ending.

Everything ends.  
Everything must end.



The thoughts believing in problems is  
'the problem'. Thoughts are imaginations.  
When one sees it, problems vanish  
without solving.

यह मानना कि समस्याएं होतीं हैं, ये सोच ही 'समस्या'  
है। सोच कल्पना है। जब यह दिख जाता है, समस्याएं  
बिना सुलझे ही गायब हो जातीं हैं।

সমস্যায় বিশ্বাস করা চিন্তাভাবনা-ই হল 'সমস্যা'।  
চিন্তাভাবনা কাল্পনিক। সেটা দেখতে পেলেই  
সেটা আর থেকে না। সমস্যা সমাধান না করেই  
শেষ হয়ে যায়।

“  
**TOTAL IS NOT  
MERELY THE SUM  
OF ITS PARTS.  
IT'S MUCH BEYOND.**  
”

**Disease is Sensitivity.  
Sensitivity is strength.  
Sensitivity isn't a limitation.**



Inquiry leads to psychological cessation of reference. When one sees without any reference, sees optimum. Reference influences perception and makes it old. Uninfluenced perception is a fresh perception. A fresh perception can only align with truth.

यदि कार्य कल्पना (या चाहत) द्वारा प्रेरित हो तो वह एक अंतहीन चक्रव्यूह बनाता है। यह ऊर्जा की बेहद खपत का कारण बनता है। जब कार्य **समझ** का उपज हो, वह अतिरिक्त ऊर्जा की खपत के बिना ही कार्यरत होता रहता है।

If action is driven by ideas (or desires), it creates a never-ending maze within. This causes an unlimited depletion of energy. When action is an emergence of **awareness**, it doesn't need additional energy to operate.

যখন কাজ কল্পনা (বা ইচ্ছা) দ্বারা চালিত, তখন এটি অন্তরে একটি কখনও শেষ না হওয়া গোলকধাঁধা তৈরি করে। ফলতঃ শক্তির সীমাহীন ব্যয় হতেই থাকে। যখন কাজ **বোধ** থেকে উপজাত, তখন এটি শক্তির অতিরিক্ত ব্যয় ছাড়াই সঞ্চালিত।

Entertainment is the primary cause of sensory numbness. Insensitivity occurs due to prolonged false sensations. Entertainment artificially stimulates sensations causing endless depletion of energy.

मनोरंजन मुख्य रूप से संवेदन में सुन्नता का कारण है। असंवेदनशीलता झूठी संवेदनाओं के कारण होती है। मनोरंजन से संवेदनाएं कृत्रिमता से पैदा होतीं रहतीं हैं जिससे ऊर्जा की बेहद खपत होती है।

বিনোদন অসাড়তার প্রাথমিক কারণ।  
অসংবেদনশীলতা অনুভূতির কৃত্রিম  
উদ্বেগের কারণে ঘটে। বিনোদন  
অনুভূতিগুলিকে কৃত্রিমভাবে উদ্দীপিত করে  
যার ফলে শক্তির অতিরিক্ত অবক্ষয় হয়।



Understanding is a dynamic flow. There is no provision for stagnation in this.

There is adequate conservation of energy in this flow. Beliefs are obstructions in the flow of understanding. Beliefs engage endless energy, because beliefs are based on imaginations. Imaginations are not true. What is not true is a lie. Lies are a whirlpool in which energy is engaged endlessly.

Understanding is complete in spite of being in a flux. Understanding is never incomplete; Either there is understanding or there is not. Sidhi baat, no bakwas.

Completeness of Understanding is like a village on the bank of a flowing river, which is full of water all the time, but no water stays there.

Understanding is always complete and being fact-based, it is dynamic as well.



सत्य का सामना होने से जो भी महसूस होता है उससे एहसास आता है। यदि एहसास को महसूस करने लगे, तो कल्पना हावी हो जाती है।

सत्य और कल्पना दोनों साथ नहीं रह सकते।

Perception is a product of sensation when Truth is sensed. If perceptions start bringing sensations, ideas dominate.

Truth and idea cannot be together.

सत्य सम्मुखीन हले या अनुभूत हय ता थेके बोध आसे। बोधेर रास्ताय अनुभूति एले ता थेके काल्पनार आधिपत्य आसे।

सत्य ओ कल्पना एकसंसे थाकते पारे ना।

प्रश्न: "फिर क्या जीवन में कुछ भी 'खास' नहीं हैं?"

प्रस्ताव: "जीवन में 'आम' भी कुछ नहीं हैं।"

प्रश्न: "ताहले कि जीवने 'विशेष' बले किछु नेई?"

प्रस्ताव: जीवने 'साधारण' बलेओ किछु नेई।

Question: "Then is there nothing called 'special' in life?"

Proposal: "There is nothing called 'ordinary' in life, as well."



Truth cannot be revealed. Truth gets revealed on its own. Truth is hidden behind its interpretations. Truth is immeasurable and cannot be verbalised, ever.

सत्य प्रकट नहीं किया जा सकता। सत्य स्वतः ही प्रकट होता है। सत्य अपनी व्याख्याओं के पीछे छिपा है। सत्य अथाह है और इसे कभी भी कहा नहीं जा सकता।

সত্য প্রকাশ করা যায় না। সত্য স্বতঃ প্রকাশ পায়। সত্য তার ব্যাখ্যার পেছনে লুকিয়ে থাকে। সত্য অপরিমেয় এবং কখনই তা মৌখিকভাবে প্রকাশ করা সম্ভব নয়।

समझ प्राकृतिक तौर से आती है। नासमझी अप्राकृतिक है। नासमझी के लिए मेहनत लगती है। समझ सरल एवं बिना मेहनत के आती है। नासमझी को समझने से नासमझी खतम हो जाती है। नासमझी को ना समझने से नासमझी टिकी रहती है।

**Understanding** comes naturally. Ignorance is unnatural. Ignorance takes effort. Understanding is effortless. Ignorance gets eliminated in understanding ignorance. Ignorance persists by not understanding ignorance.

बोध प्राकृतिकभावेई आसे। अज्ञता अप्राकृतिक। अज्ञता जटिल ओ क्लान्तिकर। बोध सरल ओ आरामदायक। अज्ञताके बुबले अज्ञता दूर हय। अज्ञताके ना बुबले अज्ञता थेके यय।

'सच की समझ' और एहसास दो अलग अलग चीजें हैं। एहसास सच और झूठ दोनों से ही आ सकता है। एहसास के दायरे से देखने पर सच नहीं दिख पाता।

'সত্যবোধ' এবং অনুভূতি দুটি ভিন্ন জিনিস।  
সত্য ও মিথ্যা উভয় থেকেই অনুভূতি  
আসতে পারে। অনুভূতির আবেশে সত্যকে  
দেখা যায় না।

'Understanding truth' and feelings  
(sensations) are two different things.  
Sensations can come from truth and  
falsehood, both. Truth cannot be  
seen when viewed from the realm of  
feelings.

## **Irrational regimentation (Controlling)**

When we *SEEK WAYS TO NOT TO DO  
SOME SPECIFIC ACTION*

## **Rational regimentation (Inquiring)**

When we *INQUIRE WHY AT ALL  
SOME SPECIFIC ACTION TO BE DONE*

*Externally they may look similar*

*but operate differently*

### संकल्प के पीछे का कारण क्या है?

सच्चाई की समझ से उपजा हुआ निर्णय या फिर किसी खास मकसद को हासिल करने लिए किया गया प्रयास?

पहला जिज्ञासा एवं सत्य है जब कि दूसरा व्यक्तिकेन्द्रित झूठ है।

### What is behind the determination?

Is it an evolved decision out of understanding of facts or is it an endeavour to achieve a goal?

The first is an inquiry of the truth whereas the second one is an egocentric lie.

### संकल्प के पीछे का कारण क्या है?

सेटा कि सत्यता बोध থেকে উদ্ভূত একটি সিদ্ধান্ত নাকি সেটা কোনো একটি উদ্দেশ্য সাধনের প্রচেষ্টা?

প্রথমটি সত্যাবেষণ আর অন্যটি ব্যক্তিকেন্দ্রিক অসত্য।

जब तक हमें लगेगा की 'काम करना पड़ रहा है',  
तब तक हमारी नियति (karmic account)  
सुधरेगी नहीं। यह सुधरेगी जब हमें यह एहसास  
होने लगे कि 'काम अपने आप हो रहा है'।

As long as we feel that 'we have to  
work', our destiny (karmic account)  
will not improve. It will improve when  
we start realizing that 'the work is  
happening on its own'.

যতক্ষণ আমরা মনে করবো যে 'আমাদের  
কাজ করতে হবে', ততক্ষণ আমাদের  
ভাগ্যের (karmic account) উন্নতি হবে না।  
উন্নতি তখন হবে যখন আমরা বুঝতে শুরু  
করব যে 'কাজ নিজে নিজে হচ্ছে'।



Lullaby happens to be the start of  
conditioning for a human child.  
Teaching is the next.

ঘুমপাড়ানি গান মানবশিশুর জীবনে  
শর্তারোপণের শুরু। আরোপিত শিক্ষাদান  
আসে তারপর।

लोरी मानव शिशु के जीवन के कारावास की  
शुरुवात। उसके बाद आता है, पढ़ाना।

An organised religious person  
cannot be secular ever.

एक संगठित धार्मिक व्यक्ति कभी भी धर्मनिरपेक्ष  
नहीं हो सकता।

एकजन संगठित धार्मिक व्यक्ति कখনोई  
धर्मनिरपेक्ष हते পারে ना।

Elevation of mind is realising the unimportance of the mind. And then the real mind starts operating.

मन का उत्थान तब होता है जब यह महसूस हो की मन महत्वहीन है। और तब असलीयत में मन काम करना शुरू करता है।

মনের বিকাশ মনের গুরুত্বহীনতা উপলব্ধি করাতে নিহিত। ঠিক তখনই আসল মন কাজ করতে শুরু করে।

FROM THE EGO LENS TO  
THE LENS OF TRUTH

মানুষের দুঃখ মুক্তি ততক্ষণ সম্ভব নয়  
যতক্ষণ না মানুষ "আমার কেন দুঃখ  
হচ্ছে?" প্রশ্নের উত্তর খোঁজা বন্ধ করে এবং  
"মানুষের কেন দুঃখ হয় ও দুঃখ আসলে  
কী?" প্রশ্নের উত্তর অনুসন্ধান করে।

The liberation of human suffering is  
not possible until one stops asking  
"*Why am I suffering?*" and starts  
inquiring "*Why do human suffer and  
what is the truth of suffering?*"

मनुष्य के दुखों से मुक्ति तब तक संभव नहीं है  
जब तक कि मनुष्य यह पूछना बंद करे कि "मैं  
क्यों दुःखी हूँ?" और यह जिज्ञासा करना शुरू  
करे की "मनुष्य दुःखी क्यों होता है एवं दुःख  
की असलियत क्या है?"

