

ENLIGHTENMENT MYTHS AND REALITY

**"It should not be too hard for you to stop
sometimes and look into
the stains of walls, or ashes of a fire, or
clouds,
or mud, or like places in which....
you may find marvellous ideas."**

**-LEONARDO DA VINCI
CODEX ATLANTICUS**

S H U B H

ENLIGHTENMENT

Myths & Reality

As delivered by Master Shubh in everyday words. In his spontaneous discourses for all who seek wellbeing, health and self realization.

SHUBH

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Official Social Profiles of Aad Yog

Email: theaadyog@gmail.com Website:- <http://aadyog.com/>

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Designed by Anna Sper

Enlightenment

“It should not be hard for you to stop sometimes and look into stains of walls, or ashes of a fire, or clouds, or mud or like places in which you may find marvelous ideas.”.

-Leonardo da Vinci Codex Atlanticus



Entirely different

Myths and reality.

Some confusion

Many people have this confusion. If you don't, it is very good.

Similar confusion happens in kundalini.

But what happens in enlightenment is another story.

That very place

When we talk about enlightenment we never go deeper into the world itself.

And it is there we find enlightenment. Other things may also happen.

Ordinary stuff

It could be something daily. Something very small in your life.

But the moment you see it with a different eye-the enlightening eye-everything changes.

And this is the change we are looking for. This change is enlightening.

Not permanent

Yes. It is not permanent.

Never still

The special awakening, the enlightening experience, keeps improving. It is not a one time story.

A one time story gives you a glimpse. The very glimpse of what this is all about.

Then the experience gets bigger. Bigger, bigger and bigger.

And every moment is enlightening.

Seen in another way

Suppose you are an engineer and you know nothing about biology. How a single thing in biology can make you sick.

The very moment you realize that at work everyone is sharing their viruses and bacteria, it will be another type of enlightenment.

Yes, it will be.

Even a thought

When you talk about awakening special experiences today, tonight.

When you are thinking about this whole creation as one.

Just oneness-where male and female are one.

This is one of the experiences people may feel.

Male enlightenment

And if you are a male in this oneness, you may have gone through a female experience.

An enlightening experience. You think about life from the very perspective of a female.

Suddenly you can see the whole female nature.

Suddenly you can see all the aspects of females. It is enlightening.

So deep

Because the very first step of enlightenment can take you so deep you can go deeper into every other aspect of females. You become wise. Wise and growing.

It is not a one day move.

Mysterious arrival

Imagine you are in the process of enlightenment and someone asks you a question out of nowhere. It is a subject about which you have no knowledge.

Suddenly the answer will pop up. From where? And who gave this answer?

The very depth of nothing. We can call it God, energy, the source. Whatever.

And this very answer will come from within.

The truth

You are suddenly the receiving end of a bigger system.

And as information comes, you simply spread it forward. This is the truth of enlightenment.

Puff, puff

There is nothing puff happening. But not to say that it cannot happen.

This may also be the moment when you realize something.

And then, suddenly, everything goes puff.

Wow!

It may take time to sink in and use it again.

The desire

The moment you focus on enlightenment or moksha, a liberation, your root chakra becomes so active, so active.

The root chakra is the desire chakra. You may be thinking it is a holy desire. But desire is a desire. Though in itself, desire is not bad at all.

A small desire

Forget about the grand result you want to have.

Get into a process to know yourself.

To know yourself is a desire too. But this is a small desire.

Normally to know yourself is not so urgent.

There may be exceptions. There is no big prize behind it.

Enlightenment so easy

When it comes to enlightenment or kundalini awakening, we see a prize. A big prize becomes so prominent there.

The moment you want to grab it, it will slip away.

And the moment you sit down just to be with yourself, meditate on your breath, do general practice, you find you are suddenly there.

This is my personal experience.

Not over

You think you are enlightened. You think it's over.

No. It's only the beginning.

Enlightening is a beginning process. But somehow the English language cannot define the process.

Moksha is the final thing. There you don't exist. There is no you.

Not the same for all

So the system goes through different things.

Many different things.

And everyone is different, in every way. A person may be a male or a female.

Another young or old. Healthy or sick, a vegetarian or a meat eater.

In some cases the karma says you have to suffer. Someone else has to enjoy life.

If you are seeking god this will be your journey.

Enlightenment daily

Being enlightened you live like normal people. You do your normal stuff. Enjoy life and mix with god.

You are living the life of god, while everyone else is just seeing a simple person.

Know who you are

You think you know who you are. Your very self you call here as you.

No. It's your ego.

When your ego does not exist, who exists then?

It is God, the divine, the source that is existing.

Gods and goddesses

You are all gods and goddesses. But you have to see it.

Words don't mean anything. Once they enter, in a second they are gone.

Start

Yog can be the first step. So does meditation.
So does medical practice, so does any job.
Your job.

Even working in an office can become a tool.

Just taking a short or long walk by yourself, to
be with yourself can be an enlightening way.

Seeing your truth

Once you see your potential, who you really are, nobody can take it. There is no need.

Harmony can be achieved. The dream of having love all around can be achieved.

Achieving

And when someone tells me they achieved something, I tell them there is nothing to achieve.

You just go through enlightenment. It's only a phase.

Another phase to become nothing.

Nothing

And when you become nothing, that's exactly
the point.

And when there is no you, there is everything
which is not you.

Exactly!

High reality

When you become enlightened...

When light starts to shine in your system...

The same light you will see all around.

You will see more colors. The grass will become more green, more shiny.

The ultimate reality

You are seeing your own light because you are the projecting unit.

With these eyes you are not only watching.

You are receiving things. You are projecting things at the same time.

The light from within you is projecting everything in the world. Whatever you see.

That little sacred light

So if you ever have some adverse situation,
with a little light you are lightening up this
situation. This is bound to be in your favor.

This is bound to be! Yea! Stay focused.

Stay blessed!



ABOUT US

Aad Yog is the most ancient form of Yog without alteration or adulteration; the same Yog that is believed to be taught by Shiva to the seven sages.

At the Aad Yog Ashram, we seek to sort out the problems of your life holistically—through Yog, Pranayama, Ayurveda, Astrology, Marma Vigyan, Aromatherapy, and Energy Healing—as the case requires. Our aim is to help a person “Live” their life in the truest sense to be able to attain Moksha while living in this body. We guide the seekers on the path of self-realization and the so-called Enlightenment.

All are welcome.



If you buy this book and read it—your journey towards self-realization starts only if you practice the techniques mentioned in the book.

Otherwise it is just another piece of knowledge that serves no purpose—

पुस्तकस्था तु या विद्या ,परहस्तगतं च धनम्।
कार्यकाले समुत्पन्ने न सा विद्या न तद् धनम्॥

Unused knowledge of a book, and money given to others are not truly yours when you need them.



Enlightenment
Myths
And
Reality



Aad yog is an ancient form of yog without alteration or adulteration. It aims to unite mind, body and soul. Master Shubh offers guidance and teachings in all aspects of human life. His ashram at the foot of Shivalik mountains offers opportunity to explore life at its fullest. All are welcome.

