

90. SRI BHAGAVAN MM Class

30th Aug 2026

Q1 | Dear Bhagwan, what is the difference between prayer and diksha?

SRI BHAGAVAN

Prayer is something where you ask the divine to help you. No matter what the divine is, you ask the divine to help you and the divine helps you. Now prayer is a transaction between you and the divine. The diksha also is a transaction between you and the divine. And you can also pray for diksha. But the diksha is actually a transfer of energy from the divine to you. When that energy enters you, it transforms you. Prayer is specifically meant for fulfilling your desires or solving your problems. But the diksha is essentially meant for transformation. That is the difference. And you can pray for diksha or need not pray also. Diksha is given by the divine to bring about a transformation. It is the transference of energy.

Q2 | Shri Bhagwan has said that we are nothing but stories. All the external issues we face are due to negative patterns and belief systems. How to effectively see our story and get the belief and patterns changed?

SRI BHAGAVAN

Thoughts. It is the story, these thoughts which create the stories. Now it is possible for an average person to observe this. You sit quietly for some time and breathe a little bit slowly. You'll be able to observe the flow of thoughts. Thoughts come, enter you and they go. You do not think. There is no thinker who is thinking. You have the illusion that there is a thinker who is thinking. That's only an illusion. Thoughts keep flowing through you. Now if you could start observing this, after some time the thoughts would slow down and then eventually may even vanish. When that happens stories are gone. Then the problems which these stories create would also be gone. It is not at all difficult but because you're not used to it you think it is difficult, but more and more people have got a hang of it now, they're able to observe their thoughts, become aware of their thoughts, and they become free of the torture of thoughts. Thoughts are some kind of torture. It's happening over thousands of people across the globe, so a little bit of effort and you get.

Q3 | Youths are in depression, self-hatred. They even say often they don't wish to live and are spending their full day in games. How to guide such kids? They don't have interest or belief in God or spirituality as well. Kindly please guide parents and devotees to help them.

SRI BHAGAVAN

The youth are not to be blamed. The world is flowing through them. The world is in a terrible state. It is actually breaking apart. Our civilization itself is dying, and human beings have lost their relationship. What they call relationship is actually not a relationship. It's all breaking. Everybody is a stranger to the other. Somehow we make believe things and manage the whole situation. Husband looks at his wife and smiles but it is not genuine. So so with wife ,you are going to survive .You learn some psychology and you practice it. The problem is relationship is dying and the reason for that is society is dying. Why society is dying is because civilization itself is dying. So there's nothing much you could do about it, but to help the youth, if you are a parent or somebody close, you could move into the state of Ananda, peace and calm and then you give a diksha or touch, or even by thought you would be able to transfer your state to the youth, and once they pick it up they will be transformed. So this is possible and you should try, but first of all the change must happen in you. You're not all right, so what could you do? You must first become all right. Then the diksha will transfer that state to the youth and the youth will get transformed, especially if it is coming from the parent, it would be very powerful.

Q4 | Many of us have aging parents and relatives who, due to health challenges, are no longer able to participate in dharma as before. As devotees, how can we practically care for them so they remain happy in this life and are also guided gently towards moksha?

SRI BHAGAVAN

Your role is to take care of them. Give them love and keep transferring your state. Again, you must be in a good state. Keep transferring your state to them. They will become very peaceful and they will be prepared for moksha. So your role is the transferring of a good state. For that , you must be in good state. They need not do any seva , they can just be living life, that is enough.

Q5 | Could Sri Bhagwan explain the teaching, suffering leads to the flowering of the heart?