**There is no effort in removal, in  
withdrawal.**

**Effort is needed in clinging.**



What is the truth? It is impossible to answer this question.

A lie is anything that is not true.

Assuming a falsehood as true is foolishness.

Under no circumstances does a lie become true.

The sense of truth lies in the identification of the lie.

The detecting if the lie, reveals the truth.

सच क्या है? इस प्रश्न का उत्तर देना असंभव है।

झूठ वह है जो सच नहीं है।

असत्य को सत्य मान लेना मूर्खता है।

किसी भी परिस्थिति में झूठ सच नहीं होता है।

सत्य की समझ झूठ की पहचान में ही है।

झूठ का पता लगने से सच निकल आता है।

সত্য কী? এই প্রশ্নের উত্তর দেওয়া অসম্ভব।

মিথ্যা এমন কিছু যা সত্য নয়।

মিথ্যাকে সত্য বলে ধরে নেওয়া মূর্খতা।

কোনো অবস্থাতেই মিথ্যা সত্য হয়ে ওঠে না।

সত্যের বোধ মিথ্যাকে চিহ্নিত করার মধ্যেই রয়েছে।

মিথ্যের শনাক্তিকরণে সত্য প্রকাশিত হয়।

Suffering depends on the way one  
looks at the pain.

Pain is physical, suffering is  
psychological.

When one keeps understanding pain,  
one doesn't suffer.

कष्ट निर्भर करे ब्यथाके कीभावे द्याखा हय  
तार उपर।

ब्यथा शारीरिक, कष्ट मानसिक।

ब्यथा बुराते থাকले कष्ट থাকे ना।

दुःख इस बात पर निर्भर करता है कि व्यक्ति दर्द  
को किस नजरिए से देखता है।

दर्द शारीरिक है, दुःख मानसिक है।

दर्द को समझते रहने से, कोई दुःख नहीं होता।

**Hunger and greed (craving) are different.**

Hunger is a natural instinct, a physical need of life.

Greed is unnatural. Greed is the quest for imaginary gratification.

The physical need disappears and that is why it is the truth. Imaginary gratification never satiated and that why it remains untruth.

Actually, we don't like greed.

But we remain greedy only when, we don't acknowledge greed as greed (ie unnatural) and we start considering it as a natural tendency.

If we really see "**we are greedy**" then we can no longer be greedy.

Greed ends by itself.

Unnatural things last only when we start considering them as natural. Otherwise the unnatural things automatically perish by itself.

Cruelty and love cannot coexist

A meat-eater or a milk-consumer  
cannot love (animals)

**Not loving is not living**

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Action is a natural tendency of organisms if it is not restricted by intentions.

For action, effort is unneeded; in fact, freedom from efforts is the foundation of rational action.

Healing is a natural tendency of organisms if it is not restricted by intentions.

For healing, effort is unneeded; in fact, freedom from efforts is the foundation of natural healing.

Kindness is a natural tendency of organisms if it is not restricted by intentions.

For kindness, efforts is unneeded; in fact, freedom from efforts is the foundation of natural emergence of kindness.

Understanding is a natural tendency of organisms if it is not restricted by intentions.

For understanding, effort is unneeded; in fact, freedom from efforts is the foundation of rational understanding.



When instead of trying to get rid  
of the pain, one observes the  
movement of the pain, liberation  
emerges...

When instead of trying to enhance  
the pleasure, one observes the  
movement of the pleasure, liberation  
emerges...

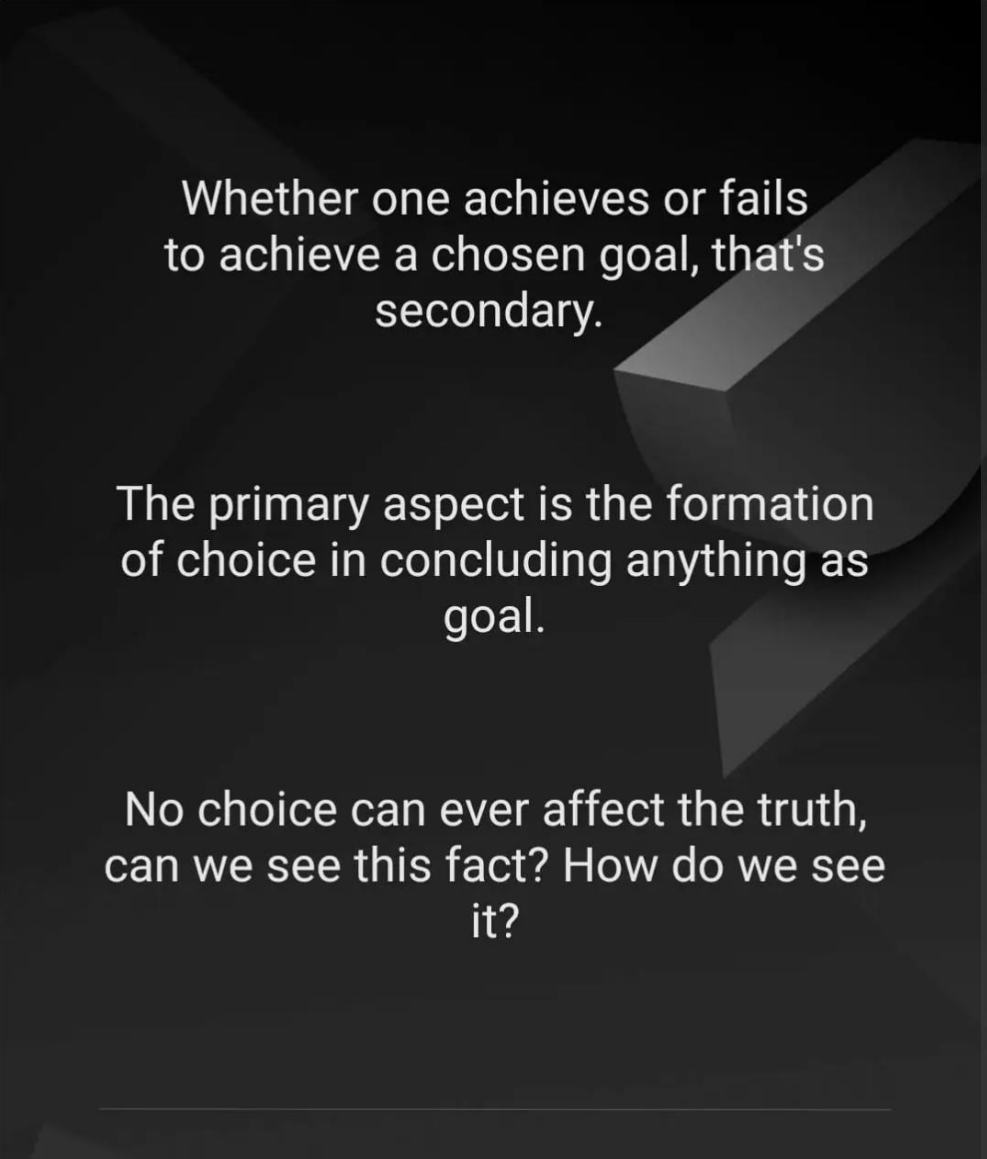
When one does it to liberate, does  
not liberate.

Can liberation be attempted?

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The actual self knowledge is  
knowing the nothingness of the self

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Whether one achieves or fails  
to achieve a chosen goal, that's  
secondary.

The primary aspect is the formation  
of choice in concluding anything as  
goal.

No choice can ever affect the truth,  
can we see this fact? How do we see  
it?

- 'I' would try to become something.
- What if 'I' don't try it? Will it stagnate the life?
- What if there is no 'I', imagined? Will this existence perish immediately?
- Is the life progressing just because there is an imagination of 'I' and there is an intentional endeavor by that 'I'?

## **Medicine is a philosophy**

Medicine is not limited to any specific pathy, it's the very intention of providing 'a solution from outside'.  
It's mythical.

**Therapy, whatsoever, is suppression**

**Moderation is medicinal.**

Moderation is a strategic trick to suppress the revelation of toxicity.

We do not need to moderate anything, mentally. We are physically structured to regulate, naturally.

If something is proposed to be moderated, it's toxin.

**Medicines are toxins**



**Choices**

=

**Sufferings**

Choices are aimed at stimulation  
of pleasure leading to suppression  
and retention of pain leading to  
sufferings.

### दर्द और दुःख

दर्द और दुःख दो अलग अलग चीजें हैं। एक शारीरिक और दूसरा मानसिक। शारीरिक चीजें खत्म होती हैं। मानसिक चीजें अशेष होती हैं।

दर्द की वजह से दुःखी होने से दर्द ठहर जाता है। अन्यथा दर्द का एक प्राकृतिक चलन है, उससे वह खुद ही खतम होता है।

**दर्द के खाले में दुःख एक रुकावट है।**

### Pain and sadness

Pain and sadness are two different things. One is physical and the other is psychological. Physical things always come to an end. Psychological aspects do not have ends.

Being sad because of pain stagnates the pain. Otherwise there is a natural movement of pain, with which it ends by itself.

**Sadness becomes an obstacle to the elimination of pain.**

### বেদনা ও দুঃখ

বেদনা এবং দুঃখ দুটি ভিন্ন জিনিস। একটি শারীরিক এবং অন্যটি মনস্তাত্ত্বিক। শারীরিক অস্থিহীন শেষ হয়। মনস্তাত্ত্বিক সৃষ্টি অশেষ।

ব্যথার কারণে দুঃখী হওয়া ব্যথাকে স্থবির করে দ্যায়। অন্যথায় ব্যথার একটি স্বাভাবিক চলন রয়েছে, যার কারণে এটি নিজেই শেষ হয়ে যায়।

**বেদনা দূরীকরণে দুঃখ একটি বাধা।**

**होनी ही नियति है।** होनी होने के लिए ही बनी है।

होनी, होनी ही है। होनी से खुश या दुखी होना हमारी नासमझी है। जो होता है वह हमारी मानसिक चाहत की वजह से नहीं होता है।

**मानसिक चाहत एक वहम है।**

**Whatever is happening is the destiny.** It is structured to happen so.

It is so because it is so. It is our unwiseness to be happy or sad because it is so.

Whatever happens does not happen because of our psychological choice.

