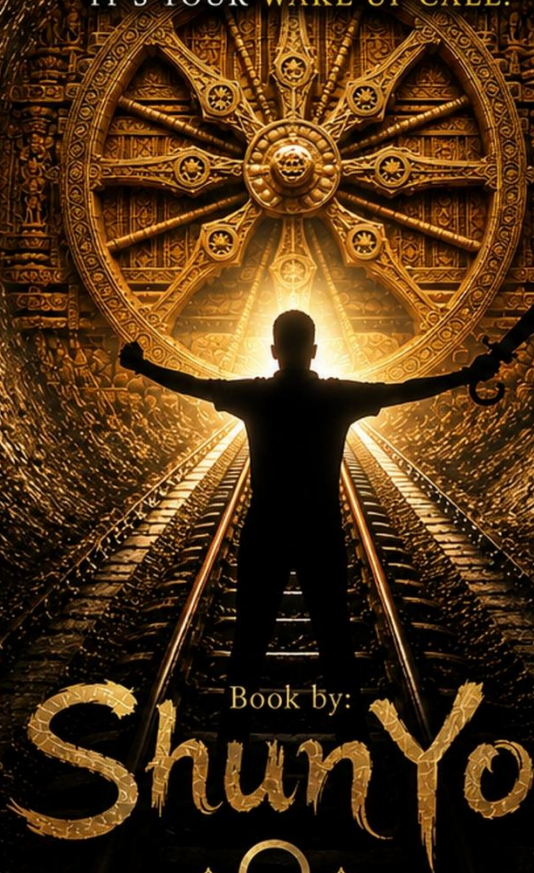


75 MISSED CALLS

IT'S NOT JUST A STORY
IT'S YOUR WAKE UP CALL.



Book by:

Shun Yo



Nothing Whatsoever-

PREFACE



“75 Missed Calls” is a gripping **modern journey** with deep emotional layers wherein a young man’s life spirals into chaos when he discovers **75 missed calls** – after which starts a **mysterious captivating journey** which challenges him to question his own beliefs, transcend the illusions that hold him back and eventually unravelling the secrets of his real self.

This book explores the **power of attention** as a tool to reconnect with **one’s inner self**. It resonates especially with young seekers searching for meaning beyond material success.

This book reveals a new-age natural way of simple living which proclaims that ***“peace is our natural state of being”*** and in order to **deserve** it, we don’t have to **disturb** it.

We **disturb** our **natural peace** by our own thoughts, by constantly channelizing our attention in past memories and future desires. When you finally **rest and relax** in this moment and drop all your search, what remains is the **truth** that was never hidden.

We need to simply **relax** in this moment and let our **natural peace** emerge. Acknowledging that reality is perfect – **Just as it Is**. In **relaxation**; peace will emerge, or, rather, peace will take you in.

In this **present moment**, nothing is lacking and nothing is needed. In the depth of our being there is **perfect peace**. There is nothing to seek and find, for there is nothing lost. The **search** itself is the only **distance** between you and your true self.

This book is not written by me but **through me**. You can consider me as an **empty flute** through which some mysterious life-force shared its silent symphony which is articulated in words in this book.

This book is just a **door between the known and the unknown** – so pass through it and then **forget** about it forever.

-Himanshu Sharma (ShunYo)

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This book is a new age therapy for the deadly disease of depression of human mind.

It will not tell you who you are; but it will surely show you what you are not. This book does not intend to teach or preach you some new concepts and ideologies about anything in any way.

In fact, it aims to take you beyond all your existing mental chaos, so that you can encounter and enjoy reality **as it is**.

CHAPTER 1

MUMBAI MANIA

My name is Sahaj Sharma and for the last 10 years, I have been working as the Head, Operations Manager in a multi-national company at Vikhroli, Mumbai.

A few years back, I permanently relocated to Kharghar, Navi Mumbai from Manali (Himachal Pradesh), leaving behind my loving old parents, my beloved dog, my childhood friends, my apple orchard business, my hometown comforts and, above all, my peace of mind.

Being still single at the age of 36 reflects my obsession and ambition towards my profession. The foremost reason for all my break-ups in the past was the lack of quality time in relationships. I guess my goal in life is far more important to me than marriage.

I believe that without compromises and sacrifices, no one ever becomes successful in this harsh practical world. My wish list is so long that no sooner one dream is fulfilled than the other begins. My current obsession is to buy my own big luxury Villa in Kharghar, Navi Mumbai.

Due to the hectic work schedule and high workload, I am not even able to give enough time to my parents. Moreover, apparently due to the so-called generation gap, my equation with my parents is not that great either. I hardly get time to talk to them and even when they call, our topics of interest never match.

For my arrange marriage, my parents have selected a beautiful Himachali girl – named Muskaan who is our next-door neighbour in Manali and has been waiting for our marriage since last three years. However, I am still not sure about this marriage. She is a nice traditional educated girl, but eventually I plan to get married to a modern like-minded

partner who can understand and adjust with my fast-paced ambitious lifestyle.

Anyways, enough about my personal life; let me now share with you why I love Mumbai, a city of dreams with a fast-paced lifestyle, where everyone is on the run to be somebody special, to achieve something extraordinary. Like lots of others in this city, I too want to become someone special who is beyond the league of ordinary crowd. For me, the best part about this city is its amiable and pliant people and its ability to fit all shapes and sizes.



At work, my colleagues describe me as an ambitious, informative, inspiring, self-motivated, humorous and alcohol-loving person. I like controlling my life all the time and also dictate the lives of individuals around me by pushing them to their limits.

One of the most critical milestones of my career is going to be announced tomorrow in the quarterly “Reward & Recognition Event”. This much-awaited promotion from the Head, Operations Manager to the Vice President (Operations) is the most important occasion of my life for which I have sacrificed everything. I always coveted this powerful seat of authority in my office.

I am already prepared with my speech for tomorrow’s event. It’s 03:30 in the night and I am still not able to sleep due to over-anticipation.

Nevertheless, goodnight folks! See you tomorrow!

At last - the dream day is here...and I am all set for the Reward & Recognition function which is about to begin in another 10 minutes at a five star hotel. Finally, they announced my name...*Ladies and Gentlemen – let’s give a big round of applause...for our new Vice President (Operations) Mr. Sahaj Sharma – I would like to invite him on stage now...*

During my speech, I could clearly see very few happy faces as most of my colleagues are shocked and jealous. Cut throat

competition and crass jealousy is making this moment unbearable for them.

But who cares! Tonight is my night, so cheers guys!

Today is Friday followed by a happy weekend ahead so I will party as if this is my last day on the planet earth as “work hard, party harder” is my work-life motto.

During the party, I received few calls from my mother, which I immediately disconnected, as I was immersed in my moments of glory and celebration of my success and I also wanted to surprise her the next day with this great news.

Later, I got so drunk that the last thing I recall is a black out. Post that, like every Friday night party, somebody dropped me back to my flat. Who and how, I really don't remember?



Next day, the moment I got up, I checked my phone and I was shocked to see **75 Missed Calls** which included my mother, neighbours, relatives and friends. I called up my Mom but her phone was switched off. So, I called on my home landline, Muskaan answered the call and informed me that my parents had died last night in a car accident on their way to our apple orchard. She asked me to come back immediately to Manali to fulfil my last responsibilities.

I immediately boarded a plane from Mumbai to Bhuntar Airport, Kullu *via* Chandigarh.

Life is an unpredictable roller coaster ride; what we imagine never happens, and what happens is beyond our imagination.

Only a few moments back, I was all set to pleasantly surprise my parents; instead, life chose to give me the biggest shock of my life.



CHAPTER 2

DEADLY DEPRESSION

During the flight, I frequently got overwhelmed by flashes of memories of my parents. My heart was filled with immense pain and regret. Sometimes, the shock of the pain was so sudden and deep that I became totally numb. Shockingly, however, not a single drop of tear rolled down my face.

Muskaan came to pick me up at the airport; on the way to Manali, we did not speak to each other. Without uttering a single word, she could somehow feel my profound shock and pain. After reaching home, I saw the dead bodies of my parents set on the floor. My neighbours, relatives and friends tried their best to sympathize and console me. However, the more they felt sorry for me, the more agitated I got and finally my emotional outburst took place in a very absurd manner.

I picked up the mortal remains of my parents and kept them on their bed in the room. Then I started talking to them as if they were still alive. Everybody got confounded and shocked to see such bizarre behaviour on my part.

Finally, my madness was stopped by a slap from Muskaan. She imperviously directed me to keep the dead bodies back to their original position. Embarrassed and shaken, I brought the bodies back to where they were and sat quietly in the corner of the room.

Later in the evening, standing in front of the burning pyres after the funeral rituals, I was engulfed into a state of unfathomable darkness and depression. When I came back home, Muskaan could feel my repressed volcano of pain; so she immediately asked me to come with her. She took me to the accident site and showed me our severely damaged and mangled family car.

Why have you brought me here?

To tell you the truth.

What do you mean?

Do you know that when the car went off the cliff due to the brake fail, your father died immediately of brain injury, but your mother was alive for about half an hour?

In her last moments, somehow, she mustered the strength to call you twice?

To hear your voice was her last wish; but you did not pick up her call in your busy lifestyle. I guess at that time, you must have been enjoying life with your friends, right?

Enough Muskaan - Stop it!

I do not want to listen anymore, and suddenly I collapsed on my feet. I started screaming and yelling like a defeated warrior in the battle of life. Instead of consoling me, Muskaan left me alone so that I could plunge deep in my breakdown and realize my inexcusable mistake.



After my emotional outburst, two questions exploded in my head and I realized that I could not move ahead without exploring them. In that moment of deep agony and regret, I promised myself that I will not immerse the ashes of my parents in Ganga till I got answers to these questions.

What is the reality of death?

Who Am I?

Early morning the next day, I collected the ashes from the cremation ground and returned home. I kept the ashes in my parent's bedroom. My relatives suggested me to go to Haridwar to immerse the ashes in holy Ganga as per Hindu traditions, but I rudely postponed this ritual. Angered at my rigid and stubborn approach, they all left the same day enraged and frustrated.

The same evening, I mailed my resignation to my Manager and asked my close friend Kunal Dhatavkar to vacate my

rented apartment and sell the furniture and other possessions and donate the money to a nearby old age home.

With each passing day, my loneliness and depression started driving me mad. I confined myself in my own house and refused to interact with anybody. Memories of my parents started haunting me in my dreams now. Lost and lonely, I started drinking heavily to forget myself.

My search became really intense and for two months, I used to sleep for just two or three hours. I started reading continuously religious books and surfing spiritual videos online; but this search through books & videos did not resolve my burning questions and my mental state was like a boat on dry land.

One may read thousands and thousands of books on love but this knowledge will not give him real taste of love. In order to know love, one needs to fall in love oneself.

I realized that truth is like love; it cannot be expressed through words. It can only be felt in the silence of our heart.

I may theoretically know everything about swimming, like butterfly stroke, breast stroke, back stroke, etc. but when I am actually thrown in water with theoretical knowledge only, I am bound to drown until and unless I learn the practical rules of swimming on my own.

I may read all the books on universal truth but that won't reveal me the Truth. I need to walk on my path on my own, all alone, till the time I saw my inner real nature with my own eyes.