SRI BHAGAVAN

This is a very important teaching. Many people do not suffer at all. What they call suffering is escape from suffering. The moment suffering comes in, they run away from it. They have so many escape systems. They would use things like watching the television or looking into the cell phone or entering into some kind of gossip, something they do, but not suffer. But the escape from suffering is what they call suffering. If they would not escape but actually sit down and suffer, this is what they must do. Then something happens, after some time, you would be able to experience the suffering of others as they are suffering. Suppose your wife is there, she's suffering, and you have no idea about her suffering, and therefore you behave the way you ought not to behave. But then if you stand with your suffering and have experienced suffering, you would be able to experience the suffering of others. The moment you do that, your heart will flower and relationship will be set right. So every relationship, if you would experience the actual suffering of the other, you don't experience it but you just talk nice things, use a lot of psychology, and say all kinds of sweet things. Not that it is bad, but it isn't the same. If your heart has flowered because you experienced the suffering of somebody, then whatever you say would be like medicine, it would work on them. You can try this in your own family. So the heart must flower, for that, first you experience your suffering and then the suffering of another, especially say your parents or your wife or children. When you experience the suffering of the other, the heart flowers. You have no idea how they are suffering, and that's why the heart does not flower, but if you do that the heart flowers, then everything changes.

Q6 | Could Sri Bhagwan please explain the teaching, acceptance leads to flowing with life?

SRI BHAGAVAN

Life or the universe offers you many things. Your role is accept, whatever those things are, they shall be offered to you. Many people think that the universe is going to offer them something unique, something amazing, something special. It is not that, it could offer you even terrible things. Why it does, only the universe knows. Your role is to simply accept it and go along. Many people think that the universe would make them something very big. It might just offer you a bigger dump. It might make you bigger. So you have to accept whatever the universe has made of you begger. If you do that and see, it is very very different, completely accepting whatever is being offered, not your ideas or your view of life, your vision not that, or whatever the universe offers, you might like to purchase a building, but you might end up as a beggar in front of the building, but that's what the universe offers, you've got to accept. Many years ago I was walking along the beach. I found a beggar there.

Normally I don't carry any money with me, but on that occasion I had some money, so I took out that money and gave it to him. The beggar took the money. He said thank you. The way he said thank you was something strange. It struck me this man may not be a normal beggar, but he cannot say thank you like this, the way it is expressed. So I halted for some time and asked him, who are you? What are you? He said, I am a professor of English in a very famous university. I love to experience the life of a beggar. That's why I have taken a long vacation and have come down here to live like a beggar. He is completely at ease being a beggar, a life which he chose. There's no problem. People have a terrible fear of becoming a beggar but it is not actually so. I myself, many years ago, for some time lived as a beggar to experience that life, because before I give something to the public I would generally test it out, I would have evidence before I talk about it. I will not give more details. So there is a beggar story but there's no problem at all, it is quite a wonderful life. So anything that the universe could offer, you have to flow with it. The universe decides that it must be so. So that way you must experience life as the universe gives it to you, and then something else will happen, I'm not talking about it. Once there is acceptance, everything changes. People do not accept life, they keep fighting with it. Once you accept and flow with that, you see what happens.

Q7 | What is creating reality?

SRI BHAGAVAN

Nothing is creating reality. Consciousness does not create reality. Consciousness is the cause of reality, and consciousness knows that reality is only an illusion. All reality is only an illusion. It does not in fact exist. It's not real at all. Except Consciousness itself, everything is only an illusion. The universe is an illusion. The food that you eat is an illusion. Your body is an illusion. The illusion is not created by consciousness, consciousness is the cause of that illusion in which you live. But it is possible to know it's all an illusion, and your life becomes very wonderful. There is no God who runs the universe. There's no creator at all. There's only a cause, and the cause is consciousness. How it causes reality, that's too much for this session. Maybe on some occasion you can take it up.

Q8 | What is the cause of all problems?

SRI BHAGAVAN

We have been talking about it for so many years. The self is the cause for the problems. If the self is gone, problems are gone. The problem could still be there, but it does not affect you at all. You are

being affected , what is s being affected? The self. The self is the cause of the problem. What is Mukthi? , free of the self . Once it is gone, all suffering is gone.

Q9 | Who or what is God?