**Psychological choice is a superstition.**

**যা হচ্ছে তা নিয়তি।** এটা হতেই এটা গঠিত।

যা হওয়ার তা হবেই। হওয়ার কারণে আমাদের সুখী বা দুঃখী হওয়া বুদ্ধিহীনতা। যা হয় তা আমাদের মানসিক ইচ্ছের কারণে হয় না।

**মানসিক ইচ্ছে একটি কুসংস্কার।**

RATIONAL ACTION IS  
UNCONDITIONAL

If one is doing something just  
because the one is rebuked for not  
doing so, the one is still not doing it.

If one is doing something just  
because the one is instructed to do  
so, the one is still not doing it.

If one is doing something just  
because the one is appreciated for  
doing so, the one is still not doing it.

THE RATIONAL ACTION IS  
AN EMERGENCE OF A CLEAR  
PERCEPTION

Inquiry is an impersonal revelation of  
the truth.

অনুসন্ধিৎসা সত্যের একটি নৈর্ব্যক্তিক  
উদ্ঘাটন।

जिज्ञासा सत्य का एक अवैयक्तिक रहस्योद्घाटन  
है।

## INQUIRY-MOVEMENT-FRUITS

We are designed to inquire, not to believe.

We are designed to move, not to settle down.

We are designed to eat fruits, not to eat modified tastes.





**Positive and negative are two faces  
of IDEAS**

**Faces of FACTS are immeasurable**



**We know that**

**We don't know that**

**We don't know that we know that**

**We know that we don't know that**

## **IS IT MAKING SENSE OR SENSATION?**

If a perception is making sense, it's  
an awareness (inquiry) emerging into  
rational action.

If a perception is making sensation,  
it's a thought (idea) converting into  
an obsession.

**NATURAL ORDER IS:**

**SENSE MAKING SENSATION  
MAKING PERCEPTION MAKING  
SENSE, SO ON...**

**FREEDOM IS NOT IN  
FOLLOWING INSTRUCTIONS**

There are many fruitarians, enforcing fruit-only-diet, without inquiring the meaning of naturally designated food for mankind. They just follow some set of instructions to achieve some preset goals.

There are many monks enforcing celibacy, without inquiring the meaning of rational sex. They just follow some set of instructions to achieve some preset goals.

**FREEDOM IS NOT IN  
ACHIEVING SOME PRESET GOALS**

## **INQUIRY isn't boring**

Fixations and fixated rituals need support of entertainment for its sustenance. They become addictions due to entertainment and its stimulations.

Without entertainment its boring because it discards INQUIRY.

## **SATIATED NATURAL BEINGS**

One will eat fruits but *never crave or plan* for food.

One will have sex but *never crave or plan* for sex.

## **UNSATIATION IS THE REASON OF PERVERSION**

Craving for food is a product of *not ingesting enough natural taste* (fruits for mankind) in life.

Craving for sex is a product of *not ingesting enough natural (agendaless) touch* in life.



Natural satiation of sensory inputs is important for **RATIONALITY**.

Optimum exposures to natural light, natural sound, natural smell, natural taste, natural touch are important for natural progression of **RATIONALITY** in a child.

Can we inquire the ingestions of modified inputs?

When I am **naturally compelled**  
to do something, it is an  
**energy-conserving** act for me.

When I **consider 'I am compelled'**  
to do something, it is an  
**energy-draining** act for me.

जब मैं प्राकृतिक रूप से कुछ करने के लिए  
मजबूर होता हूँ, तो यह मेरे लिए एक ऊर्जा  
संरक्षणकारी कार्य होता है।

जब मैं यह सोचता हूँ की 'मैं किसी कार्य के  
लिए मजबूर हूँ', तो यह मेरे लिए एक ऊर्जा  
खपतकारी कार्य होता है।

Can we eat a mango just by keeping it in our pocket? It just remains there as a burden.

Belief is nothing but that burden of concepts, accepted blindly without probing into, without inquiring.

क्या आम को सिर्फ जेब में रखकर खाया जा सकता है? यह सिर्फ जेब में रखा एक बोझ होकर रह जाता है।

विश्वास भी अवधारणाओं का एक ऐसा ही बोझ है जिसे बिना जांचे-परखे, बिना पूछताछ के आँख बंद करके स्वीकार कर लिया जाता है।


अगर आप किसी वजह से कुछ कर रहे हो, तो आप को वो कार्य न करने की वजह भी मिल जाएगी। प्राकृतिक कार्य किसी इंसानी वजह से नहीं होते।

If one is taking an action for some reason, one will get reasons for not doing it, as well. Rational action is independent of any human reason.

# Weakness

Weakness in a **chronic** state indicates increase in **toxicity** within the body.

Weakness in an **acute** state indicates physiological allocation of energy in **detoxification**.



**Clarity** is not equivalent to  
experience.

Clarity is a byproduct of **inquiring  
experiences.**

Often, **edurance** is mistaken as  
clarity out of experience.



**Clarity is translucent.**

**If clarity looks transparent, it's  
just looking so. It's an  
assumption. It's not clarity but  
confusion.**

**Teaching and Education are  
contradictory to each other.**

**Actual education happens when  
teaching is stopped.**

**Treatment and Healing are  
contradictory to each other.**

**Optimal healing happens when  
treatment is stopped.**

**An Idea isn't a fact.  
But an idea has a fact.**

**When that fact is revealed, idea  
vanishes.**

**Is a selfless act actually a  
selfless act?**

**Is there still 'a self' that one is  
carrying?**

## Real and otherwise

A real doctor would propose, when you seek a relief from your disease, to REST, FAST & RELAX. So that the real healing happens from inside out.

An otherwise doctor would give you medicineS to bring a sense of healing from outside in.

A real teacher would propose, when you ask a question, to INQUIRE yourself. So that the awareness comes from inside out.

An otherwise teacher would give you answerS to bring a sense of knowledge from outside in.

A real parent is a mix of a real doctor and a real teacher who would be with you not to become your inevitable dependency but a co-passanger in love.

An otherwise parent would engage in arranging facilities and end up encouraging dependencies.

**Are we interested**

**in this journey of knowing?**

**Ambition is ambiguous.**



**"I love you" - is an idea.**

**"I am in love" - is a fact.**

**"I am love" - the realization...**

**Planning is pathetic.**

**There is nothing called  
"unknowingly done mistakes"**

**We know it all.**

**We just close our eyes and  
imagine as if we don't know.**

**Art is artificial.**

## BASIS OF EXISTENCE

Basic instinct is the basis of existence.

Survival is in its core.

Basic instinct is effortless.

It's the actual voice of the organism.

Basic instinct is choiceless. It just happens without any intention or strategy.

Basic instinct does not bring any sense of pride or depression. It's aligned with the truth.

Basic instinct does not need any training.

Basic instinct is always directed towards homeostasis or balance. When the balance topples, calamity (disease) is emerged to bring the balance, back.

**INTENTION TO CHANGE THE BASIC  
INSTINCT CAUSES UNNATURAL  
SUPPRESSIONS**

## AM I FAKING INQUIRY?

Can 'I' question 'my' sexual fantasies and food preferences, for its genuineness, to start with?

Reinstatement of inquiry may began easily, thereby...

Rest of all intellectual discourses may just end up suppressing 'my' inquiry more than reinstating it. They are fake inquires without the priors.

**CAN 'I' OBSERVE, IF  
'MY' INQUIRY IS FAKE?**

## PROBLEM IS SOLUTION & DISEASE IS HEALING

When a **problem** is considered as being solved through something **specific**, it actually takes a shape of another problem.

When problem is observed without hatred and restrictions, it starts moving and getting solved by itself. **Problem is a solution in making**, it just needs its freedom of natural movement.

When **disease** is treated through something **specific**, it actually is reshaping to another symptom.

When disease is observed without suppression, it completes its action of detoxification. **Disease is a healing process** with indications of rests so that it may have the needed energy to detox and heal.

**Can we afford to observe and rest?**



## FOOD & EFFORTS

### **Life is naturally effortless.**

Natural Food is palatable and available, without any effort.

Any cooked or processed food needs a lot of efforts to become artificially palatable.

- **Milk** is effortlessly available for THE BABY, for whom it's meant, for a period. For rests, it is not effortlessly available.
- **Honey** is for BEES, who prepare it. For rests, it's not effortless.
- **Coconuts and Nuts** aren't effortlessly available. These come to our table, with a lot of efforts.
- **Unprocessed eggs and flesh of animals** aren't palatable for mankind. Hence, those aren't effortless either.
- **Seasonal, regional, fresh fruits are effortelssly available, consumed, digested, assimilated and excreted by mankind.**

**LET US VET THESE PROPOSALS  
WITH OUR OWN EXPERIENTIAL  
UNDERSTANDINGS**

One 'small' pride about a skill of your child (or your own) is enough to form a vicious cycle of goal formation in her life.

It becomes a seed of suffering.

**When a question has an agenda,  
it's not a question but a  
conspiracy.**

**A genuine question can not have  
an agenda to achieve.**

**'Am I' obsessed to make 'my'  
presence felt?**

**May 'I' be present as if 'I am'  
absent?**

**May 'I' be absent as if 'I am'  
present?**

**Life is actually effortless.  
I don't need modified tastes to eat, lullabies to  
sleep, laxatives to poop and viagra to have  
sex.**

**If I need these, it's not an actual life, I am  
living anymore.**

**IDEAS & EFFORTS do not have any specific  
owner.**

**Whoever ingests any IDEA from whosoever or  
whoever is benefitted out of an EFFORT by  
whosoever, cannot deny depletion as an  
aftereffect.**



**Salt happens to be corrupting the  
mind more than anything else.**

**Mankind is not structured to  
consume stones.**



**Interpretation is always a  
misinterpretation.**

**The whole is immeasurable.**

**Examination is a scam in the natural  
process of learning.**

**In actual nature of life, there is no  
exam as such.**

**Examination is an unrealistic product  
of human imagination.**

**If I am addicted to any food, I am  
prone to be addicted to anything.**

**Addiction works in a mental  
framework.**

**It doesn't go off in parts. It goes  
completely, if it goes.**

**I hear hundred stories about trees. I see  
thousand pictures of trees. I watch lacs of  
videos about trees. I hug an actual tree.  
The last one is the only real whereas rests are  
all fake & useless for me.**

# FACTS GO FAR FROM ME, IF I AM 'FOR OR AGAINST'

- "Are you against the development achieved by mankind?"

- "If I am 'for or against' something, I can never understand that thing. If I am mesmerized with my opinions, facts go far from me."

**CAN WE INQUIRE THIS?**

**"How can this be cured?" & "How  
cure happens?" are two different  
things.**

**If there is a 'can' in the process of  
cure, it's not a cure but a  
suppression.**

**"Psychologically there is no  
tomorrow" - JK**

**Indeed, there is no.  
If I imagine that there is, it doesn't  
have any relation with the truth.**



**When it is said, "I want my child to become an artist or an engineer etc.", We are neither concerned about the arts or the skill or the child.**

**What we are concerned about is 'MY WANT'**



In life, whatever have 'I' thought  
to have achieved are just 'my'  
thoughts.