So, I stopped reading all spiritual and philosophical books, as I wanted real answers from real people instead of this bookish knowledge.

I started visiting all religious centres like temples, monasteries, churches, mosques and gurudwaras, etc. to find the truth. I even visited each and every nearby well-known Gurus, religious sects, spiritual cults to satisfy my urge, but all

they were able to offer me was borrowed vague verses from ancient scriptures and self-torturing practices.

Finally, after six months of futile wandering and pursuit, one day I gave up my entire quest. I restarted drinking continuously all through the day except when I was not sleeping. Intoxication became my escape as it helped me to forget myself.

Although Muskaan managed to put up a nice and brave mask in front of me, deep down in her heart, she was really upset with me. Soon, she reached her saturation point of frustration and one day blurted out the truth on my face.

Sahaj, you know what - during this crisis, my family would have taken care of your apple orchard but the only thing that matters to you is incessant indulgence in alcohol and drugs.

You have completely lost respect in my eyes. You are not the same person whom I loved.

I had thought that the death of your parents would open your eyes. However, besides being a self-centred and selfish son, you are also an undependable shameless human being.

I waited so long to get married to you and settle down in Mumbai, but you never valued my emotions at all. You have ruined all my plans by leaving your job. I will never forgive you for wasting so many precious years of my life. You are the biggest mistake of my life. I even turned down many good offers from well-off families because of you. In fact, I deserve someone much better than you.

So, if you have any shame left, leave Manali immediately and don't show me your face again.

I picked up my rucksack and left my home without even looking back. Under acute depression, I decided to commit suicide.

Why do I want to end my life?

Because all things which used to give me joy are now worthless. I am still living my life but I don't know what it means to be alive anymore.

Everything seemed to have lost its true meaning for me. Every day, with a heavy heart full of memories of my dead parents, I am dragging my life hopelessly. I struggled to put on a play every day and no one appears to understand my helplessness and repression.



Sitting at the edge of the cliff before my last suicidal jump into the river Beas, I encountered many last moment realizations. So, I took out my diary from my rucksack and wrote this last letter.

Truth is that no matter what you are right now or what you will become in life tomorrow.... eventually – in the end, as a person, you will die and disappear.

Death is equal to all beyond all your mind-made distinctions and divisions of life...whether you are rich or poor, famous or unknown, powerful or weak, beautiful or ugly, intelligent or stupid, creative or dull, winner or loser, religious or atheist, educated or illiterate, modern or backward, global or local, divine or devil, celebrity or a common man – In the end, it does not even matter.

Human beings come and go like bubbles on the surface of water. In a snap second, your entire ambitious life story is over and you totally vanish as if you had never existed. If human beings completely disappear from this planet, life will still continue and flourish as nature is not dependent on humans for survival; rather, humans are completely dependent on nature to stay alive.

Even the most powerful, rich, famous, creative, inventive, extraordinary intelligent people around the globe have died and disappeared with deep darkness in their heart at their last moments on this earth.

Let me quote the last words of American entrepreneur and co-founder of Apple, Steve Jobs - "Whichever stage in life you are at right now, with time, you will face the day when the curtain comes down... Non-stop pursuing of wealth will only turn a person into a twisted being – just like me" – Steve Jobs

At the last point of their life, astonishingly, majority of human beings experience the same state of inner darkness and regrets.

Today, I feel that my painstaking fast paced life in Mumbai centered around achieving and accumulating mundane pleasures and worldly things was not worth it as no amount of money, fame or power can bring back what has gone out of my life or save me from my own death.

I never truly valued and cherished various simple amazing aspects of my own life like being alive in each moment, love, friendship, togetherness, relationships, etc. I have utterly wasted my life by assuming it to be permanent, by postponing everything for the right time, by taking everything for granted.

Externally, I shone in the light of my own success, but internally remained in total darkness. In fulfilling my materialistic expectations, I never paid attention to the call of my own heart. I do not know from where I have come and where I will go, but throughout my life, I lived in this bubble of control...as if I was in charge of it all.

I was totally focused on acquiring materialistic possessions which in turn are considered to be the basic parameters of human success. I wish to ask this question to all my workaholic ambitious colleagues

Is this the life you really wanted to live?

Guys! Obsessive workaholic lifestyle is the new normal now. The modern man is befooling himself that he works hard to live a relaxed life; on the contrary, he has completely forgotten that he is living an extremely stressful life which even destroys his existing peace of mind.

Majority of people are ready to go to any extent to achieve their goals in a short span. People are happily ready to sacrifice their personal time, family life, relationships, health, lifestyle and many more aspects of life in exchange of good monetary compensation. In this money-making rat race, everybody is saleable in market. Only the price tag along with terms and conditions are different for different people. Some want popularity, some power, some peace and so on...

Thus, life has become a never ending mad materialistic chase in which we keep on hopping from one relationship to another, one place to another, one possession to another and one accomplishment to another in search of ultimate peace and happiness. Still in the end, we feel utterly lost and lonely and the ultimate peace and happiness remains elusive to us.

Where I am today, you will be tomorrow!

So, wake up and change before it is too late! Now with hopelessness and helplessness in my heart, it is time for me to bid adieu to you, to this worthless and meaningless world!

See you on the other side....

Then I jumped off the cliff with my rucksack.



CHAPTER 3

SERENE SHEPHERD

Suddenly, I woke up by the loud barking of a dog and mixed sounds of animals. I was shocked to see myself still alive lying next to my rucksack in a green majestic valley surrounded by hundreds of sheep's in all directions.

A dangerous black shepherd dog (Gaddi dog) is barking in an extremely defensive manner trying to keep the herd away from me. I felt extreme pain and realized that my right leg was fractured.

Suddenly, I heard a melodious sound of flute and the entire herd started moving towards this sound and the dog immediately stopped barking. At a distance, I could see a white horse and a tall dark man sitting on it who was playing his flute. Slowly, he started moving towards me and finally came next to me.

Whoever you are, my dear, you should thank my dog for saving your life. You were about to drown in that river but he rescued you safely out of the deadly current.



With a sad heart, I looked at the dog but remained quiet. I was completely shocked by the fact that I was still alive.

In a painful voice, I asked, what is your name?

It is not the right time for introductions. Let's go.

He picked me up effortlessly and placed me on the back of his horse. After a few minutes, we reached a stone shelter where a woman was sitting next to a bonfire with a small baby lamb in her lap. After placing me in a comfortable lying position, he instructed something in his native Pahari dialect to this woman.

She instantly started making something and, in few seconds, prepared a paste which she wrapped tightly around

my injured leg like a plaster made up of dry leaves. Within a few minutes, my pain disappeared completely.

She offered me a cup of warm milk with some dry fruits. Her beautiful whole-hearted smile was lightening her wrinkled dark face in a very mesmerizing manner. Without even knowing my name and identity, I was overwhelmed at such care and hospitality.

I was not able to suppress my eagerness to know them. So, I finally asked, could you now please tell me your name?

Yes, my name is Shambhu Nath and she is my wife Kali Devi. She can hear and understand everything accurately but cannot speak. In her childhood, she lost her speech after unintentionally eating a wild poisonous black berry.

My extended family includes the one who saved your life, my brave dog, Hachhi, my loyal horse Rustam and my loving herd. We are simple nomadic Himalayan shepherds and are currently residing in this beautiful valley till the end of summer.



Now tell me, who are you and what happened to you?

My name is Sahaj Sharma and my parents died in a car accident few months back. This tragedy was so unbearable to me that I tried committing suicide in the river Beas, but unfortunately your dog saved me.

After a peculiar pause, he said, Life and death are not in our control but I can correlate with your situation, my dear friend. We had two sons, Ishwar Nath and Raghav Nath, but they are no more.

What happened to them?

At the age of 23, our elder son Ishwar died in a snow avalanche. Our younger son Raghav died of snake bite at the age of 21.

Loss of my old parents is such a huge blow for me that it prompted me to commit suicide. However, I cannot even

imagine your pain and agony after the loss of your young children.

Anyways, let us not look back, Sahaj, especially when we cannot do anything about it. Let's celebrate what we have instead of looking at what we don't.

Shambhu Nath picked up his one-stringed musical instrument (Ektara) and started playing melodious tunes accompanied by a deep song in his strong husky male voice.



Just like the paste of Kali Devi cured my leg, in the same manner, this song on life and death healed my heart instantly.

In such a short span, the captivating personality of Shambhu Nath had positively influenced me and I became curious to know more about him. Might be he is the one who could answer my burning questions.

Which religion do you follow?

I follow no religion, neither Hindu nor Mohammedan nor Christian nor Buddhist. I am a simple shepherd. Music is my religion and singing is my worship. For this valley, this sky and my herd, I am just a simple human being who loves them madly and they love me back unconditionally.

Where is your hometown?

I live in a no man's land: I stay on the mountain trails. I have no house, no abode. Nature is my only abode, and the whole sky is my shelter.

What is your philosophy of life?

I don't know how to read or write. I have no philosophy – nothing whatsoever. I follow nothing except my heart and herd.

All concepts and philosophies are very small to define life. Everything is already as it should be. You just need to have a silent mind and open heart to enjoy the beauty of life.

What is your way of life?

Keep Flowing, Keep Changing and Keep Moving.

I am just like the flow of this river. A river flows with complete surrender towards life and stays fresh throughout life and finally reaches ocean without any guidance, whereas the rigidity of the pond results in a stinking lifestyle with lifelong self-created misery.

So, my friend, live life like a river, not a pond.

What do I need to practice to be like you?

Nothing.

When an artist makes a statue out of wood, he does not add something extra to it; instead, he takes away all the unnecessary things which are an obstacle for the statue to unfold in reality.

Same is the case with you. You don't need to add more concepts and philosophies. On the contrary, if you can, just drop all your existing concepts immediately. This will enable you to straightaway see the reality as it is.

Hmmm...

Enough questions for tonight. Let's not get lost in the jungle of words.

You sleep in this stone shelter next to the fire and Hachhi will take care of you. I and my wife will sleep in the nearby stone shelter; so, if you need anything, I am just a call away.

Ok...Good night.

That night, after a very long time, I slept like a small baby in the arms of Mother Nature. Somehow, my heart confirmed to me that this guy was the answer to all my questions.



Every day, we used to celebrate life through music and songs. Shambhu Nath would carry me on the back of Rustam and we would camp at various diverse locations like dense forests, lake shores, green valleys, high cliff sides, rock shelters, etc.

One afternoon while camping in the forest, a mountain leopard suddenly jumped on a rock in front of our camp and I got scared to death.

This was the most dangerous encounter of my life so far.

The leopard looked straight at me and I started looking down and whispered Shambhu Nath to do the same, as big cats don't like eye to eye contact. However, he not only looked directly into the eyes of the leopard but started playing his musical instrument as if death for him was a joke.

The leopard came very close to us but surprisingly jumped over our camp and vanished into the forest like a ghost.

After a deep sigh of relief, I immediately questioned Shambhu Nath what if this leopard had attacked and killed us.

He can attack and eat our body, but he cannot kill us. Our existence is infinite, far beyond the reach of this body and mind.

What is my existence beyond mind and body?

I will not say what is light but I will show you how to attain insight. I don't have anything to preach to you. On the contrary, I will take away all your existing knowledge and will dissolve your current mindset through music, since this mindset is the only obstacle between you and reality.