SRI BHAGAVAN

To answer this question we must know who you are. For different people the answer would be different. It would not be the same answer for everyone. People are different, their beliefs, their perceptions, their conditioning, they are all different. So we cannot give a single answer to everyone. But by and large, we can give this answer. We humans are there, we are not just individuals, we are a collective. There is a oneness of human consciousness. We generally call it the collective unconscious. Let us say there is a flood or a drought or a war, we generally would say, God created that. God did not create that, it is this collective unconscious which created the flood or the drought or the war. Similarly, they say there are no rains, and people all gather and pray, and then the rains come. Who brings the rains? The collective. So you could say that the collective is God. God has got tremendous power, it can do good things, it can do terrible things also. It depends on how the people are. In a thousand people, if a hundred are good, then maybe good things will happen. In a thousand people, if there are two hundred very bad people, then bad things happen. So humanity as a whole does all these things but then blames God. The human collective functions like God in certain areas. So there's no God who's doing all these things, that's why you find plus things and minus things, both are there. What you call good, what you call evil, both are there. We can't separate. Look inside you, inside you'll find good and all of these things too, but try to have that, and that matters.

Q10 | What would evolution do next?

SRI BHAGAVAN

Evolution will slowly bring down your DNM and would make the whole of humanity enlightened. That would be the first step. Once that is achieved, the next step would be a new species would emerge. We would be gone. We would be replaced by another species which would be very very different. That's possibly a thousand years from now, but it could happen earlier also. But we are possibly the last of our species. If we do not destroy ourselves, there is also possibility we could destroy ourselves, then there is possibility , most of humanity would become enlightened and then emerge as the next species. Or we could all be destroyed because today all the missiles are ready, they're all

loaded, and the leaders are going more and more mad every day. One push of a button, it's all over. But the actual situation is not known to the public, governments do not reveal it. The public knows very little, very little. The media also know very little. Everything is ready, only a button is required. Many times over, the earth could be destroyed. If that happens, it's all over. Suppose that does not happen, then humanity would become enlightened. Once you become enlightened, there is no more this kind of destruction, and it could emerge as the next species. But this danger of destruction is very real, getting more and more dangerous with every passing day because the people who are in charge are going mad and more mad everyday. So how long we would last, we are not sure. Once the bombs are thrown, of course, you will be vaporized. The actual heat in the vicinity of the bomb would be more than that of the sun. Imagine that heat, vaporized. It's a real, real possibility. Hopefully good sense will prevail. The root is the self, and as long as the self is there, we surely will be destroyed one day or the other.

Q11 | What is creating the calamities?

SRI BHAGAVAN

The conflicts within ourselves, we are full of conflict. Domestic violence is also a cause of conflicts. A war could be happening somewhere but the cause could be that there is a fight going on in the homes of some people. This is part of the collective unconscious and there it will produce a war, a conflict somewhere. So we have to set right our lives, starting with ourselves, in our families, in our society, and all things which follow, but we are not prepared for that, so we are only creating those calamities.

Q12 | How to reduce the DMN activity?

SRI BHAGAVAN

Essentially, if you could observe or become aware of your thoughts flowing through you without getting involved, those thoughts are not your thoughts thinking, you are thinking, they come from elsewhere and they go out through you. You have no role, but you think you are thinking. Now if you could manage to see that they're just flowing through you, any thought, you could be an observer, you could be aware. If you could do that, the DMN would slowly start coming down. You be observant of your own thoughts. You often think there's a thinker in you, you are a thinker who is thinking. No.

You are not there in that place. That is maya, illusion, simply the flow of thoughts, going from one place to another, thoughts will change. Thoughts are stored everywhere, in trees, in roads, in buildings, anywhere, everywhere they are stored. They flow through you, and you will think, oh I am thinking, how terrible I'm getting these thoughts. No, you are not terrible. Go to some terrible place and you'll have terrible thoughts. You go to a place with good vibes, sacredness, and you get good thoughts. The way most modern hotels are decorated and the kind of lighting they will produce negative thoughts, and you think, oh why did I get these thoughts, maybe you got it, it came into you. That would reduce the DMN. But you also have spiritual practice, any kind of spiritual practice from any faith would help reduce the DMN. Breathing practices like pranayama would reduce the DMN slightly, not much. Yoga would reduce DMN. Mantra chanting would reduce the DMN quite a bit. Prayer reduces DMN. There are many, many things which reduce DMN, but the most powerful is diksha, which will dramatically reduce it. That is why we are going for diksha.

Q13 | How to improve relationships?