Thoughts are assumptions, not real.



Achievements are  
actual when it doesn't  
touch one's mind.



## Schooling means conditioning

Conditioning is a constant depletion of energy.

The primary schooling happens in setting up of a goal.

When one is conditioned to achieve something specifically, she is schooled.

Achievement is an interpretation, not real.

**Endurance is not an adaptation.  
Endurance is a form of suppression.  
Mankind hasn't adapted to cooked  
food as she cannot still eat it without  
taste enhancement.**

**- "I am sexually aroused by the odour of a person, isn't it a physically driven sensation, and a natural one?"**

**- It isn't. Because it's not the odour but the ideas around that odour which is bringing the sensation. It's a mind game and obviously an irrational one.**

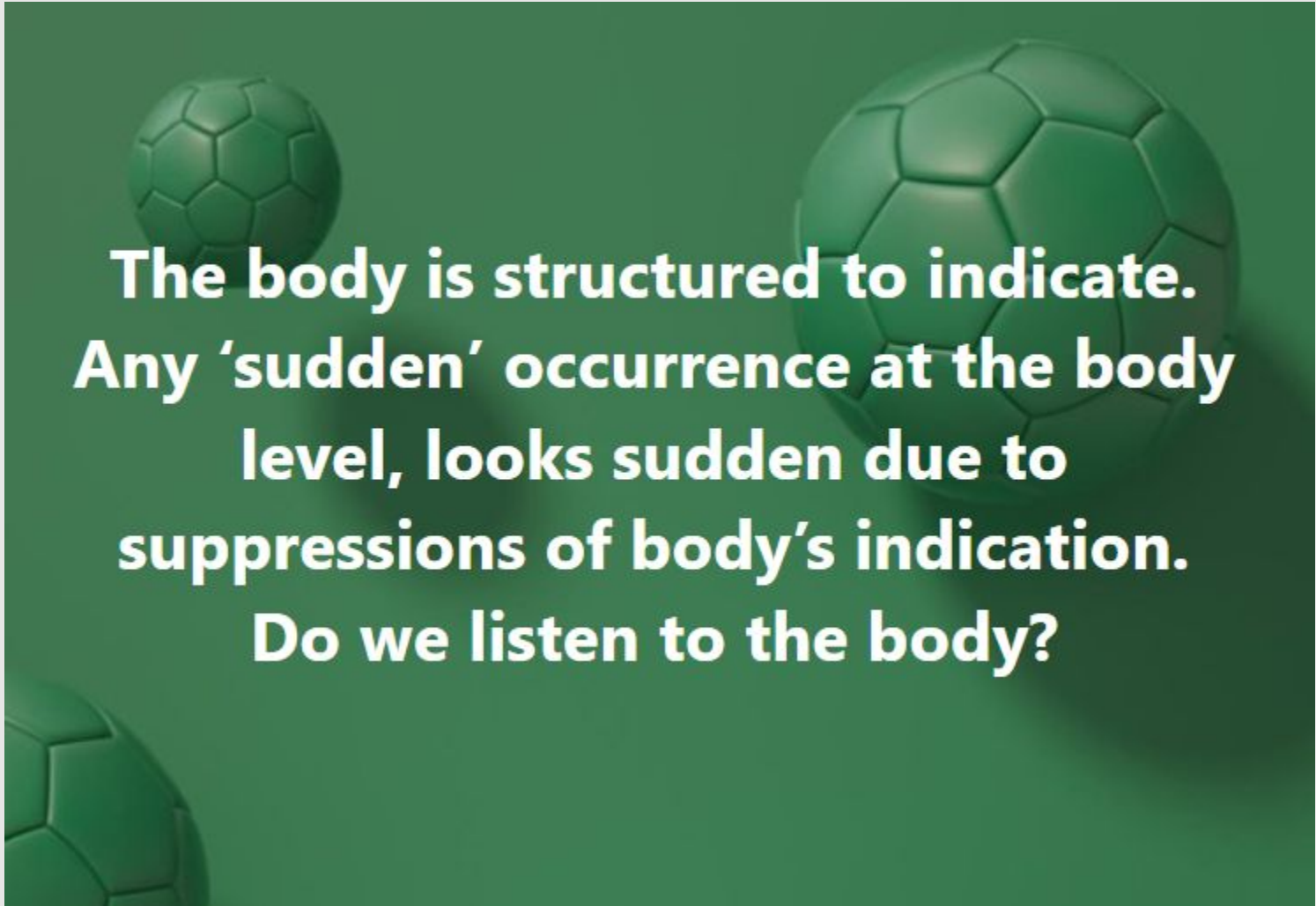


A natural act of sex is a byproduct, emerged out of consistent comfortable physical proximity of two individuals, not as a result of planning, goal or a sudden opportunity.

**Raw palatable foods and inquiry are  
facts, conserving energy of life.  
Modified tastes and knowledge are  
ideas, burdening energy of life.**



**Are you even eligible to converse  
about inquiry etc. if you ain't eating  
enough fruits?**

The background is a solid green color. There are three soccer balls scattered across the scene. One is in the upper left, one is in the upper right, and one is in the lower left. They are rendered with soft shadows and highlights, giving them a three-dimensional appearance.

**The body is structured to indicate.  
Any 'sudden' occurrence at the body  
level, looks sudden due to  
 suppressions of body's indication.  
Do we listen to the body?**

**When a pattern is evolved, it's a byproduct of energy conservation. It's NATURAL.**

**When a pattern is aimed and achieved, it's an energy depleting factor. It's UNNATURAL & just a physical reflection of an illusion.**

**'Eating fruits' is not a choice for  
mankind.**

**'Not eating fruits' is a choice.**

**Choicelessness is natural. Choices are  
illusionary, hence unnatural.**

**Can there be tears without pain and  
excuses?**

**Can there be smiles without  
excitement and justification?**

**Those are natural emergences, hence  
rational actions.**

**Choicelessness can not be opted. It  
just happens.**

**It's a byproduct of inquiry.**

**Inquiring state is the state of  
optimum psychological rest.**

**No physical and physiological rest are enough unless there is optimum psychological rest. A state of choicelessness is a state of optimum psychological rest. Choices, whatsoever, enervate.**



**Mainstream & Alternative both are products  
of planning.**

**Plannings are based on imagination.  
Imagination is not the truth. The alternatives  
are just different packagings of mainstream.**



**An external change can never bring  
an internal transformation.  
If I consider that to have brought it,  
it is not a transformation but a  
superstition.**

**If I tell you, "I am hungry", can  
you ever sense my hunger?**

**It's impossible.**

**And it holds true for all of our  
sensations...**

**I cannot be conditioned with something specific only.**

**If I am conditioned, I have developed a knack of it.**

**It's not about something external.**



**Understanding is an interplay  
between sensation and  
perception.**

**If it starts with sensation, it's  
rational. If it starts with  
perception, it's not.**

**Rational action is the natural  
movement, emerged out of  
observation based  
understanding.**

**Observation cannot be  
planned, it happens, so is  
rational action...**

**Income is not always earned.**

**How is my association with my  
income depends on how am I  
earning my income.**

**AM I PHYSICALLY  
CONNECTED?**



**Conclusion is the death of  
perception.**

**Tentativeness is the dynamism  
of perception.**

**We often are proposed that "If you choose to do something, you can surely be able to do it."**

**What happens when I don't choose? (and 'not choosing' is also not chosen)...**

**When an organism, naturally,  
are to become extinct, it must  
extinct.**

**Artificial extension of lifespan  
is burdensome for the  
individual organism and the  
species, at large.**



**No death is premature unless we compare. Organisms are structured to exist for its optimum lifespan; the point of no-return (death) happens only once in lifetime which none can predict till it arrives, actually.**

**A revenge is all about  
compensating a past, in  
imagination. It is impossible to  
compensate a past and hence a  
revenge is a lie to oneself.**

**Are we ready for facts?**

**If I run after it, it is not love  
but a reward that I am seeking  
for.**

**If run after it, it is not a cure  
but a suppression of  
symptoms or a quick-fix that I  
am seeking for.**



**Is FEARLESSNESS a product of  
knowledge or a byproduct of  
tentativeness?**

**Do we inquire, WHAT IS THE  
ROOT-CAUSE OF FEAR, at all?**



**"All iz well" is a scam in the  
psychological domain.  
It restricts one to see the truth,  
as is.  
The truth is neither well nor  
worse. Interpretations are  
always tentative.**

**Truth cannot be organized.**

**Initiatives of organizing  
anything, whatsoever, are  
superstitious in nature.**

**Truth has its own dynamism  
which is immeasurable.**

**Every planning is an obsession  
in disguise, driven towards an  
imaginary destination termed  
as purpose.**



**How can one plan to be  
'specifically conscious' about  
breathing?**

**Consciousness cannot be  
planned; it cannot happen only  
for something specific.**

**Division is an idea.**

**Connection is a fact.**

**Becoming divisive, it needs  
efforts. Being connected, it is  
effortless.**

**Physical subjugation cannot be  
a cause of mental bondage.**

**With inquiry, the mind can be  
free in whatever may the  
physical condition be.**



## **EFFORTLESSNESS**

**Not to pursue courage but to observe  
the cause of fear.**

**Not to pursue non-violence but to  
observe the cause of violence.**

**Not to pursue cure but to observe the  
cause of disease.**

**If it is tried it doesn't happen.  
It may happen when there is  
no endeavor to make it  
happen.**

**CURE & CLARITY**

**As long as there is 'I', there will  
be IDEAS**

**(IDEAS are concluded  
perceptions)**

## **ATTENTION & CONCENTRATION**

**Attention is wholesome.**

**Concentration is specific.**

**Attention is effortless, hence  
natural. Concentration needs  
efforts, hence unnatural.**



## **AWARENESS & EXPERTISE**

**An aware person may develop some or other skill, time to time, without planning.**

**An expert is always driven by planning. The state of awareness isn't a planned state.**

**'I' never have a conflict with  
anyone else.**

**It is all with 'myself'**

**When there is no 'I', there is  
no conflict.**



**'I' & 'UNDERSTANDING' CANNOT  
COEXIST...**

**Unless the 'I' is dropped,  
understanding won't be there.**

**When the understanding is there,  
actually, it is no more 'mine', it's of the  
universal consciousness.**

## **A CAGE OF MUSTs**

**"I must do it" OR "I must not do it", both are caged with some or other MUSTs.**

**Otherwise, action is obvious in life, naturally without any 'must'.**

**Why do we need discipline?**

**Is that 'goal of discipline', a  
truth or an illusion?**

**What are we running after?**



**"I" is the cumulation of  
choices.**

**Choices are illusionary and  
confine the individual in loops  
of ideated sensations.**

**With inquiry, choices dissolve  
and so "I" does too...**

**COLLECTIVISM, the worst  
assumption of mankind,  
differentiates one man from  
another, ignoring the LAW  
OF UNITY of the universe**