Our body and mind are wonderful gifts of life. Don't you think we should respect and protect them from unnecessary risk?

Yes, we should definitely protect our mind and body to its fullest, but without any attachment with it. Otherwise, slave will become the master and master, the slave.

You are really a weird man.

I know.

Regularly listening to the fascinating words of Shambhu Nath through his songs and stories became my biggest obsession and within a month, I was able to walk on my own.

Out of gratitude for saving my life, I started helping them in all day-to-day activities like chopping wood, carrying water, managing the herd, feeding Hachhi and Rustam, etc.

Within a week, I got accustomed in riding Rustam and started managing the entire herd with Hachhi. Every day after sunrise, I left the rock shelter with the herd and come back after sunset. Each morning, Kali packs my lunch which includes milk, cheese and dry fruits.

Rustam and Hachhi have become my best friends. The more I knew them, the more I fell in love with them. I felt unconditional love and warmth in their presence.

I got so much in tune with my new shepherd lifestyle that I felt as if I was a born shepherd living this life for a very long time.

Within a month, all my connections with the outside modern world completely vanished from my mind. Now I was not at all depressed about my past and was, rather, completely at peace with my present. Each moment is enough for me. Each sunrise gives me a new birth and I die with every sunset.

I wanted to repay Shambhu Nath for saving my life. So, during the dinner, I asked him, do you have any particular desire in life?

Life has given me everything and I cannot ask for more. With Kali and my herd, each day is a new celebration. I don't have any desires left anymore.

Hmmm...you are one of the rarest individuals I have ever met with the innocence of a child in your heart and bravery of a warrior in your eyes! I am so glad to meet you.

Same here Sahaj - In such a short span of time, you have deeply touched our heart. I am surprised to see that even Rustam, Hachhi and entire herd have accepted you in their life.

Before meeting you people, I used to miss my parents, but now I don't miss them anymore. The void of inner emptiness is filled. I am not lonely and lost anymore.

Good to hear that Sahaj. Let's go to sleep now. Good night!

Good night Shambhu!

That whole night, I kept on pondering about the simple and quiet lifestyle of Shambhu and Kali. According to me, contentment and love in their hearts made them the richest couple across the globe.

They never go down from the Himalayan Mountains to the nearby towns/cities. In their hidden world, they travel on various routes across north Indian Himalayan ranges leading to beautiful valleys and passes as per the requirement of their herd.

Their oblivion of external modern world had given them a profound innocence which is simply amazing. Fortunately, my attempt to commit suicide afforded me a chance to meet them; otherwise, I would have completely missed their existence.

Suddenly, I heard Hachhi barking in a very aggressive manner and I came out of the rock shelter. We saw a snow leopard from a distance carrying a dead sheep in its mouth trying to escape stealthily but Hachhi had disturbed its plan.

First time, I realized the power of a shepherd dog. He ferociously chased the leopard in a very brave manner and on two occasions the leopard almost lost its prey. However, finally, it managed to escape with its meal in the darkness of forest.

The entire herd got scared and visually disturbed by this sudden attack and I was surprised to see how Hachhi calmed them down by circling the herd several times. He stayed awake with the herd the whole night. He only slept in the morning when I took complete charge of the herd. I realized a new fact that animals are more in tune with life than men are.

Shambhu told me another brave story about Hachhi. He said Kali and I were crossing a forest near Pin Parvati valley and suddenly we encountered a black bear.

The moment he saw us, he charged at us with full speed and aggression. I was almost about to get attacked, when Hachhi jumped on this bear and started fighting. The size of this bear was almost thrice of that of Hachhi. But Hachhi showed extraordinary courage against this bear and put up a great fight.

This fight gave me a chance to prepare a fire torch which scared this bear and eventually he ran away. Hachhi's face was fully covered with blood after this fight. He managed to save our life but took three months to recover from his injuries. Shambhu also showed me the scars of bear paw on his body.

I hugged Hachhi and gave him the respect which he always deserved. Hachhi is more than a dog to me. After this incident, I moved from my rock shelter and started sleeping with Hachhi.

Every day, Hachhi wakes me up, Rustam carries me to new valleys and everything is getting achieved naturally without any leader and leadership. My silence naturally started communicating with the herd. Earlier, I used to lead the herd; now the herd leads me.

One night after dinner, I informed Shambhu Nath that the grass in current valley was not sufficient for the entire herd. So, he suggested me to go to the meadows of Chandatal Lake and come back after a few weeks.

But I don't know the way.

Follow Hachhi as he knows the way.

I am not feeling well, so I will stay back with Kali in this valley till you comeback.



CHAPTER 4

COSMIC CHANDRATAL

After reaching the shores of Chandratal Lake, I got awestruck as few places on earth are as beautiful as this place, surrounded by majestic Himalayas, undulating meadows and above all peace and serenity. The stillness of this treeless landscape is completely in tune with my inner silence.

At the shores of this lake, my mind is disappearing; it is infinite miles away now. For the first time in my life, I am enjoying each and every activity of my life fully. My mind is not running away anywhere anymore; it has become still and silent. I have completely forgotten about my question and quest. Nothing else is required anymore as all my questions have vanished now.

I have done nothing at all to calm my mind; it happened naturally. This inner silence has sucked my past memories and future desires completely, leaving me with the aliveness of each moment.

This mysterious inner silence is pulling me like a black hole. Maybe it is going to be my death, but there is no fear. I am ready for it. The past few days lived in silence with Hachhi, Rustam and my herd have given me tremendous contentment even to face death; nothing more is needed.

At sunset, I entered the chilled crystal-clear water of Chandratal Lake. After the bath, I lied naked on the grass and started watching the moving clouds. I got so lost that I completely forgot about my body. I felt completely weightless, as if I was in the hands of some limitless unknown energy.

After watching the spectacular show of orange clouds for some time, the last thing which I can recall is that my eyes started closing naturally. It was very difficult for me to keep

them open. Soon, I drowned in something which is far beyond the state of sleep.

When I opened my eyes at the serene shores of Chandratal Lake, I saw full moon in the sky reflecting as it is in the still crystal-clear lake.

I was still lying naked on the grass and everything around me was covered under the soothing moon light. Everything was extremely still and I could feel the sound of my breaths and heartbeat which indicated that my body was still alive. The mountains, lake and sky, everything was asleep, but I could see them alive. Even the smallest blade of grass was talking to me. The whole universe suddenly became a blessing.

All of a sudden, I started laughing loudly and my laughter echoed in the majestic mountains. I laughed at myself first and then I laughed at the whole humanity. The entire night, I heard my echoing laughter again and again on various stupidities of my mind.

To see reality is as simple as to see one's face in a mirror. Only the mirror must be clear. We all are born crystal clear mirrors, but dust of our own memories and desires makes us incapable of reflecting life as it is.

The reality is present everywhere in everything. Somewhere, it is green grass, somewhere else, it is a shining star, somewhere else, it is a moving cloud, somewhere it is a flower, somewhere, a lake and somewhere else, a mountain.

Our Ego is the real barrier due to which every person completely overlooks the reality in each moment of life. As an egoistic person, we become the prisoner of our own perception.

We cling to our rigid convictions and regularly crave for more experiences, the memory of which we consider as knowledge. We take remembering as knowledge and gather more experience with time to enrich our memory.

Our own memory and imagination become a wall between us and the reality.

As an egoistic person, we are so full of our own memory-based knowledge that we never respond to reality; on the contrary, we react to it in a very absurd selective way.

Irrespective of the truth in any given situation, we see what we want to look, we hear what we want to listen and we understand what we want to believe.

We need to simply relax in this moment and let our natural peace emerge. In relaxation; it will emerge, or, rather, it will take you in.

“Peace is our natural state of being” and in order to deserve it, we don’t have to disturb it.

We disturb our natural peace by our own thoughts, by constantly channelizing our attention in past memories and future desires. In this present moment, nothing is lacking and nothing is needed. In the depth of our being there is perfect peace.

We disturb our mind with seeking. There is nothing to seek and find, for there is nothing lost. There is nothing to practice. We just need to stop running and rest in our own peace and live integrally, in oneness with all life, as pure being.

Tonight, I died and got reborn. Nothing else is needed anymore. Now I have returned to the real source of life.



For the next few days, I was not able to speak anything at all as my mind was extremely blank. There is no urge left in me to speak or to express my silence in any way.

But gradually, I started sharing my silence with the majestic snow-capped mountains, the vast blue sky, the green meadows carpeted with wild flowers, the crystal-clear blue lake, the moving white clouds, and finally I became accustomed to this inner silence and bliss.

Out of the blue, few random thoughts started intensifying in me as if the entire universe wanted to say something through me. I took out my diary from my rucksack and my hand instinctively started writing a question followed by an answer. Unexpectedly, I ended up completing a small book without human intervention which automatically got named ***“Attention” - The Ultimate Antidote for Tension.***

NOTE: *You can read “Attention” at the end of this book. (Page No.71 - 97)*



One day, while lying on the grass at the shores of Lake Chandratul, I saw a girl waving towards me with a guitar on her back from the other side of the lake. She looked like a foreign traveller.

I waved back and within few minutes, she reached my camp. While shaking hands, I got engrossed towards her deep blue eyes and mysterious smile.

Hi - My name is Christine; do you speak English?

Yes.

Fantastic – What is your name?

Sahaj Sharma.

Are you a Himalayan Shepherd?

Yes.

Where did you learn English?

From travellers like you.

I asked her - What made you come here?

Three things: Mountains, Marijuana and Music. I am a psychologist by profession in Germany and every year, I come to Chandratul Lake to enjoy life in a carefree manner. Apart from travel, I am passionate about music and like smoking hash as a recreational drug for fun.

Hmmm...

She immediately rolled a hash joint and passed it to me. We continued rotating this joint till it finished.

Suddenly, I was fully stoned and got mentally launched in space far beyond the reach of gravity. After some time, when I landed back on planet earth, I experienced extreme thirst and hunger, so I shared some water, dry fruits and cheese with Christine.

She was very normal and started playing her guitar. When her song ended, I stood up and started applauding her terrific performance.

Did you like it?

Absolutely fantastic!

I am truly blessed to be your audience today. According to me, the real depth of an artist actually reflects when the artist disappears in the art itself. In that disappearance, something appears which takes creativity to its highest level. And this instrumental symphony not only made you disappear, even I got totally lost in your rhythm.

Hmm... I never got appreciated in this manner before and it is surprising that your thoughts dive so deep without any direct involvement with music. I am impressed.

What do you like most about your guitar?

Guitar to me represents the balance of life. See if the strings of the guitar are too tight or loose, then music won't arise. They need to be in perfect harmony in balance; only then the music flows. In the same way, in life, if we try to live in an extreme manner – too tight or too loose, then music of life disappears. One should adopt balanced approach in life and enjoy everything in a reasonable manner.

Hmm...Your words show that you are not only an extremely proficient psychologist but also a profound philosopher.

Yes, my clients also say the same thing about me.

If you don't mind, can I stay with you and your herd for some days?

Sure. No problem.

Thank you.



After two weeks, Shambhu Nath and Kali came to Chandratal.

What a pleasant surprise. I am so glad to see you.

Same here...we missed you, Hachhi, Rustam and my herd so much that we decided to relocate from that valley to Chandratal.

It's wonderful that you came!

Who is this girl?