SRI BHAGAVAN

One is, your heart must flower. The other is you must practice, the art of listening. People do not listen. When two people are talking, husband and wife, they do not listen. When we say listen, what it means is, let's say you're the husband, wife is talking, as wife is talking something inside is happening to you. What we mean by listening is seeing what is happening inside you, that is listening. If you could do that you would find that relationship dramatically improves. You have to be silent and observe. Your wife says you're a fool, you're an idiot, you're of no use, I wasted my life marrying you. As she says those things, watch what's happening to you, just watch it, that is listening. If you do that, then next see what happens, test it, I won't tell you what will happen next. Test it out.

Q14 | Is there a soul?

SRI BHAGAVAN

There is no soul, and there's no need for a soul. The whole universe is nothing but consciousness. That point is not a soul. Let us say you are here, you want to go to some other galaxy, maybe hundreds of light years away. If you have mastered the art of moving, you could just disappear here and appear there. No need to travel. You can move from one point to another, not only in the physical realm, but also from the physical realm you could move into other realms. There are 24 other realms,

you could move in there. There's no traveling, you just disappear here, that's all, you think you have to travel. Don't travel. If you have to travel then of course a soul is required. No, it's only appearing and disappearing, that is all. There's no soul at all. You're stuck in the idea of the soul, stuck in the idea of the self. This is where humanity is stuck, all wrong concepts. There's no soul whatsoever. Suppose you want to go to hell, just disappear here and you appear in hell. You want to go to heaven, you disappear here and you appear in heaven. That's all.

Q15 | Is there karma?

SRI BHAGAVAN

As thoughts flow through you, if you stop identifying yourself with those thoughts and you realize they are thoughts flowing through you, then you are not thinking, you are very clear about it. You would also become clear that there's no freewill, no karma touches you, you are completely free of all of it the moment you realize

Q16 | How do we achieve moksha?

SRI BHAGAVAN

Moksha is moving, moving to a higher realm and not coming back to this realm. Here at least 24 realms are there. You could be going up, and when you go up, you don't come down to the lower lokha , then it's called moksha. But then it's going to be very easy for you.

Q17 | What is the role of Kalki?

SRI BHAGAVAN

The role of Kalki is to bring about the golden age. That is the role of Kalki, and to handle global problems. Many of you may not be knowing how kalki handled the Fukushima nuclear reactor, contained it, and then there was this Arab spring, he was there also Kalki . Suppose there is going to be a nuclear war, who should you pray to? You should pray to Kalki. Kalki has the power to stop the nuclear war, he could change the wiring inside the missiles in moments, missiles would not be able to fire . There you must pray to Kalki. Kalki handles global problems, you pray to Kalki . For your domestic problems Ammabhagavan.

Q18 | People who know an avatar are believed to achieve moksha no matter what their qualification. Is it true of Sri Amma Bhagavan?

SRI BHAGAVAN

It is very true of Amma Bhagavan, that is why I said it would be very easy for you. All of you who are now interacting with me now, what ever you are ,whoever you are, whether you're qualified or non-qualified, wonderful beings or terrible beings, you all get moksha without doubt. All of you will get moksha, because you have seen us, we have seen you. No matter who you are, what you are, it's a guarantee that you will get moksha.

Q19 | Where do we come from?

SRI BHAGAVAN

You all come from the great compassionate light, Paramjyothi.

Teaching for Today's Process

SRI BHAGAVAN

For the next few months, we will be focused on reducing your DNM, speeding up the process. So today also, the process is to bring down your DNM. Keep trying it, and then you'll find it's beginning to happen. Come October, November is a good chance, for many of you the DMN will come down. So today's process is also for that. So what you must do is, you allow your thoughts to flow, whatever thought it is. You should not judge your thoughts, nor should you comment on them. If a strange thought comes, a dangerous thought comes, murderous thought comes, a horrible thought comes, that is fine in today's process as well as coming few more processes . we would do the rest. You could get there, the rest we will take over. Once you come to that point, then we can act from there. If you don't come to the point, we would not be able to do much . Just observe your thoughts, which is not very difficult, because people are making it so. Try to get there, just observing your thoughts, it could be anything, don't judge them, don't condemn. Just go with, the rest we will do . Love you all. Love you so much.