**Can we understand the tremendous energy of the being when 'I' have the potentiality of taking an action yet not taking it?**

**The dropping of 'I' is that potent state where choices dissolve.**



**How can I look at my attacker without  
a pinch of hatred?**

**It cannot be planned. It happens on its  
own when 'I' is dropped completely. 'I'  
gets dropped when every choice of  
mine is inquired and dissolved  
thereby.**

## **LIFE & LIVELIHOOD**

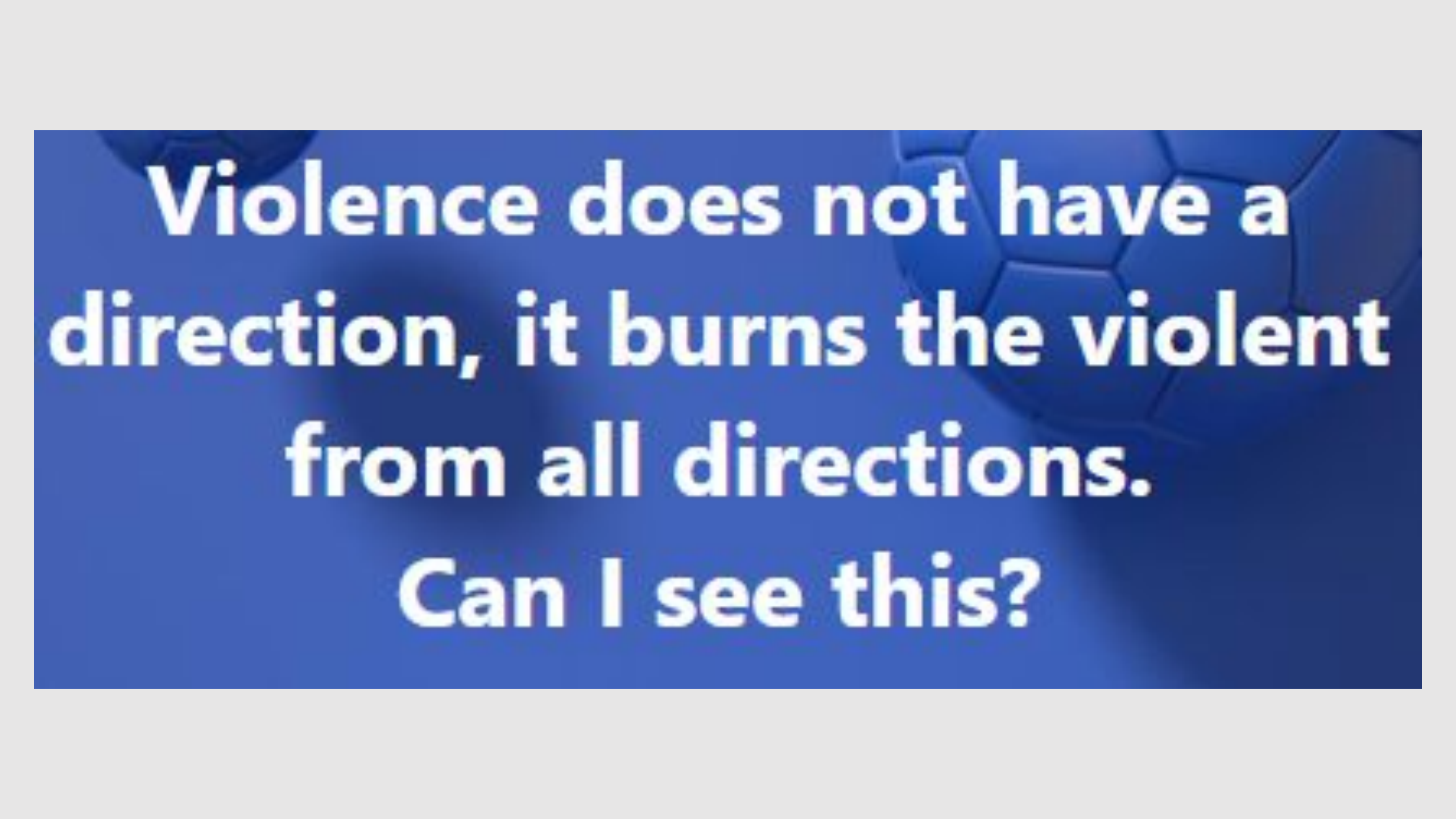
**When I look at life, livelihood  
is a default part there, I see.**

**When I focus on livelihood, I  
fail to see the actual life.**



**Occasional love is a conditional  
game.**

**Otherwise love is eternal.**



**Violence does not have a  
direction, it burns the violent  
from all directions.**

**Can I see this?**



**A dynamic perception cannot  
be confined to any region,  
religion, commune, party etc.**

**Inquiry sustains a dynamic  
perception.**

**If an understanding is converged into a symbol, over time the symbol overtakes the understanding.**



**Q: What would you advise to curb religious conflicts?**

**A: I would 'de-religion' myself, first!**

**Actual openness cannot be selective. So is the conclusion.**

**Both are operated at sensation domain.**

## **OPPOSITES IMPACT SIMILAR**

**Overcoming violence with non-violence or stupidity with intelligence are nothing but suppressing the first while stimulating the second. In the bargain, I deplete energy in both.**



- "I shall not speak to you, if  
you judge me."

Do I see my judgement, in  
this?

**Confusion may be the start of inquiry.**

**After years of suppressed state of inquiry, while reinstating it through self-observation, isn't the confusion obvious? It may be the reinstatement of inquiry.**

- **"How can you be valid all the time?"**
- **"Because I don't intend to be one, anytime."**



**Biological carry forward of  
characteristics isn't the  
tradition but the evolution.  
Tradition is the mental carry  
forward of choices.  
Choices in any form, form a  
cage.**

**It's not about 'this' only, but  
it's about 'that' also.**

**Can we comprehend the  
common imagination and  
illusion of 'this' that we suffer  
from?**

**'Motivation' is one of the biggest illusions that mankind suffers from. If I need 'motivation' to take up some specific action, I am acting conditionally. That very act itself is an irrational action.**



**While seeing an event, if I sense a sensation, I am not looking at the complete event.**

**Now, am I able to see this event of 'partial seeing', actually, completely?**

**If I am connected to you due to some belief, reason, lust or any other interest, it is an illusion of connection that I am sensing.**

**The interconnection between you and I is actually unconditional.**

**What is the primary fixation?**

**Money, position,  
companionship, possessions or  
anything else? The mind  
aiming 'a point to achieve',  
whatsoever, is the common  
fixation of all.**



**Natural response is open and  
inquisitive.**

**Impulsive reaction is  
concluding and unnatural.**

**When I sense my perceptions, I  
perceive a non-existent.  
Perceiving a non-existent  
needs a tremendous amount  
of energy. Therefore, due to  
depletion, then I cannot  
perceive clearly.**

**What do I perceive?**

**I perceive my sensations.**

**To perceive clearly, it matters,  
what is my sensations.**



**Freedom is innate, unless it is  
blocked by my CHOICES.**

**Choices are synonymous to  
plannings, fixations,  
obsessions, opinions, beliefs  
etc.**

**Choices blunt the mind.**

**Thereby the INQUIRY, the  
primary operation of the mind,  
gets compromised and  
suppressed.**



**I want my child to be a doctor. I want my child to be an engineer. I want my child to be a scientist. I want my child to be a good person. etc. etc. and hence the choices are transferred from generations to generations...**

**How can my child be free from conditioning?**

**Can she ever be free with the application of another conditioning?**

**If I am curious, I cannot be  
furious.**

**If I am furious, I cannot remain  
curious.**



## **WHY REINSTATE INQUIRY?**

**Due to neurological evolution, mankind has been indulging himself in stimulation of pleasure, suppressing the innate knack of inquiry over time.**

**"I will help you to take your  
revenge/justice!" - is a violent  
proposal.**

**"Let us look at the ideations of  
revenge and its impact on our energy  
levels." - is an inquiring and hence  
peaceful proposal.**



**If I can look at the toxin  
without hatred and the  
nutrients without appreciation,  
I can understand those well.  
As a byproduct, my energy will  
also be conserved a lot.**

**When I am schooled and I am  
knowing it, I am not schooled.**

**When I am schooled but in  
denial to this fact, I am  
schooled further.**

**{Schooling = Conditioning}**

**Love is effortless.**

**Opinion is an effort.**

**Opinion cannot be love.**

**Love cannot be opined.**



**When I ask myself, "Is my  
action a rational action?", the  
RATIONALITY prevails.**

**Do I have the strength to ask  
myself?**

**'Asking self' is the INQUIRY.**

**Choicelessness or agendalessness is  
not about action but about the  
sensation from perceptions.**

**When it actually doesn't matter what  
the action is, then only the rational  
action emerges.**



**THOUGHTS** are stagnated  
perceptions (conclusions)  
which bring bodily sensations.

**AWARENESS** is dynamic  
perception (inquiry, non-  
conclusions) which brings  
understandings.

**'DO NOTHING' is a myth,  
actually.**

**One cannot stay 'doing  
nothing', structurally.**

**'Plan to do' is the real burden.**

**When we relieve us from  
planning completely, ACTION  
emerges.**

**All extinctions are not  
necessarily an absence of  
physical existence.**

**Can extinctions happen even if  
there is physical existence  
continues to remain?**



**Anyone who is interested in  
the truth will look at  
everything aimlessly and  
endlessly.**

**If it's aimed or ended,  
it's not the truth.**

**An agendaless question is not a thought, hence not a conclusion.**

**"I can do it." or "I cannot do it." are examples of thoughts.**

**"I am curious to know if I can do it or not." is an example of inquiry.**



**If I perceive without any intention,  
what appears on its own is aligned  
with the truth.**

**If I perceive with intention, I only see  
what I intend to see; then what I see is  
something else, not the truth.**

**If I observe my sensations without trying to get rid of it or enhance it, the truth of sensations surfaces.**

**If the sensations are sourced from unreal (from ideas), those get dissolved, as a by-product.**

**Attaining an expertise in a skill or in an art-form while denying the truth brings tremendous depletion of energy.**

**Aligning with the truth may have many skills emerged without any baggage of it, effortlessly.**



**Acquiring a nation is an example of  
STIMULATING a pleasure of possession.  
Escaping an infection is an example of  
SUPPRESSING a pain. Life is actually  
not a war to fight. Do we even inquire  
where our ideas leading us to?**

**Be it infection or nation both are ideas of mankind. In the next layer, it comes war 'against' both.**

**Life isn't a fight unless we imagine it.  
Can we not inquire about the impacts of ideas in depleting our energy?**



**If I have the courage to search  
without success endlessly, I  
align with the truth, the  
immeasurable.**

**INQUIRY is a search without  
success.**

**If I sense compassion towards something specific, I am not compassionate. Compassion is an innate nature of being irrespective of any outward specification. Same goes for love, meditation, truth etc.**

**When agendaless questioning is proposed, it's not a conclusion, in anyway. It even questions this proposal itself.**

**As a by-product of the process one is relieved from conclusions and beliefs (or disbeliefs).**

**A rational action is a product of a  
silent mind.**

**A silent mind is product of inquiry  
which is beyond the influences of past  
or future. Therefore a rational action  
doesn't bring pride or remorse.**



**A 'highly suppressed body' also raises temperature to detoxify.**

**A 'strong believing mind' also raises questions to inquire.**

**If 'the intention to suppress' fever and inquiry is observed deeply, the natural movements rekindle.**



**BECOMING FREE** is a lifelong  
struggle.

**BEING FREE** happens instantly.

One is towards executing  
**CHOICES**, whereas the other  
one is dissolving **CHOICES**  
through observations.