Let me introduce you both to her.

She is Christine, a foreign traveller who is staying with me for the last few days.

Since they did not know English, I became a bridge between them.

At night, next to the bonfire, the musical duet between Ektara of Shambhu (one-string instrument) and Christine's guitar truly created an ambience of world class musical concert.

At that moment, I felt that life has given me more than I can ever expect. Our void is completely filled as Shambhu Nath and Kali got their kids back and I got my parents in their form.

Later that night, when everyone slept, Christine came to me.

What happened?

Look, I am a very good psychologist and I can clearly see that you don't belong to the shepherd background. So, tell me the truth.

How can you say that so confidently?

You don't speak their native language, your command over English is way advanced than that of a beginner, your knowledge of modern world is very profound and, above all, your rucksack of Quechua, expensive diary & Parker Pen is not available in this wilderness.

These are the gifts given by passing by trekkers.

She looked straight into my eyes in the dim light of the bonfire and said, enough lies, now tell me the truth.

I don't know why I was not able to resist her inquisitive look and felt like sharing my entire story with her.

So, I did. After I finished, she hugged me passionately and, in that moment, I really felt deep love in my heart for her. But I secretly suppressed it in the silence of my heart.

Next day, she said, this is my last month in the Spiti valley. Next month, I will leave for Germany. Can you accompany me for a month in exploring the nearby attractions and marvels?

Sure, I can.

Same night after dinner, I told Shambhu and Kali Devi that I had decided to accompany Christine for a month for local sightseeing and will come back after finishing my responsibilities at home.

They immediately understood my love and supported me to go on this love voyage. At the same time, I could feel restlessness in Hachhi. I guess he had realized that I was leaving.

That night, as usual, I slept with the herd.

Hachhi indicated to me that he somehow knew that I was leaving.

His daily routine was to stay alert and awake the whole night to protect the herd and sleep in the morning. However, that night, he came and slept with me like a carefree baby, as if saying that he would miss me a lot.

I snuggled him and slept with him in deep love and affection.



Next morning, I hugged Shambhu Nath and Kali Devi and bid final goodbye. With a heavy heart, eyes full of tears and affectionate smile they gave me a heart touching farewell.

We will be waiting for you Sahaj?

I am physically leaving you but my heart is here only.

Don't worry – I will return soon.

I whistled Hachhi and Rustam and they came running towards me, cuddled me and started licking all over my face. The entire herd looked at us with confusion and anticipation.

After this emotional send-off, I picked up my rucksack and started walking on a trail moving down the valley with Christine towards the town of Kaza.

When I turned around from the corner of the valley, I saw everybody waving towards me, but Hachhi was missing in the picture.

I turned around and saw Hachhi sitting on the next curve. I hugged him and asked him to go back but he would simply not heed to my order.

After every curve, I would ask Hachhi to go back but he had already made up his mind. I guess he wanted to guide us the way till the point of his satisfaction.

Finally, after four hours of trek, Hachhi stopped and started barking at a particular point from where I could see the Kaza village and a road at a distance. I hugged Hachhi and kissed him on his forehead and he licked my face and finally turned around. I watched him returning till he disappeared on a trail leading into the forest.

Then I turned around and reached the Kaza town within few minutes. Encountering any town, howsoever small, after such a long time is somewhat shocking and weird.

Unexpectedly, Christine turned around and passionately kissed me.

Thank you for coming with me.

At that moment, I felt that when two people are in deep intimate world of love, they dissolve completely. On the surface, we appear to be two but deep down within, we merge in the fire of love and merge into one. This merging and melting into oneness is the greatest mystery which happens between all lovers.



Every day through new adventurous camping experiences, we used to challenge our mind and every night under the star-studded sky in front of the bonfire, we used to ignite our passionate intimacy groping the hidden horizons of our love.

One day, Christine said, let's go to a nearby Buddhist monastery as I want to check out unique Thangka paintings and learn this painting technique from the monks who make it.

What is so special about these paintings?

A Thangka is a painting on silk with embroidery, usually depicting a Buddhist deity, scene, or mandala of some sort. The Thangka is not a flat creation like an oil painting or acrylic painting but consists of a picture panel which is embroidered, over which a textile is mounted and then on which is laid a cover, usually silk.

Hmm...sounds complicated.

After reaching the monastery, she inquired about these paintings. One of the senior old monks who was also the head of that monastery showed us few amazing Thangka paintings of Buddha. He also told us that these paintings are made by seven to nine year old young monks.

Wow, is it possible if I could every day sit with these young monks for some time in the afternoon and learn this amazing art?

No...It's not possible as only students of this monastery are allowed to practice this ancient art of making sacred Thangka paintings.

Please.... I am ready to do anything in return.

While Christine was begging and negotiating with this old monk, I looked around and surprisingly encountered a sparrow that had accidentally entered this monastery from the main door and got stuck inside and was frantically flying in circles with the desperation to find a way out.

I slowly opened one of the windows and assumed that this sparrow would fly away; however, to my surprise, she was again circling the monastery and was not able to escape. Finally, after making multiple circles, the sparrow got so confused and exhausted that she sat on one of the opened inner window panels but was not able to realize that the way out was just next to it.

Suddenly, I clapped very loudly which scared the bird and she found the open space and flew away towards the deep blue sky. Shock therapy worked but this unwanted clap diverted the attention of this senior old monk towards me.

Christine angrily glared at me as I had provoked the monk by disturbing the monastery silence. She apologized to the monk on my behalf and told him that she would pay five hundred Rupees every day for learning this art. This monk ignored her deal but looked straight at me for few seconds.

No...we don't need the money; instead, you need to bring this man with you every day. He needs to also understand how to fly away like this bird.

In a state of pleasant shock, she agreed.



After this incident, we came out of the monastery.

Did you know this monk beforehand?

No.

Then what could be the reason that he laid this condition to bring you along with me instead of monetary compensation?

I don't know.

Sounds strange!

Anyways, now hurry up and let's rush to the sunset point lest we missed it.

While watching the sunset, we both were in deep silence and serenity. She leaned on my shoulder and made me feel like the king of the world. During the sunset, we kissed each other in deep oneness and surrender.

She knew that I loved her madly as I knew that she loved me deeply but we never expressed it in words because our love itself is so pure that it needs to be cherished in the silence of heart. That is where it actually grows.

Every day, we would hang out together from sunrise till sunset exploring the soulful world of love, just like two bodies and one soul. We would feel the oneness of love everywhere irrespective of the place.



One day, while I was completely absorbed in observing Christine engaged in making a Thangka painting, a small monk suddenly disturbed my flow and told me that senior old monk wanted to see me in the monastery garden.

After reaching the garden, I saw that the head monk was sitting under the shadow of the tree enjoying his tea.

Would you like to have a cup of tea?

Sure...

He poured the tea in my cup and gave it to me.

Thank you.

He smiled back in response.

After finishing the tea, he got up abruptly and strangely left without saying a word.

The same tea ceremony happened next day in a similar silent fashion and continued throughout the week.

Instead of any conversation, I am enjoying the silence between us. Silence between us is so profound that thoughts can never reach it and words can never preach it.

Christine picked up the techniques of making Thangka paintings within two weeks and gave a grand party to all the young monks for their support and gifted her first painting to the senior monk of the monastery.

In our last tea ceremony, Christine asked the monk, “I am still confused, why you kept such a condition to bring Sahaj along with me?”

He already knows the answer to your question.



After our tea finished, we came out of the monastery and I thanked Christine for bringing me to this monk.

I know something transpired between you and this monk which I am not able to figure out.

Could you please explain me this mystery?

There is no mystery.

Then why did he say that you already knew the answer to my question?

And above all, what was the purpose behind all the tea ceremonies in the garden?

This monk was observing my silence and stillness to confirm if it is real or fake.

And how was he observing it?

See, generally it is very difficult for any person to sit silently for some time and even in those moments, our mind starts wandering in memories and desires. However, in my case, I was completely at peace with myself. I was totally enjoying each sip of my tea with utmost pleasure without any thoughts.

The highest state of a human existence is when the mind matures and stops wandering behind materialistic and non-materialistic things. In that silence and stillness, the real self

merges with the cosmic self and we are empowered with ultimate freedom – freedom from oneself.

Only a minuscule of humankind, one in millions, understands this and stops running.

Why did the monk say that you need to also understand how to fly away like that bird?

In his silent presence, I realized that I am at peace with myself, but without sharing it, my inner bud will not blossom into a flower.

So, he metaphorically said that I needed to fly away from my solitude back into the world to share my inner peace.

But he is also not doing that. He himself is residing in this remote cold desert in an isolated monastery.

In the chain of awakened human beings, we always have two types of individuals.

First one – Who do not speak the truth but indicate the truth through their silent soulful presence. They never force anyone to wake up as everybody is unique and, sooner or later, everybody will wake up from their dream. If somebody wants to enjoy their illusion for some more time, it is his life and freedom and nobody has the right to interfere in their sleep. They don't impose their truth on others.

Second one – Who speak and share their truth and try to devise as many techniques as possible to wake up the sleeping minds. They believe that like they had been searching for the ultimate freedom at one point and somebody showed them the way, in the same manner, many others could be searching, and somebody need to show them the way.

And what is the cause of such opposite expression of truth?

It entirely depends on your personality before your awakening. If you are an introvert person, you will prefer to stay silent after your inner awakening; on the other hand, if

you are extrovert, you would like to communicate your truth in all the possible manners after your inner awakening.

At the end, all I know is that an awakened human being enjoys his undivided existence to its fullest and empowers others to enjoy their unified existence as well. A true guru creates more gurus, not followers. His inner flame enlightens more flames.

Hmm... intriguing but quite impressive!

But then what have you got to say about all the religions like Hinduism, Buddhism, Christianity, Islam, Jainism, Zoroastrians and a score of others? Are they all sham?

No, but presently, followers of almost all religions instead of diving deep into the source of truth directly, try to dictate and dominate others as per their borrowed belief system and personal preferences.

However, these blind followers have forgotten that the very source of every religion was a unique integrated human being, a free soul who followed nobody except his own heart.

In short, I love the individual source of unified reality but dislike all these blind followers who associate themselves with hypocrisy and superstitions instead of exploring their undivided real existence directly.

All the mystics opened a new unique inner door to the ultimate freedom and oneness.

However, instead of passing through this door by understanding their messages, these blind followers have started repeating them like parrots, thereby insulting the love of that mystic every day. These messages are wake up calls, nothing else. But instead of waking up by these deep messages contained in all scriptures these blind followers started worshipping them.

The only difference between awakened mystics and you is that your eyes are closed towards your real nature, whereas their eyes are open.

How do you plan to share your truth with the world?

Through you.

What do you mean?

I took out my diary, gave it to Christine and asked her to publish and share my book “Attention” in Germany.

This book is not written by me but through me. You can consider me as an empty flute through which some mysterious life-force shared its silent symphony which is articulated in words in this book.

This book is just a door between the real and unreal – so pass through it and then forget about it forever.

Why not publish in India?

Here for the people, spiritual quest is not a priority. Everyone is so full with borrowed knowledge of scriptures that there is no space left in their heart to allow reality to enter inside.

The fake gurus have ruined the grace of awakened mystics and weakened the faith of true seekers. This country no more welcomes the real mystic. It only talks about religion, in fact talks much about God, but its heart has become materialistic.

On the other hand, western countries are at the peak of their materialistic saturation and desperately want to know the reality of life.

I understand your point now.

Now I can't wait to read your book. I will certainly finish it tonight.



The next morning, when she woke up, she was absolutely silent and remained immersed in her blissful silence till afternoon.

She was so lost in her silent bliss that everything appeared to her like a dream.

In the afternoon, she asked, what's wrong with me?

Nothing. You are just waking up towards your real self. Your bud is opening up and blooming into a flower. Ultimately, the caterpillar will die and the butterfly will be born. Just let it happen.

But I didn't do anything to wake up.

I laughed loudly and said, that's the beauty of inner awakening. You don't do it. It happens.

Like deep sleep...IT JUST HAPPENS.

But I am totally drowning in this ocean of silence. Is it my death?

Yes, you will be dead soon. Your personal chaotic self will disappear forever as if it had never existed...as if you dreamt about it. But something far more beautiful will be born.

When can I expect this inner death?

I really don't know.

However, what I know is that soon you will open your eyes towards your real nature and will become free forever. Your dream world will disappear soon and with it all your desires will also vanish forever.

Don't think about it...Don't fight or flow with it – simply surrender!

Within a week, I observed that her old self had completely died and disappeared. Now her body was like an empty flute through which divine music of existence was flowing. Her existence was not split in duality anymore.

She had become one with the whole. Christine finally merged with her inner Christ.

Sahaj, I don't know what I will do next, where I will go from here....now I am like a free-wheeling cloud and have completely surrendered myself to the Supreme Source, like a baby surrenders to its mother.

Relax and just go with the flow.



Finally, the departure day has arrived.

Today is our last sunset together as tomorrow morning I will take my flight from Bhuntar airport to New Delhi and thence to Munich.

We both watched our last sunset like two bodies and one soul. Tears started rolling down my cheeks. I hugged him and said, I will come back to you before my last breath and kissed him passionately.

After reaching Germany, I will straightaway go to a publisher, Sahaj, to bring this book in front of the world. Thank you for making me your first reader as this book has really transformed my life.

Thank you, Christine, for bringing me back. You not only connected me back to this world but also showed me that restricting my peace within me is like a boat on dry land.

A really awakened man needs to live in the world. He needs to stand in the midst of running minds and enjoy the stillness and silence of his being. Living in the world is the test of an awakened man which shows that the bud has actually opened and the fragrance is real.

Thank you for putting me to this test.

Christine kissed me in response and said, you have successfully cleared this test, baby.

Look around. You are living in the world but the world is not living in you.



Early morning around four thirty, Christine and I left in a jeep from Kaza to the lively town of Manali. The infinite blue sky and the animated slivery clouds of Kaza gave her a resoundingly silent farewell.

After crossing the Rohtang pass, the landscape quickly turned from dry brown to lush green, as we entered the Kullu district.

At Bhuntar airport, before boarding her flight, she kissed me for the last time and without saying a word, entered the flight to New Delhi.

With a heavy heart, I watched the flight fading into the sky till the end.

Before returning back to my shepherd family in the serene Himalayan Mountains, I decided to visit my home in Manali.



CHAPTER 5

PEACE PRIZE

When I reached home, my neighbours did not recognize me due to my long beard and weight loss. Only after speaking to me for five minutes did they get satisfied about my identity as Sahaj Sharma and handed me over the keys of my house. They also informed me that Muskaan had got married few months back to an IT engineer and had relocated to Mumbai city.

The confused complicated man who had run away from this house to end his life is no more there and the one who is entering again is all together a new awakened human being.

I straightaway entered my parent's room and found their ashes kept in a metal pot. This reminded me of my promise that I would immerse their ashes in the Ganga River after realizing the reality of my own existence.



Next day, I hired a cab and reached Rishikesh in Uttrakhand in the evening where I immersed the ashes in holy river Ganga.

Afterward, I cleared the ground and established my camp at Shivpuri riverside beach. One thing is sure that whenever somebody melts and merges with the whole, Nature becomes his womb.

Sitting at the shore of river Ganga, I felt tremendous peace and my silence became so deep and magnetic that it started pulling me inside but the soothing sound of the river kept me connected with the world around.

Next day, I came back to Manali. Before going back to my Himalayan shepherd family, I visited my apple orchard which was in a very bad condition after the death of my parents. So I decided to refurbish it.

Within two weeks, after completely restoring the apple orchard, I realized that in the process, I had experienced a new level of totality in my actions.

Whenever you are totally in tune with your real nature, you disappear; only the nameless and formless existence remains. Totally means that you are so deeply lost in the act that only the act remains, everything else disappears.

Now as a whole being, my attention is totally pulsating in this very moment without getting disturbed by my past memories and future desires.

When sleep leaves my eyes, I wake up totally. When hunger dances in my stomach, I eat totally. When sleep comes, I sleep totally. When somebody asks me a question, I respond totally. There are no half-hearted actions.

Now I exist like a crystal-clear mirror reflecting life as it is, enjoying each act to its fullest without any regret or anticipation.

One day while cleaning my Rucksack, I discovered a letter from Christine inside the inner pocket.

In this letter she shared her intimate feelings towards me and thanked me for everything. She intensely desired to see me one day at her residence in Germany.

As a last promise, she requested me to join a private college as a philosophy teacher in Manali run by a German NGO owned by her friend Ms. Nancy Becker who is also the principal of that college. She firmly believes that I can help in bringing modern complex and confused students back to their original natural state of pure being.

So, for the sake of our friendship and last promise, I met Ms. Nancy Becker and decided to join the college for the current academic year.



The first day in the college, I checked the timetable on the notice board and straightaway entered room number seven.

The moment I entered the class, everybody turned around. One of the students asked, Are you our new philosophy teacher?

Yes and No both.

What do you mean?

Officially, I have joined as your new teacher, but I am not here to teach you. I am here to share myself and expect you to share yourself with me. In this sharing of our existence, if we learn something from each other, that would be secondary; but my primary goal is to share myself.

What is your name?

My existence is beyond all names, but the name given to these 206 bones and few organs is Sahaj Sharma. However, you can call me whatever you wish – good or bad – whatever makes you happy. I am not attached to any man-made label anymore.

Please could you introduce yourself in a normal way?

Let's not waste our time in this first day ceremony of introductions. Treat me like a new friend in your life. If our friendship grows, we will automatically come to know each other. That is introduction in the real way.

Meanwhile, Let us conduct a small interactive activity.

Why don't you discuss your expectations for me among yourself and give me five major questions on a piece of paper.

After twenty minutes, I got the paper back with few questions.

I wrote the questions on the board to address them one by one.

1. What will be your teaching methodology to cover our course?
2. How many assessments and tests will you conduct before the final examination?

3. What is the minimum attendance to appear in the final examination?

4. If you really are a good philosophy teacher, then answer this – Does life exist after death?

5. What extra can you do to enhance and enrich our personality which will enable us to excel in our education and career?

Alright – Is that all?

Yes Sir.

Ok.

What will be your teaching methodology to cover our course?

I am not here to just cover your course; on the contrary, I will only start your course when you are actually ready to understand it. But before that, everything in life has to be discussed in the deepest possible way from every aspect.

Accept it only if you feel satisfied; otherwise, there is no compulsion to accept it.

And I will not give you any topics for discussion. You yourself have to come up with topics which you want to know and explore. Please do not expect any lectures from my side as I would not like to impose anything from my end.

However, you can definitely ask your queries and questions and I will try to respond to the best of my understanding.

However, once you realize your real being, you will be able to easily understand your philosophy course. Rather, you yourself will become an institution capable of giving birth to such courses.

And just don't worry about your course. Once you are ready, I will finish the two years course in six months. You can enjoy the remaining one year and six months of your college life as this is the most rocking time of your life.

How many assessments and tests will you conduct before the final examination?

I will conduct multiple tests and assessments, but none of them will be written or verbal. All these tests will be non-verbal and secretive in nature that even you won't come to know that you are undergoing an assessment.

What is the minimum attendance to appear in the final examination?

I will not take daily attendance.

I will fill your attendance register randomly, but will make sure that everybody gets more than seventy five percent attendances so that you are eligible for your final examination.

If you wish to attend my class, you are welcome, but if your heart says to abscond it someday, you are totally free, and you don't have to feel guilty. If you want to be a part of my sessions, it is your choice. Otherwise, you can choose to be somewhere else.

If you really are a good philosophy teacher, then answer this – Does life exist after death?

You existed before the birth of your body and you will exist after its death. Your body and mind are both subject to birth and death. But as soul, you are always beyond the cycle of birth and death. Your real self is eternal.

Death is similar to the state of deep sleep. Like in sleep, the person disappears temporarily and appears back in the morning with the return of attention, similarly, in death, the body disappears permanently and returns back in a new seed form as per the past unfulfilled deep desires.

What extra can you do to enhance and enrich our personality which will enable us to excel in our education and career?

Nothing at all!

Enough has already been stuffed in your brain about the methods to succeed, to get ahead of others, to reach higher positions.

I will try my level best to make sure that you return to your real nature even if you don't succeed. I will try my level best to bring you back to your inner being even if you do not reach any positions of power.

There is no need to compete with anyone; all you need to do is to awaken the ability of loving your own real self.

Everybody was completely silent for a few minutes and I believe they all thought that I was completely crazy. I could see that in their eyes.

Somebody asked, **what do you think about our education system?**

Our entire academic system is a big failure as it can never connect us back to our real self. We all know that our educational system is producing only robotic servants, but nobody has the courage to expose it. Our entire education system is based on the idea of creating slaves; I want to make you master of your own self.

Educated individuals of today are so filled with their own memory-based knowledge that no space is left in them for the real wisdom of life to enter. They identify their present with the past and project it on to their future.

Directly or indirectly in your life, you accumulate so much information in your memory that it almost becomes impossible for a learned individual to relax back and see things again as they really are.

As a learned scholar, you are so full of your own memory-based knowledge that you never respond to the reality. On the contrary, you react to it in a very absurd, selective way.

Irrespective of the truth in any given situation, you see what you want to look, you hear what you want to listen and you understand what you want to believe. This selective

approach is the real barrier due to which you completely overlook reality in each moment of life.

Somebody asked, **when you know that our academic system is a failure, then why have you opted to become part of this system? Your actions are self-contradicting. What do you have to say about it?**

Externally, I look like a part of this system, but my existence is far beyond it. Like the empty space inside the cup appears to be limited by its own shape and design but, in reality, it is free and one with the whole.

Likewise, to you, I still appear to be limited by the shape of my body but, in reality, I am totally free and one with the whole.

Instead of trying to be this or that, I am just happy to be my natural self – a nameless and formless infinite being. I enjoy complete contentment in each moment without any trace of comparison and competition with others.

I am like a simple lotus flower in the midst of the cesspool of life. My physical roots are deeply integrated in the mud, but my natural fragrance is free and formless.

I am in the world but the world is not in me.

I remain totally untouched and untainted by my own thoughts, words and actions now.

One student asked, **if our education system is a big failure, then what, according to you, is the real education?**

Wisdom is real education.

Memory based knowledge adds layers of information to your mind and limits your vision. Particular thoughts dominate your mind, definite desires distort your heart and specific senses divide your very being.