**Reinstating inquiry isn't a step by step process. It's not a new skill that I've to learn but something I'm innately structured to do, already. I just have to look at this fact without any prejudice. Inquiry gets reinstated, instantly.**

**Attention is a wholesome availability.  
Even if I put even a small effort to be  
attentive, I can never be attentive.  
Attention will be distracted with the  
'concentration of efforts'.**

**It's not the words but the ideas  
behind the words that we  
nurture, matters the most.  
Are we nurturing beliefs or  
questions without  
judgements?**



**If I stay agendaless, actually, I  
experience the freedom and its  
tremendous energy.**

**Emergence of action becomes obvious  
due to the abundance of energy.  
Agenda/planning zaps energy the  
most.**



**When I say "I don't know" and  
I mean it actually, I sense the  
actual freedom.**

**Freedom from the known is  
the true freedom.**

**When I say "I don't know" and  
I mean it actually, I sense the  
actual freedom.  
Freedom from the known is  
the true freedom.**

**If I am patient due to something, I am not patient, at all.**

**If I am angry at n-th time, I am angry for the first time, as well.**

**"How can I do THIS?" / "How does THIS happen?" are two different approaches. The first one is limited with fragmentation, the second one is inquisition.**

**Can we observe this difference?**

**The difference between BEING and  
BECOMING.**

**We ain't different and connected with  
each other when we are just BEING.**

**We are different and disconnected  
from each other when we are  
BECOMING.**



**If I am disturbed  
and consider 'A' as the cause  
of it, escaping 'A' can never  
end the disturbance. Inquiring  
into that 'consideration' may  
work.**

**Inquiry is the natural knack of observation.**

**Observation is a collection of endless, agendaless questions. In observation, every answer is a seed of a series of further questions.**

**'I want something' or 'I don't want something' - both are my 'choices' driving me. Both are conditional cages, suppressing the natural movements.**

**Am I aware of it? Do I have the strength to inquire it?**

**Naturally, life is an effortless  
journey.**

**If I am sensing efforts, in  
anyway, in leading this life, it  
is unnatural.**

**Can we look at it?**

**The pursuit of 'a solution of a problem' is the biggest problem one faces in lifetime.**

**Can one inquire the actuality of 'the understanding of problem', in general, not in specific, to begin with?**



**Illusionary pursuits block  
inquiry.**

**Can we see it? If we can do it,  
illusions dissolve.  
Inquiry continues...**

**Conditions nurture a conditional mind  
and life. An unconditioned mind is a  
product of inquiry. Inquiry is  
unconditional.**

**Do we ever care to look around us?  
How much are we surrounding us with  
conditions?**

**A scientific approach is non-conclusive  
by its framework; it's always  
questioning the outcomes.  
If an approach is intervening with  
conclusion, by default that becomes  
unscientific.**

**Physical hedonism is a fact of life.  
Psychological hedonism is a created  
cage. Pleasure is an indicator of  
energy conservation, not the 'purpose'  
of life. 'Planning for pleasure' is  
Psychological hedonism.**

**An inquirer will be easily able to distinguish the Physical, Physiological and Psychological domains of existence.**

**For a suppressed inquirer, it is all mixed up, confusing. She cannot separately observe these three...**



**Remaining with questions and  
not bothering for an answer is  
inquisition.  
Can I stay there?**

**If life has an IDEATED  
AGENDA, it does not have a  
life.**

**Life is FREEDOM.  
Ideated agenda is a cage.**

**In Nature, life may have a  
framework but cannot have a  
formula.**

**Inquiring comprehension of  
life has to be achieved by an  
individual, on her own.**

**Can we stop working hard?  
If it is HARD, then why to  
WORK? Can we  
UNDERSTAND the  
tremendous VITALITY of  
effortlessness?**

**A scientific approach is ever inquisitive approach and never conclusive.  
If anything, enforced or proposed for conclusion, is something else and cannot be claimed as a scientific approach, in anyway.**



**Physical avoidance is something else, psychological escaping is a trap. Physical selection is something else, psychological choice is a trap.**

**Natural selections emerge  
when choices dissolve.  
Choices dissolve with  
inquisition.**

**Inquisition is an innate characteristic of the mind. It gets blocked with beliefs/opinions/choices. It does not need any method or training to learn. It is revived with the revival of questioning knack.**

**Drug trials by Pharma  
companies or corporate  
hospitals are always aimed at  
commercial profits.**

**How can we expect it to be  
unbiased and scientific?**

**#Human**

**Evolution and interventions  
are contradictory to each  
other.**

**More the interventions,  
whatsoever, the more the  
alteration in the evolution.**



**Contentment is considered as  
freedom.**

**Contentment is achieved when  
the contents of  
choices/opinions are emptied.**

**When opinions are emptied,  
what is left is only THE TRUTH.**

**'Methods' may bring  
'expertise'.**

**'Expertise' is always about  
'something specific'.**

**'Something specific' is always  
a part of the whole.**

**'Methods' always fail to  
address the whole.**

**'What it is' and 'What it should  
be'  
are two different things.  
One is a fact and the other one  
is an assumption of future  
based on the imagination of  
past.**

**Understanding does not  
mean justifying or  
demeaning.**

**Observing does not mean  
opining.**

**A questioning mind is not merely a set  
of questions being asked.**

**A questioning mind is the innate  
knack of an organism, unless  
suppressed, supported by the  
respective structure of its brain.**



**Specialisation, whatsoever, is a way of narrowing the brain to something specific.  
Energy is disordered with choices in such a way.**

**For food selection we're  
equipped with two  
instruments.**

**A BRAIN 🧠: to check if a  
substance is in unmodified  
state.**

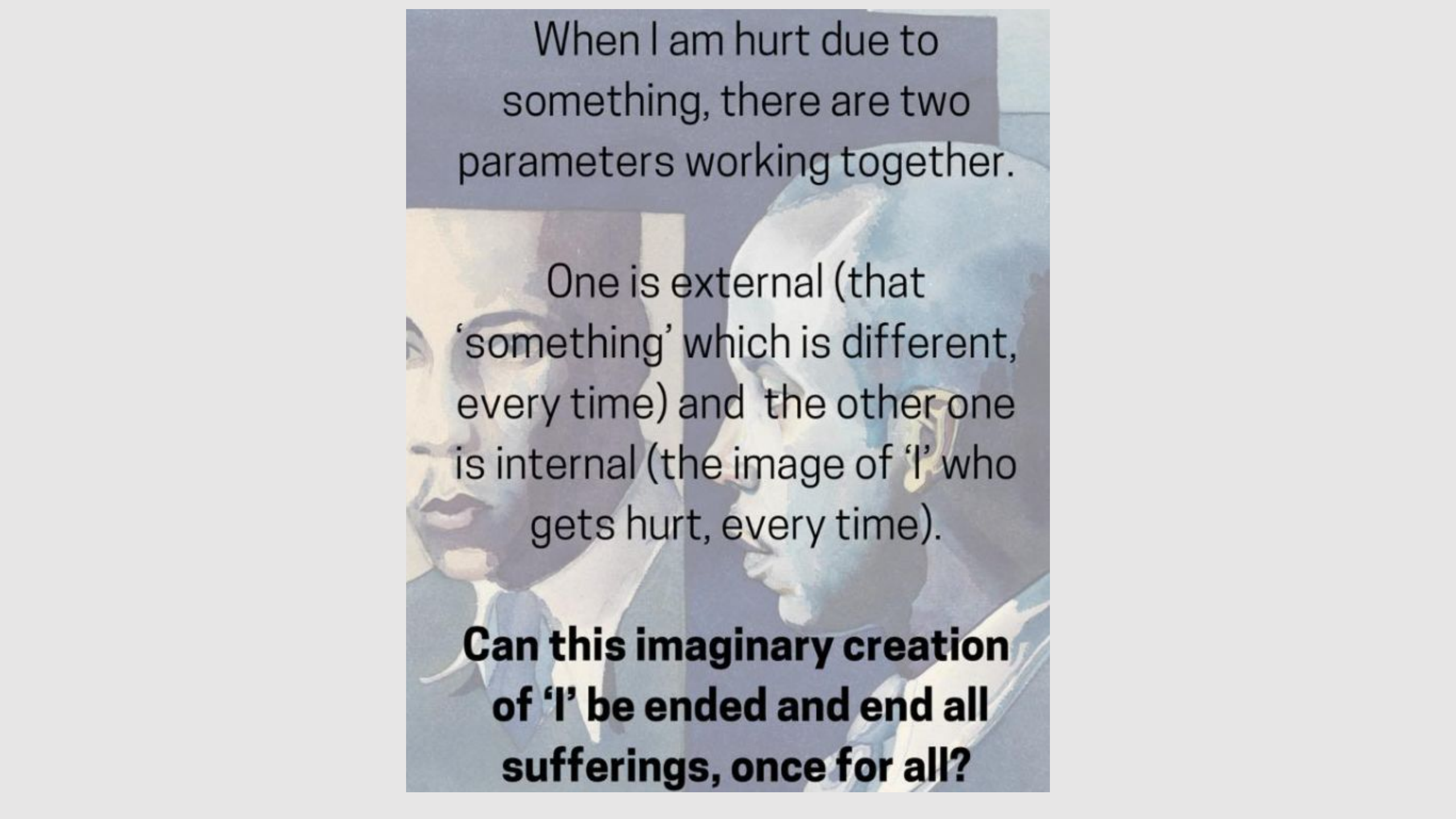
**A TONGUE 👅: to check if that  
unmodified substance is  
palatable.**

**"All iz well" is assumption.**

**"Everything's bad" is  
imagination.**

**Inquiry dissolves assumptions  
and imaginations. Facts are  
revealed thereby.**

**Facts are neither good nor bad.**

The background of the slide is a painting of two men in suits. The man on the left is shown from the chest up, facing forward, with a serious expression. The man on the right is shown in profile, facing left, also with a serious expression. The painting uses a cool color palette, primarily blues and greys, with some highlights in yellow and white. The text is overlaid on the painting in a clean, black, sans-serif font.