This kind of knowledge can help you survive and succeed in the contemporary materialistic world but can never help you to return to your own supreme source.

On the other hand, freedom from all layers of information is wisdom.

It is the child-like ability and simplicity to reflect life as it is. In order to gain wisdom, you must unlearn everything first. To gain pure innocence of an infant, you need to give up all your thoughts. All backgrounds and identifications limit your identity.

To be full, you need to be empty.

In wisdom, your mind is like a crystal-clear mirror free from the dust of memories and desires which reflects reality as it is.

In memory-based knowledge, your mind is like a dirty mirror full of dust of memories and desires which distorts the reality of life.

Somebody asked, **your attitude shocks and hurts me, but still I do understand your point which proves that I have wasted my life so far. How come I never realized this before?**

I understand your situation and can fully empathize with you as I know from where it is coming.

Right now, all you know is your personal identity and you firmly believe that it is your real identity, your real foundation, your real face. It is because it has been given to you by your own family and it is very difficult to doubt your loved ones and your own self.

And this process of passing the personal identity from one generation to another has been going on for centuries. Naturally, law of majority makes the unreal appear as the real.

When everybody adopts and follows the same lifestyle centred on personal identity, obviously, it is very difficult to doubt its authenticity.

Since you do not know your own inner centre, so from childhood, you constantly depend on the opinion of others to define yourself.

You value what others value and avoid what others avoid. As a person, currently your happiness is dependent on others, outside of you.

However, let me assure you that you are not just the person you take yourself to be. You are something more than that and your real happiness comes from within.

What is the way out?

The way out is the way in.

Happiness and peace are not outside you; they are your very nature. They spring from the core of your being – by knowing yourself, as you are in the light of absolute attention.

All throughout life, most of the people search for happiness and peace outside them – in particular, people, positions, places, possessions, progressions etc.

However, on not getting the desired level of satisfaction, they keep on moving from one place to another, one possession to another, one position to another, one person to another, one pleasure to another, in order to satisfy their very being. Look around and you will certainly observe that most of the people are stuck in this materialistic mess.

Go within and tap into your natural greatness and grace.



Suddenly, the bell rang but nobody got up from their seats. I could see that they were really stunned.

Thank you, friends, for sharing your valuable time and presence.

I immediately left the class without looking back.

I deliberately left all of them in this introspective state of shock and confusion as this would help them see life in a totally new manner.



After that, I shared my experience with the Principal Nancy Becker; she could not but empathize with all the students out of compassion.

Don't push them too much against the wall as they are like tender saplings right now and you need to act like a protecting fence.

Don't worry, Nancy. I will do my level best to nurture them. However, I need to share with them the truth as it is, even if it hurts them to their core.

If the innocence of young individuals is not manipulated and they are allowed to grow according to their own sensitivities only then will unique and beautiful human existence be possible. Sadly, right now, everybody is a clone of everybody else.

You are absolutely right Sahaj. Go ahead buddy, shake the world, break the rules, and change the system. I will always stand by you in everything you do.

Thanks for giving me this opportunity to teach in your college.

You should thank Christine, not me and it's my pleasure to have you on-board.



Next day, when I entered the class, I saw a weird seriousness on their faces. They all looked so focused as if they were ready for some mission.

What's wrong, friends?

Nothing...we all want to thank you for giving our life a whole new direction and purpose. Now our ultimate purpose is self-realisation.

What purpose?

Now we all passionately want to discover our true self. We want to become the new foundation of humanity and help change the world at large.

I laughed aloud like a mad man and said you all are trapped again.

What do you mean by trapped?

I rejoice in whatever I am doing. I enjoy sharing. I love a heart-to-heart talk. In all my simple stories there is no purpose at all.

In this moment, I see things as they are and show reality as it is. No matter what life offers me – joy or pain, loss or gain – I always abide in a state of absolute acceptance.

Forget all about philosophy and purpose. Life is far bigger than any purpose. Logical mind can never understand it. Thoughts can never reach it and words can never preach it. Its mystery is infinite. Only silent love can understand it.

Go out and seek love, as without knowing love, you cannot return to your real nature. You all need to have actual authentic experience of love in any form as soon as possible. This is mandatory in my class, real experience of love!

Sometimes you sound like a mad man.

I am a mad man. That is why; I am not going to leave my footprints for others to follow.

Whatever I do, I enjoy it to its fullest. I have realized this great secret of life that when you enjoy something totally, then that very act turns into the deepest divine prayer of life.

Remember guys, sometimes I can be extremely silent and may just witness your discussions just like the sky watches black and white clouds, totally untouched and undivided.

Sometimes, I will look out of the window and may talk to trees for hours. Then if you feel uneasy, you are free to leave, but don't disturb me. I will continue because I cannot break my flow in-between. This apparently bizarre behaviour on my

part is because I am not a teacher or a preacher; instead, I am a mad man who is enjoying his existence each moment.

I would also like you to enjoy and celebrate your existence.

That is it, nothing more, nothing less.

After explaining my madness, I left the class without looking back.



My students certainly loved me because nobody else would give them so much freedom, respect and love or allow them to dive in their real nature.

Within few months, room number seven became the epicentre of an academic change.

For sharing my existence, diverse students from various streams started coming to attend my sessions and they started playing truant from their own classes to attend this class. Gradually, my class started overflowing with students who would sit on the windows or even stand in the corridor to be a part of this celebration of life.

My openness and receptivity allowed me to understand the viewpoint of the students simultaneously while I was presenting mine.

These students knew that I was a crazy person, but they loved me for my madness. My rebellious existence and unorthodox style made me an iconic figure among them.

However, all the junior and senior professors extremely hated me. They started reporting to the principal that this man is dangerous and a big threat to the academic civilized society.

He is allowing boys and girls to do things which we have all been prohibiting. Rather than stopping them from getting into each other's contact, he is abetting them into such activities. Because of him, students from different departments are missing their mainstream classes to attend his philosophy class.

The way he records their attendance is totally absurd and unacceptable. There is no discipline in his class. Anyone can walk out or come in without any permission.

He is not interested in their course; instead, he provokes them against our society, culture, government and even against our nation. Students have stopped attending our classes because of him and he has brainwashed them to such an extent that they don't even respect us.

So, either you terminate him with immediate effect or else we all will resign en masse within three days.

On getting so many complaints, Principal Nancy Becker right away came to my class one day to see what actually was going on.

I saw her standing in the corridor behind the students as the class was overcrowded; there was no space for her to enter.

Please make way for our beloved Principal as this is her first class. Let her also come in.

Everybody laughed and gave her a seat right in the front.

She was completely amazed to see that in such a crowded class, there was pin drop silence. All the students were sitting together and joyously listening to me. Not a single disturbance.

She really enjoyed my class. After the class was over, she asked, Sahaj, can you please come with me to my office?

Nancy - I know you have come here to verify all the complaints against me. Let us address them in front of everyone. I want to be completely transparent with my students.

All the students started applauding in excitement and they all gathered around us to see this curious discussion.

As you wish. **But first tell me, why are my students attracted to you like honeybees to a flower?**

They are attracted due to the fragrance of love, respect and freedom.

My talks are an overflow of blissful natural self and I am not doing it for anybody. However, these students share it with me and I am really thankful to them. I have given them total freedom to be themselves as I believe that on the soil of freedom, plant of wisdom grows which later on gives flowers of peace and love.

At my words, there was uproarious applaud by the students.

I see your point, Sahaj. But there are so many complaints against you from everyone in the teaching community here and even from other institutions. They believe that you are a threat to the society and you are brainwashing young innocent minds. Because of you, students are not giving enough respect to professors which they deserve. **Do you admit these serious allegations?**

Respect depends on the quality of teaching methodology and knowledge. Most of the professors are accidental to their profession; they are there because of this pressing need of our education system.

People just want to earn money and for that they can choose any profession which pays them well. This is our modern academic society driven by madness for money.

Applauding by the students continues...

May be you are right, but why did you refuse to examine the answer sheets of your students?

Who am I to judge anybody?

I can examine their assessment sheets, but I cannot be their judge. Everybody will pass in first class in my class because, as far as I am concerned, every human being is a first-class human being.

It doesn't matter to me if somebody has not answered few questions right. According to your stupid education system,

correct answer means that the answer is the exact copy of the textbook!

When you prove somebody wrong and dumb as per the bookish knowledge, it simply shows that the student has not proved himself a parrot. My students are much more than parrots; they are free spirited high flying eagles.

Don't put me in this game. There are many who want to examine answer copies because that fetches money. I am simply refusing money; anybody else will be happy to have it. So go and make somebody happy.

Applauding by the students continues...it gets much louder.

By this time, Nancy had tears in his eyes. "What you are doing in your class should happen to every class across the globe, but I am not a strong person like you. I cannot tell the government that this is the way it should be.

Unfortunately, I have to terminate you with immediate effect. Please forgive me but I am just doing my duty as a principal of this college.

Students shockingly turned pin drop silent and everybody glared at the Principal with anger and frustration.

I said to students - If you really love me, then please applaud on my termination as loud as possible.

All the students applauded loudly and whistled madly.

No need to apologize, Nancy my friend, just fire me and enjoy this act of life. No need to feel guilty in any way. If you are not able to change the system, don't worry. Soon, these young students will start changing it themselves.

And I am not angry at you; in fact, I myself wanted to get rid of this teaching job. When I can share myself with the whole world, then why should I stick to a small college?

It is a sheer wastage. You have helped me; you should feel good about it.

Applauding by the students continues...

All the professors are only interested in their salary, in the competition of getting higher posts. I have seen nobody who is really interested in the true welfare of the students and particularly in their inner growth.

So today, I declare to all my students that within a week, I will convert my home into a new age academy named MBA, the “**Mind Blowing Academy**” and it’s always open to all those who are ready to blow their mind with me.

Students celebrated this moment by loudly shouting – Three Cheers to MBA Hip Hip Hooray!

And the applauding continues...

Friends, this is my last day in this college, but the next Monday will be our first day at the MBA.

Somebody asked - **why have you named it Mind Blowing Academy?**

You all know that I am completely out of my mind and this thought-free existence in this present moment has turned my life extremely blissful and ecstatic. Each day, each moment is a grand celebration of life now.

Applauding by the students continues...

Somebody asked, **Sir - What will be our class timings in the MBA?**

Two hours meeting every day after sunrise and sunset.

Someone else queried, **Can we start from today?**

Come on, guys! Give me a break. I have just been fired from my job.

Students erupt in laughter...

All the students gave me a touching farewell. They escorted me back home in a carnival like manner with more than twenty cars and fifty-six motorbikes. My neighbours were completely amazed to see this flood of students around me making me appear like a celebrity.



Within six months, my home became the epicentre of a new beginning. There is a saying that like attracts like. So, all the students across India with extreme thirst for real self started coming to the MBA for philosophy classes. Gradually, the student strength started growing in a drastic manner. My house started proving to be very small to hold this new wave of awakening.

One day, Nancy Becker asked me, what are you trying to create, a new Hippie movement?

I don't have any such intention. But this rebellious new generation will certainly become a changing force in the society and will build a foundation of new existence.

Do you know that apart from your students, you are also attracting all kinds of people to your house like academicians, artists, scientists, ex-military officers, doctors, philosophers, psychologists, drunkards, drug addicts, prostitutes, criminals and what not? Who actually are your target audience?

I don't have any target; so naturally, I don't have any specific target audience. This home gathering is a big celebration of life and all are invited. Wherever you are, whatsoever you are, I accept all.



One day on a full moon night, musical celebration of students around a bonfire reminded me of my friend Shambhu Nath, Kali Devi, Christine, Hachhi, Rustam and my herd.

While talking to the students, I got so absorbed in the moon that for a moment, I completely forgot that I was sitting amidst a huge crowd. I became completely silent and still.

Precipitously, one of my students, whispered in my ears that for the past three months, Professor Somanth Ghosh, who had been totally against me and my teaching methodology had been attending our sunrise and sunset classes in an undercover manner hidden in the crowd. So, I addressed him directly.

Welcome to MBA, Prof. Ghosh!

You don't have to hide anymore. Come out and enjoy this celebration of life.

Why are you hiding yourself?

I wanted to discover your existence as a one of your student.

What have you discovered?

I have realized that to be learned is one thing, but to know real existence—face to face—is a totally different thing.

In my long life, I have been in high positions, and I have come across so many learned people. I can say with absolute confidence that borrowed knowledge brings no transformation to our being.

The transformation of one's being comes through the direct inner awakening. And now you are my door between the known and unknown. After being with you as one of your student, I am completely ready to stand with you now and forever.

Prof. Ghosh, I really appreciate your courage. I know that you will be terminated from your institute for joining MBA. But finally, you have chosen to be on the cross than to be a slave of deep-asleep people and society.

Students started applauding.

Prof. Ghosh asked me, what is the best way to return to our real nature?

Attention is the most appropriate path to return to our real source...our true nature. Our Source is timeless existence and it can only be reached by the timeless. In this moment, our body and mind are both subject to time, only attention is timeless!

Attention is not a new experience – it is the timeless factor in every experience. It makes all experiences possible; yet it is not an experience in itself.

Attention is the core vital force of our body-mind structure. We feel and think, have heartbeat and breathe, listen and speak, smell, taste and touch through it. But attention itself remains untouched by all our conscious and unconscious mental activities and physical sensory experiences.

Everybody is alert of his existence all the time and one can always use his/her normal attention to return to the source. You do not need any special kind of attention – the same attention which you divert outside – need to be diverted inside.

Attention is a door between the known and the unknown and the same door which takes you out also lets you in.

How does Attention work in me?

In all human beings, Attention flows in a circle and appears as a Person at the periphery and as a Perceiver at the centre of the circle.

You can say that Attention gives human existence two faces or facets – one as a private Person which you can see but which is partial and ever-changing and second as a universal Perceiver which you cannot see but which is complete and changeless.

Unfortunately, man is attentive to everything outside him but is not towards his own inner centre. So, most of the people exist at the periphery of life and their centre remains in darkness. This ignorance towards one's own centre is the fundamental cause of all human suffering and pain.

Hmm...what you are telling makes a lot of sense!

Sahaj, if you don't mind, may I request you something?

Yes, Ghosh Babu.

Your house is too small to accommodate your students and now it has reached its saturation point. So, I would request you to shift your academy from here to my huge ancestral property which is just two miles away from this

place. My property is completely vacant and caretakers are also available.

Why are you offering your ancestral property to MBA when you could easily create a huge luxury resort and earn millions?

You vanquished me completely, Sahaj, by blowing my mind and opening a new silent door in my being through which I have entered my real limitless nature.

Now I have forgotten all my learning but by knowing my real self, I have become a scholar.

What you did to me is beyond words and I can never pay you back. However, this property is a small token of my love and respect for you.

I had eyes before meeting you but you gave me vision to see reality as it is. I was prisoner of my intellectual little pond; you made me a free-flowing river which is gushing towards my real source.

All right, Prof Ghosh. I appreciate and accept your loving gesture. We will certainly move MBA to your ancestral property at the earliest.



Within a year, thousands of people from across the globe, especially youngsters joined the MBA and the ancestral property of Prof. Ghosh turned into a gigantic camping site.

These youngsters are mostly studying or working and are from suburban resident, aged between 15 – 35 years. They seek truth, love risks and shun fear. They feel no guilt about making money or spending it. They are destination-driven, not destiny-driven.

Prof. Ghosh along with Principal Nancy Becker managed everything with regard to the logistic matters of the students.

They devised three separate wings under which multiple creative activities and events are scheduled in accordance with the sunrise/sunset classes.

The Adventure Wing shocks the mind-set of the students through adventure sports.

The Wellness Wing brings the students back to their body through Ayurvedic therapies.

The Mystic Wing connects the students back to their natural real self through the power of their own attention.



One day, Nancy received a courier from Germany. Without even opening the box, I knew that Christine had managed to fulfil her promise.

When I opened the box, I found the book, "Attention: The Ultimate Antidote for Tension" along with a letter with it.

Hi Sahaj,

I am glad to inform you that after a long chain of rejections by multiple publishers, I finally managed to get your book published by the best publisher located at Zurich, Switzerland. I am enclosing the first copy of the book for you. This book has changed me forever. Externally, my life has not changed, but internally, I am no more the same. For the world, I am still a name and form, but deep within my heart, I have become one with the whole.

Every day, I go to office and take several back to back sessions with my patients. This book has given me a deep piercing insight which has made me a better psychologist. Now I am able to penetrate deep into my subject and resolve the problem in my first session itself, whereas previously, I used to take almost five to six sessions to diagnose and fix the problem. The reason of this increased efficiency is that now I am free from all my thoughts, from all my backgrounds and identifications. Through the power of my own Attention, the private person in me has merged in the universal perceiver and

the universal perceiver has merged in the peaceful pure presence. Yet my identity is not lost; only its limitations have disappeared.

I hope this book finds its right audience. This book is meant for a very niche market and only those persons who are intensely desirous of exploring their real nature will be interested in it. I already know your MBA story; keep up the mind-blowing work. I cannot even express in words how much I miss you. My love for you is so profound that it cannot be expressed in words. I wish to see you again as soon as possible.

Loads of love

Christine (Waiting for you now and forever)



After reading the letter, I got overwhelmed with emotions of love and gratitude. Christine is the only reason why I came back to the world. She is the one who is responsible for pushing me on the path of sharing.

I shared this book with Prof. Ghosh, Nancy Becker and my students. Soon, this book became the very foundation of Mind Blowing Academy. It opened a unique new door between the dream world and reality. It started awakening the human race in an amazing unexplained manner.

After realizing their natural real self, many foreign students studying in MBA relocated back to their native countries with empowered eyes, enlightened heart and enriched soul.

They started disseminating this book everywhere and within a short span of three years; it became a new age spiritual bestseller. Due to the super success of this book, MBA became world's fastest growing spiritual academy. Video conferencing really helped Sunrise/Sunset sessions to reach every nook and corner of the world.

Mind Blowing Academy belongs to no race, religion, society, or country. Still, I am surprised to see such global acceptance and love which it received from everywhere!

Soon MBA became the centre of spiritual cyclone, and truth seekers from across the globe starting coming to Manali in huge numbers.



In one of the Sunrise sessions, few journalists from BBC came to interview me.

You do not seem to have faith in any belief system; then why have you created this mind-boggling cult?

I am a just a simple traveller. I don't have a cult nor do I belong to any. As far as these students are concerned, we all are in deep love with life and our friendship is based on our mutual sharing. We enjoy each other's company, so we are sharing our presence together. That's all.

Now this interaction and togetherness has reached its ultimate height as the teacher and student are lost into one reality. Caged caterpillars have turned into cosmic butterflies and they are going back to their hometowns to share their cosmic flight.

What have you done to trigger this phenomenon?

Nothing, I am not creating any phenomenon; rather, it is happening on its own. Truth seekers from all over the world have started pouring in naturally and all cultures are meeting here, all religions pouring and melting into each other.

My whole being reminds others about who they really are. By giving up all thoughts and a sense of personal identity, I have gained all.

Now source itself handles everything. I speak without words and show a way by giving no way. When I see others around me – returning to their own natural source – my heart rejoices and my whole being dances in deep silence.

Don't you think this get together is growing in an explosive manner – Why?

Yes, it is, and I am as surprised as you are. We are on the threshold of something new that is going to happen to humanity. Either old humanity will die and disappear, or it will take a leap into a fresh new beginning.

Modern man has lived a long time the way he has lived; it seems that now a great revolution is on the way. It will be far deeper than any revolution humanity has ever experienced.

Most of the religions, governments and nations across the globe are against MBA. What do you think is the reason?

The old orthodoxies of all kinds are going to be against MBA because it rings their end. If MBA succeeds, then the undivided awakened free human being will succeed and the old divided rigid humanity will have to go.

But old will linger; it will put up all kinds of fight to the new humanity, as it has always happened. It has so many vested interests that it cannot go easily. It will go only when it becomes impossible for it to remain in existence.

Why are you so much against old humanity?

MBA will make sure that it empowers all the individuals to wake up from their sleep and see the beauty and bliss of their own nature.

The old humanity and society have reduced and relegated you to the status of a machine; our effort is to undo it.

I would like this fire to spread and reach all the nooks and corners of the earth, to help as many people as possible to be still, silent, soulful and blissful. Only when the awakened free human beings grow on the earth in a good number will there be a possibility to save the modern depressed humanity.

How do you look at humanity?

I am fully conscious of what people take themselves to be. A limited person is nothing but a wrong identification with the memory based projected pattern of thoughts. However, real existence of all human beings is beyond their limited thoughts, concepts and convictions.

No thought is your natural state of being.

Therefore, I do not judge people based on their pseudo personalities. I see them as they are – unlimited, undivided, integrated peaceful pure presence.

We have come to know from reliable sources that your name has been nominated for Nobel Peace Prize. How do feel about it?

I have no desire for myself and I am fully content with my ordinary life. The only thing that matters to me is this magical moment -right now...right here in which by dying now to now, I keep my memory fresh and free from all thoughts.

This art of death naturally empowers my being and simple thoughts, significant words and spontaneous actions naturally arise from the source itself.

I act without expectations and once the act is complete, I completely forget about it and do not wait for any personal claim or credit.

Everything happens on its own around me without any sense of control and purpose in a playful childlike spirit.

“Hmm...I see. Can I join MBA?” one of the journalists inquired.

Of course...you are most welcome.



After two weeks, I got a call from Christine informing me that I had won the Nobel Peace Prize and need to come to Norway for the award ceremony. She had already booked my flight from New Delhi to Oslo.

My students celebrated this news like the Deepawali festival. The whole night they enjoyed several musical

performances next to the bonfire. Prof. Ghosh and Principal Nancy Becker got over-emotional on this news and celebrated it by drinking and dancing the whole night.

The next morning, I boarded a plane from Bhuntar to New Delhi. The entire Bhuntar airport was filled with my students as they all came to say their congratulations and best wishes.

From New Delhi, I boarded another plane to Oslo. This was my first international travel and during the flight, I kept on thinking about Christine only.

She is a hard-core Jesus lover, but this never deterred her openness for exploring other paths as well. She firmly believes that all the different streams of religions ultimately reach the same ocean in their own unique style.

Christine came to pick me up at the airport. She had also flown in from Munich to Oslo the previous day. She had a small cottage in the suburban Oslo. She just jumped on me and we kissed each other passionately. She had already booked a taxi and we reached her cottage in two hours.