When I am hurt due to something, there are two parameters working together.

One is external (that 'something' which is different, every time) and the other one is internal (the image of 'I' who gets hurt, every time).

**Can this imaginary creation of 'I' be ended and end all sufferings, once for all?**

**An ambitious person cannot  
love.**

**Ambitions are conditional.  
Love is unconditional.**



**To understand TRUTH, one  
needs to explore 'what's NOT  
TRUTH?'.  
So is in the cases of love,  
meditation, cure, inquiry etc.**

**Mechanical repetition causes enhanced physical proximity and results in endurance building, addiction and attachment.**

**Vitality is zapped in psychological domain with mechanical repetition.**

**Love is not a sensation. Love is  
a by-product of dynamic  
perceptions.**

**Love is not the opposite of  
hatred; it is eternity and do  
not have its opposite.**

**If I am nothing, I can neither  
be good nor bad. Nothingness  
can neither cause pride nor  
depression.  
Nothingness is a by-product of  
inquiry.**

**A Fact becomes a  
Fragmentation if its believed.**

**A belief is a personal  
interpretation/conclusion of a  
small portion of truth.**



**Understandings of pleasure &  
pain are the keys in natural  
movements for mankind.**

**Pursuance of something is the  
bondage and an artificial life  
to lead.**

**It's not about 'Cannot do it' Vs  
'Can do it', it is about being  
inquisitive choicelessly and  
endlessly about the outcome,  
whatsoever, where the  
freedom lies.**

**Organizing anything is equivalent to  
caging that thing.**

**In nature, patterns evolve, not  
planned.**

**Planned patterns are unnatural.  
Organizations and natural movements  
are contradictory.**

**"I too do have my binge days"**

**- if it is a fact that I observe,  
there may be a movement in  
this habit.**

**- if it is a justification, the  
habit will get fixated.**



**Tyranny of Beliefs is similar, be it of  
medicine or of nature cure or of god  
or of so-called religion.**

**Freedom from Beliefs, whatsoever, is  
natural living.**

**Inquiry leads to freedom.**

**If I applaud obedience in my child, I appreciate 'the knack of dependency' in her.  
Obedience and freedom are contradictory.**

**In nature, STRUCTURE  
GOVERNS FUNCTIONS. If IDEA  
STARTS GOVERNING  
FUNCTIONS, it bring  
contradiction and conflict.  
Structure is real.  
Ideas are unreal.**

- **"How can I connect to a tribal in Africa who I have never met, as you propose that 'everything is connected to everything', as a fact?"**
- **"Haven't you just connected with him/her?"**

**NOW is the only thing with  
me.**

**NOW is changing every  
moment.**

**I cannot be addicted to NOW.  
Addiction (fixation) means  
mechanical repetition of  
something which is not  
changing.**



**If an observation has a  
conclusion, whatsoever, it is  
NOT an observation.**

**BELIEFS, whatsoever, are  
conclusions which block  
observations.**

## **WHAT ARE IDEAS?**

**Ideas are stagnated perceptions which bring repeated sensations in loops. The sensations which are looped also called BELIEFS. Beliefs are blind and need efforts to suppress innate inquiry.**

## **WHAT ARE FACTS?**

**Facts are those entities and explanations which are when dynamically perceived, do not caused sensations.**

**Dynamic perceptions run with innate inquiry, hence effortless.**

**All psychological  
needs, whatsoever, are  
illusionary.**

**Physical needs, factually, are  
minimal.**

**Minimalism is a by-product  
when the focus is just on facts.**

**An initiative to prove a fact, a fact is also driven by idea and hence a nonsensical, agenda-driven obsession.**

**A FACT DOESN'T NEED TO BE PROVED.**



**"You are the cause of my  
problems"**

**- is the similar superstitious  
framework to the proposals  
of...**

**"Infection causes disease".**

**In RATIONAL FORMATION of the mind, taste and touch play deeper roles comparing to other physical experiences (see/hear/smell).  
Does your child access enough natural taste and touch?**

**Are we obsessed with  
'organizing the things'?  
Ain't things, in nature,  
programmed to get organized  
by itself, if not stimulated or  
suppressed, artificially?**

**If I'm obsessively eating something or  
controlling my attraction towards  
some food, both deplete my energy.  
Awareness of natural food of the  
organism can only bring effortless  
natural response.**

**If I have RATIONAL THINKING  
I cannot have THOUGHTS.  
If I have THOUGHT I cannot  
THINK RATIONALLY.  
Can we inquire into it?**



**HOW is burden. WHY is  
freedom.**

**HOW brings beliefs. WHY  
brings reliefs.**

**Do I ask WHY, often or seldom?**

**Disease & Desire are naturally  
programmed to dissolve, if not  
suppressed.**

**Interventions to get rid of these end  
up suppressing these.**

**Inquiry without intervention nurture  
the natural movements.**

**If I am obsessed about nature,  
I am not natural.**

**I may have inherited the  
characteristics of this body and there  
cannot be any choice.  
But I always have a choice to cease the  
mental pattern that I might have  
continued traditionally and FREE  
myself.**

**Do we believe (or disbelieve) whatever  
we listen to? Or do we stay inquisitive  
about it?**

**Beliefs block furtherance of knowing.  
Inquiry reveals many things expanding  
the journey of knowing.**



**Can we seek THE TRUTH?**

**How can we look for something which is always there? It is the internal bondage that restricts us to experience the truth.**

**THE BONDAGE OF IDEAS**

**When we inquire and  
decondition ourselves,  
whatever is naturally  
important, gets prioritized.**

**Ideas perish in the inquiring  
routes, loosing its ideated  
importance.**

**If I am good, I am bad too. If I am bad,  
I am good too. Opposites exist when I  
am conditioned (ideated).  
Otherwise, either I am natural  
(unconditioned) or I am conditioned  
(unnatural).**

**If 'measuring' is intended,  
comparison is obvious. TRUTH  
is immeasurable and  
incomparable too.  
Untruth can be measured.**

**TOXAEMIA is a state of  
Higher DENSITY, Lowered  
SPEED, Lowered HEAT of  
BLOOD.**



**Physical finite conflicts are needful  
and natural for restoration of balance.  
When physical conflicts are  
misunderstood/misinterpreted, mental  
infinite conflicts starts and do not end.**

**When one doesn't disintegrate and  
acknowledge the connectedness  
between all the entities in the  
universe, one experiences LOVE.  
None stays and can stay in isolation,  
unless conditioned.**

**INQUIRY is the preceptory  
evolution of aligning  
individual reality (sensation)  
with the universal truth.**

**Without the urge 'to be good  
(or bad)', what is left is the  
NATURAL existence.**

## IMPROVEMENT OF RELATIONSHIP

### QUERY:

Will not the realization of the actual love (for the whole) compromise the existing personal relationship(s)?

### DISCOVERY:

When we experience the actual love and get free from the burdens of attachment, we conserve a lot of energy.

In a state of conserved energy, awareness improves.

With improved awareness, every aspect of life improves.



**After the hunger, it is 'the taste of the food', which is the next important in eating.**

**Is my food tasty?**

**Is the taste natural or artificially made (man-made) tasty?**

**Do I inquire into this, often?**

**Just availability of food cannot be the  
reason to eat.**

**Do we observe (or wait for) the keen  
hunger to initiate eating?**

**Consumed food without hunger is a  
huge burden on our vitality.**

**'I' is a collection of opinions.  
With inquiry opinions dissolve  
and 'I' vanishes. Without 'I',  
energy is abundant.  
Natural order and Freedom are  
optimum at that state.**

**Instruction blocks,  
Inquiry liberates.**



**MEDICINE (OF ANY ...PATHY) IS INDEED 'AN IDEA' OF CURE, NOT A CURE.**

**THE PAIN GETS SUPPRESSED AT THE REGION OF SYMPTOMS FOR SOMETIME TILL IT APPEARS BACK, MAY BE AS THE SAME OR AS ANOTHER SYMPTOM.**

**UNLESS WE IDENTIFY THAT PAIN IS A PART OF LIFE AND IS JUST ANOTHER FORM OF PLEASURE (BOTH ARE INDICATORS OF LIFE), WE SHALL KEEP ON HAVING 'INTENTIONS' (IDEAS) OF SUPPRESSING PAINS AND STIMULATING PLEASURES.**

**KEEN OBSERVATION (INQUIRY) OF PAIN AND PLEASURE CAN REVEAL THE FACT OF PAIN AND PLEASURE AND WE CAN INSTANTLY GET RID OF THE FIXATIONS OF STIMULATION AND SUPPRESSION.**



**Am I ready to learn  
pointlessly?**

**If I have a point to learn, I am  
conditioned.**

**Learning is a natural,  
unconditioned movement of  
perception, without a fixed  
point.**

**When I neither have thoughts  
to do 'good' nor 'bad',  
NATURAL (RATIONAL)  
ACTIONS emerge, effortlessly.  
Actions are obvious, thoughts  
are enervating.**

**Fear is a form of arrogance. Arrogance is a form of excitement. Excitement is a form of fear. These ideated sensations are different forms of sufferings which can end instantly, with INQUIRY.**

**Love is the perceptual  
discovery of self in others.**

**Suppression is not Cure  
Attachment is not Love  
Knowledge is not Knowing**



**Opinions need a container to  
stay.**

**Inquiry doesn't need it.  
SELF is that imaginary  
container.**

**Opinionlessness = Selflessness  
= Freedom**

**If attachment is one evil, the  
intention of detachment is  
another.**

**Can we inquire the freedom in  
this light?**

**Ideas are non-facts.  
Content of consciousness is  
nothing.  
Consciousness is everything.  
It's the whole and cannot be  
fragmented.**

**Being aware is being in LOVE.  
Love lies in between hatred  
and praise, where INQUIRY  
happens.  
Inquiring = Being aware**

**External conditions are  
incidental.**

**Internal processing is  
instrumental.**

**When the whole is fragmented  
in the internal processing,  
conflict starts.**



**Teaching and Learning are  
contradictory to each other.  
When teaching starts, learning  
stops.**

**CAN WE INQUIRE INTO THIS?**

**Possession is a physical  
stagnation.  
Ownership is a cognitive  
dynamism.**

**If I aim to control my anger, I  
can never able to do so...  
If I am consistently an  
INQUIRER, calmness is a  
byproduct.**

**If I aim to be patient, I can  
never be so...**

**If I am consistently an  
INQUIRER, patience is a  
byproduct.**

**When I look at an unnatural act/entity  
without a pinch of hatred & also when  
I look at a natural act/entity without a  
pinch of praise, the actual KNOWING  
happens.**

**Then the 'I' dissolves and the  
NATURAL MOVEMENT emerges.**



**While questions are parts of inquiry, those cannot be planned before. Emergence of questions is the inquiry.**

- "What is the solution of my  
problem?"

- "There is no 'my' exists..."

**Can we identify ideas, here?**

- "What is the solution of my problem?"
- "There is no problem, so is the solution..."

**Can we identify ideas, here?**

**If I am curious, I am ever  
curious irrespective of  
situations.**

**Otherwise, I am just faking it  
with shallow questioning.**

**I need a certain degree of  
scepticism to neither believe  
nor disbelieve any thought  
that I may come across.  
FREEDOM is the byproduct of  
that scepticism.**



**With opinions we sense the  
SELF. But opinions need  
ENERGY. To conserve energy  
we need to free ourselves  
from opinions. And hence  
dissolving the SELF...**

**Correlation of ACTING-  
FEELING-THINKING with the  
layers of PHYSICAL-  
PHYSIOLOGICAL-  
PSYCHOLOGICAL is essential  
to UNDERSTAND  
Nature&Life.**

**Pain is not a problem! Perception towards pain is the problem. The curing process is indicated and monitored in the body via Pain. Suppression of the pain complicates the health.**

**Creativity is a byproduct of  
natural movement.  
If it's planned or directed, it is  
not a creativity.  
Creativity is emergence,  
agendaless.**

## Effortlessness

**Natural food:** Natural substance which is palatable, without any modification, effortlessly.

**Natural sex:** Physical intimacy triggered due to physical proximity without preplanning, with mutual consents, effortlessly.

**Natural mind:** The mind driven by natural physical experiences without any botheration at the physiological level, deepening awareness effortlessly.



**A MYTH**

**"Don't take risk, visit a  
doctor."**

**THE FACT**

**"Don't take risk, align life with  
nature."**

**When two or more minds  
together inquire anything  
without any motives, a  
numerous unimaginable  
revelations happen.**

**NATURAL** means which  
happens on its own,  
effortlessly, without any  
intentional modifications.  
Nature&Life, both, are  
**NATURAL**, perennially.

**""Problem' is evolved" or  
""Problem' is solved", both are  
ideas and interpretations.  
In nature, there is indifference  
only.**

**Disease is a sign of disordered  
Nature&Life.**

**Disease is an initiative to revive the  
order in Nature&Life.**

**Suppression (read, 'treatment') of  
disease means retaining and  
complicating that disorder.**

**When I start considering my  
perceptions as the truth, I  
deplete my energy in  
assumptions.**

**We call these phenomena as  
'BELIEFS'...**



**Progression is natural!  
Success and Failure are  
interpretations...**

**Feeling good or bad are the most important byproducts of life. If these ain't byproducts but are aimed at, feelings become artificial. Natural vis a vis rational feelings can never be planned.**

**The voice of the organism  
can be  
REAL/STIMULATED/SUPPRES  
SED. Identifying and  
honoring the REAL voice  
helps us to sync with Nature.**

**'Criticise to demean' and  
'being provoked by the  
criticism', both are the  
results of IRRATIONAL  
THINKING PATTERN.**

**The health is not about absence of FEVER but the potentiality of the body to raise a FEVER whenever it is needed to expel the excess toxins from the body.**

**FEVER is a needful initiative of the body.**

**If I remain under-exposed, I develop over-sensitivity. If I am over-exposed, my sensitivity is blunt. Natural satiation and the needed sensitivity go hand in hand.**



**“People and things do not  
upset us. Rather, we upset  
ourselves by believing that  
they can upset us.”  
- Albert Ellis**

**Belief is the toughest cage to  
break due to the state of  
depleted energy that happens  
within in vicious cycles.**

**Confusions get converted into  
clarity with conversation.  
Inquisition is supported with  
conversation.  
Inquiring together means  
conversation.**

**Knack of knowing without any  
objective is INQUISITION.**

**Intelligence is not in framing  
goals.**

**Intelligence is in freeing from  
goals.**

**Intelligence and freedom are  
byproducts of inquiry.**

**Opinions, expressed, may not deplete  
energy much.**

**Opinions, processed inwardly, deplete  
energy, the most.**

**Inwardly a choiceless state is the  
effortless state.**

**Inquiry leads to choicelessness?**



**JUSTICE IS A LEGALIZED  
REVENGE.  
INTENTION OF REVENGE  
DEPLETES VITALITY.  
IT IS AN 'OPTED EVIL' FOR  
MYSELF...**

**If I am just surviving, I am not thriving.**

**If I am thriving, I am surviving, for sure.**

**The second option is natural, first one is sketched with ideas.**

**What is liberation?  
Freedom OF choices, or  
freedom FROM choices?**

**Is love an action or a sensation  
or a perception?**

**1. STIMULATION =  
Intentional enhancement of  
PLEASURE.**

**2. SUPPRESSION =  
Intentional blockage of the  
sense of PAIN.**

**When we consider something  
TO BE NECESSARILY DONE, it is  
a fixation. When we consider  
something NOT TO BE  
NECESSARILY DONE, it is also a  
fixation.  
Energy is depleted in both.**



**The root cause of IDEAS &  
BELIEFS is stimulated pleasure.  
Optimum preceptory growth  
would be knowing  
stimulations yet not getting  
fixated while being  
surrounded with stimulations.**

**When we propose a BELIEF, we  
impose a cage, enervating  
energy. When we accept a  
BELIEF, we volunteer for it.  
INQUIRY liberates, conserving  
energy.**

**Q. What is the most  
important aspect of Nature  
(Cure) Synced Lifestyle?  
A. REDUCED ARTIFICIALITY!**

**Frameworks are not Formulae.  
Facts are identified with  
Frameworks. Beliefs are  
formed out of Formulae.  
The first one is liberating and  
the other one is enervating.**

**The vicious cycles of BELIEFS not only zap energy of the proposers of beliefs but may also zap the one's who're proposed to.**

**ENQUIRERS are safe.**

**Enquirers ain't believers.**

**When I don't conclude, I am  
not confused. When I  
conclude, I am confused.  
Rational actions are  
inconclusive hence the clarity  
is identified.**



**Pain is my creation.  
Suppressing a pain cannot  
relieve me from pain. I have to  
sail through it to sense  
homeostasis.**

**No food gives us energy!  
Some foods help us to  
conserve energy! Those are  
NOT energisers but  
conserver of energy!**

**A BELIEF is considering an  
IDEA, a FACT.**

**I may keep blaming viruses or  
vaccinations for my health.  
When I have rational  
understandings of my natural  
potentiality, blaming dissolves.**

**If I have toxin, the body will  
try to eliminate (we call it  
disease).**

**If I suppress disease, I retain  
toxin.**

**If I have rational understanding of the cause of all disease as the stagnated toxin in the body due to lack of conserved energy, I shall focus only on conservation.**



**If I have rational understanding of the deficiency (or excess) of any element in blood as an effect, not the cause of disease, I will never get my blood tested.**

**If I have rational  
understanding of the infection  
as an effect, not the cause of  
disease, I will never consume  
an antibiotic.**

**INSTRUMENTAL or  
INCIDENTAL**

**For all of my internal changes I  
am instrumental.**

**For all the external changes I  
am incidental.**

**Assumption is an enforced  
conclusion & a compromise  
to your rationality...  
It's better to remain non-  
conclusive than to assume...**

**A master is a slave of the idea  
of considering oneself a  
master, if s/he does so, in  
anyways.**

**FREEDOM is given away in  
both the ideas of mastery and  
slavery.**

**#DGV #11**

**Questions are not threats but gateways to dive deeper. If I am uncomfortable with any question, I am not inquiring.**



**'Seeking support' is the start of the collectivism. An inquiring individual will not seek support but keep inquiring responses and processing of those.**

**If I claim that I am instigated  
due to someone else's anger, I  
already have the seed of anger  
and lack of INQUIRY, within  
me.**

## **SURVIVING & THRIVING**

**Surviving is when I sketch objectives of my life. Thriving is when I just flow with the nature of life.**

**Which mode am I in?**

**My energy is caged in beliefs.  
Free flow of energy is blocked  
with beliefs.**

**The actual FREEDOM is the  
freedom from all beliefs.**



**Do I have the energy to  
dissolve my 'achievements', as  
they are imaginary  
'destinations' created by my  
mind? And then I actually  
attain FREEDOM.**

**It's not what I could achieve or  
could not, matters, it is what is  
the inner processing of the  
moments of achievement or  
non-achievement, that matters  
the most.**



**Stimulations &Suppressions  
are the products of lack of  
understanding of Natural  
movements. Everything moves  
on its own, naturally. Intention  
to move/stop hinders it.**

**If I am not sending my kid to any school to help her remain unschooled and imposing my authority on her to teach her, she is still not unschooled.**

**Intention to cheat is a form of  
hatred.**

**Intention to worship is a form  
of applause.**

**Both are inquiry-blockers.**



**FACT IDENTIFICATIONS may look like OPINIONS. With inquiry we identify, FACTS are 'common truth' & OPINIONS are 'customized interpretation of a partial truth.'**

**Obedience is inquiry blocker.  
Whoever applauds obedience  
definitely have suppressed the  
spirit of inquiry for himself.  
Blockage of inquiry is  
depletion of energy.**

**When we are fixated with  
stimulated pleasure and  
suppressed pain, they get  
converted into addiction and  
hatred, respectively.  
These two zap our energy.**



**If I'm perceiving any of my  
PLANNED ACTIONS as  
inevitable, I am considering a  
non-truth as a truth. Relieving  
myself from this imagination  
conserves a lot of energy.**

**What's my direction?  
Action to sensation? Or  
Perception to sensation?  
This will define my energy  
conservation...**

**In inquiry, we go beyond the words, explanations, descriptions and all the interpretations. We inquire the depth of individualized sensations and its root.**

**When we rationally stop  
intending a change, the  
natural/rational change  
happens.**



**If I'm 'equally ok' with 'both'  
the possibilities, I'm consistent  
in my INQUIRY.**

**And hence the suffering ends.**

**Success is an idea which gets  
converted into belief and  
becomes a superstition...**