With spark in her eyes, Christine said, "Welcome home, darling!"

Thank you again for bringing me back.

On the back side of her cottage was an orchard which joined it with a beautiful lake whose crystal-clear water reminded me of the Chandratat Lake.

Suddenly, a very beautiful watch attracted my attention.

What kind of watch is this?

It's the famous Hönès cuckoo clocks and is exclusively made in Titisee & Neustadt.

After our dinner Christine said, "I always waited for this moment in my dreams and now this house is complete."

"Sahaj, now let me show you our bedroom."

Before entering the room, she asked me to close my eyes.

"Now you can open your eyes."

On opening my eyes, I saw different size of photos on all the walls across the bedroom, capturing the moments of our days spent in Manali. There were photographs of our camping vacation, adventure sports, bon fire moments, monastery painting days, sunrises and sunsets and many more beautiful moments spent together. I got completely lost in these photos and old memories.

Tears rolled down my eyes and I hugged Christine passionately.

"I am truly blessed to have you in my life, my dear soul mate!"

She just gave me a big smile in response and hugged me overwhelmingly.

Before going to sleep, I asked her, Why do you love me so much?

I love you because you are totally opposite to me, for your beautiful individuality, like the day loves night or darkness loves light.

She tightly hugged me and snuggled into my arms like a small baby hiding from the world. For a moment, I became her protective safe haven and we slept like two innocent babies in each other's arms deeply lost in the fire of true love, without any sign of physical intimacy.



Next day early morning, Christine woke me up and said, "Wake up honey! Get up."

What for?

It is our first sunrise together in Oslo and I want to take you to a nearby famous tower. After reaching the peak, we climbed the Tower to watch our first sunrise together after a very long time.

The beauty of this place is absolutely fantastic. From this tower, I can clearly see the lake behind my cottage surrounded by beautiful landscape which consists of vast

thick forest, scenic patches of grasslands and cluster of beautiful houses.

We both watched the sunrise in deep silence. For a few moments while watching the sunrise, both of us got lost in its beauty.

What we are experiencing right now, Christine, is what the Sufis call '*Fanah*', when one merges and melts in the divinity of each moment.

Why do Sufis live a secretive hidden life?

The secretive lifestyle gives them a chance to be a part of normal society and only real truth seekers will come to know about their authentic existence who really wants to wake up from their dream world, who are actually ready to be unplugged from their ego.

Most of the people in this world are so deeply attached to their thoughts, to their dream world, that they are not ready to face the truth. They don't want to let go their sleep; they don't want to wake up. To protect their dream world, they can even use violent methods.

Sometime I wonder who created this whole infinite existence.

Let me share a story with you which Shambhu Nath had told me. This whole infinite existence is nothing but a divine play between lord Shiva and his beloved Shakti.

Shiva is the real source of everything and always pulsates in inner silence and bliss, whereas Shakti always wants to play with Shiva. So out of love, Shakti takes different extreme opposite forms like mountains and oceans, sun and moon, day and night – everything from the smallest atom to the biggest star...endless forms.

Shakti splits everything into two extremes. Just like between the two sides of the river, the flow of river continues, in the same way, between the two extremes of life created by Shakti, the flow of Shiva continues.

Shiva is hidden in all these extreme forms out of love and compassion to unite them back to their same original source.

The Shiva Shakti divine play has given birth to this entire existence and this play is beyond all explanations and concepts.

That is why, in India, Hindu refer to life as '*Leela*' which means a divine play.



The next day, Christine dressed me for the award ceremony and we entered a huge auditorium together and took our respective seats.

After the declaration of other awards, finally they announced my name for receiving the Nobel Peace Prize.

They showed a small ten-minute clip on a big screen depicting my journey from the start till the end. This clip showcased how my "Mind Blowing Academy" and the book "Attention" helped lay the foundation of a renewed and rejuvenated humanity by guiding the modern complicated minds to return to their serene and silent natural state.

After receiving the Award, I was about to get down from the stage when someone asked me to say a few words on the occasion.



Thank you everyone for your love and appreciation.

However, today, let me acknowledge that because of the sudden shock of the death of my parents, love of Shambhu Nath, Kali Devi, Hachhi, Rustam and my dear Christine who is sitting right in front of me, I would have never been able to become the medium for this undertaking. Let me today share with you the crux of this undertaking.

All I want to say is that there is nothing wrong in living as a person, in playing a particular role based on purpose, rules and responsibilities.

However, if you only live life at the level of a person, your life sooner or later will become a drag, a burden, a compromise and a struggle for distinct survival.

Limiting oneself only to the level of a person is a huge blunder. It is like looking up at the clouds and completely forgetting the infinite blue sky behind the surface of clouds.

All I am saying is that you are not just the person you take yourself to be, you are more than that. This idea of just being a limited person actually keeps you in bondage.

To break the shell of the person, all you need to do is to stop paying attention to all your thoughts. Don't fight with your thoughts and don't flow with them either. Simply leave them alone.

Deprived of attention, your thoughts will slow down and will eventually lose their grip on you completely.

Watching your thoughts with a silent mind and a quiet heart, that is all what is needed to break the shell. Reality will spontaneously emerge and embrace you on its own.

You do not need to look for reality as it is never lost. A still mind and a silent heart spontaneously help you recover your natural purity and grace.



Abruptly and suddenly, a very annoying high sound of a door bell disturbed my speech and the peaceful ambiance of the auditorium.

The audience was surprised to hear it and started looking all over the place to find its source.

To my astonishment and shock, I realized that this was the sound of my flat doorbell in Mumbai and I suddenly opened my eyes lying on my bed.

I immediately stood up from my bed and opened the door.

My security guard, few friends and office colleagues entered my apartment and enquired about my safety.

Are you alright, Sahaj?

Totally lost and in state of complete shock, I was not able to differentiate between my dreamy state and reality. I slowly murmured - Hmm...I don't know...what happened to me?

It is a case of serious drug abuse. You have been sleeping continuously for the past three days.

We tried connecting to you but your phone was switched off. When you did not show up on Monday, your Reporting Manager asked us to check on you.

Today your building security guard informed us that your door was closed from inside for the past three days. So, we immediately rushed here to check on you.

Who was behind all this?

We don't know yet; investigation is in process.

How did you come to know about this drug abuse?

Actually, our HR Manager, Devanjan Majumdar, got hospitalized yesterday due to overdose of LSD. The police suspects that some envious employee from our department had added LSD drops in few selective cocktails which resulted in overdose.

Hmmm...

Do you want to go to hospital?

No

Do you need anything?

Unfortunately, after realising that everything was just a dream, with a heavy heart, I said - No...I just want to relax alone.

Ok, we are leaving; charge your phone battery and stay connected. Take care of yourself; see you tomorrow in the office. If you need anything, we are just a call away. Goodbye!

Bye...thanks a lot for coming.

Then I charged my phone and immediately called my parents. After talking to them, I felt a deep sigh of relief. But I was still in a state of deep jolt due to this terrific life changing

dream. It feels like I have undergone a drastic transformation as a human being.



Next day, I went to my office. Everybody started congratulating me for my promotion declared on Friday. I entered my new office and turned on my laptop. Within a few minutes, I finished my resignation and mailed it to my Reporting Manager. Instead of serving the notice period, I paid one month salary in lieu as per my contract and left the office without meeting anyone.

Then I sold my furniture and household belongings, cleared all my dues and donated the remaining money to a nearby old age home.

After that, I called my mother and informed her that I am relocating back permanently to Manali to manage our apple orchard and would like to get married to Muskaan as soon as possible.

She was totally baffled and happy.

What happened suddenly, Sahaj?

Nothing Ma...I just finally woke up from my dream and now it is time for me to return home.

I am very happy to hear that, but what is the reason for this sudden and drastic decision?

Ma, to be what you really are and to reside in your natural state is the greatest bliss in life and the only way to be at peace with your own self.

All creation toils to return to its source. Till the time I don't realize and return to my source, I am bound to suffer and get lost in the madness of mind, no matter how much intelligent, creative, powerful, rich or famous I am.

So let me first get rid of the selfish person in me. Then whatever I do will naturally bring immense peace to me and to everybody around me.

You don't sound like my old ambitious Sahaj. Something has changed in you. What is it?

I myself do not know, Ma; but I will figure out soon.

God bless you beta...just come back soon. I can't wait to see you after such a long time. Let me share this news with everyone here.

Please do not share anything with dad and Muskaan; let it be a surprise for them.

Ok, I will not. Travel safe, and see you soon. Love you my bachha!

Love you Ma...take care and be ready for a new beginning.

Then I disconnected the call and rushed for the Mumbai Domestic airport to catch my final flight back home.



THE END



ATTENTION



The Ultimate
Antidote for
Tension

CHAPTER 1

SUPREME SOURCE

I have lived my entire life in a bubble of control, as if I always knew what the meaning of life is. But, recently, I have been diagnosed with blood cancer and, as per my doctor; I have only few months left to live. This is eye opening news for me, and in the face of death, lost and lonely, I have realized that I had explored almost everything in life except my own real self. Externally, I shone like a bright star in my field of work; but internally, my heart remained in darkness towards my own source. Soon, death will end my story; I will die and disappear like a bubble on the surface of water – as if I had never existed. This fact is really scary! The problem is that out of all my complicated social masks, I really do not know which one is my real authentic face...my real source. So, at this point in time, I desperately want to find my ultimate source. Please, could you explain it in detail?

Yes – I can.

Whether you are aware or unaware about your true self, you are always the supreme source of life. Your body and mind are both subject to birth and death. But as a supreme source, you are always beyond the cycle of birth and death.

Supreme Source is your original identity which is complete in itself and is always available to you. However, you are rarely attentive towards its existence. It is primarily the feeling of being present. Wherever you go or whatever you do, this sense of pure presence is always within you all the time. It is the ever-present supreme reality beyond space and time.

Supreme Source is the nameless and formless eternal emptiness in which everything has its start and end. This eternal emptiness makes everything alert and alive. It is always present in each moment in an invisible manner and is full and empty at the same time. It is a deep and dark changeless centre of existence which is used by all beings but is never used up. All opposites are contained in it, but it is not in the play of duality.

What is the best way to feel it?

To feel the Supreme Source, you do not need the senses.

To know the Supreme Source, you do not need the thoughts.

The only way to know the source is to be the source!

What kind of practices do I need to embrace in order to reach this high level of mental state beyond death which you refer as supreme source?

Supreme Source is your natural state of being. You don't need time and effort to achieve it as it is the primary source of all that is. It cannot be brought about through some special practices and prayers; you are eligible because you are.

Supreme Source is always now and here and at no point of time can it become a remembered or imagined mental state. It is not a state of mind. It is not a thought in the mind; rather; it is the very source of all thoughts. It cannot be experienced by mind as it is the very foundation force of all experiences.

If supreme source cannot be experienced, then what is the point of talking about it?

The more you talk about it, the less you will understand. Supreme Source is beyond all definitions and descriptions of mind as thoughts are incapable to reach it and words are incompetent to preach it. When all thoughts and words disappear in the absolute attention of this moment, then what remains is the Supreme Source.

Remember, you can only describe what you are not. What you are, you can only be in silence.

What will I get by knowing the source?

Peace!

All creation toils to return to its source. Till the time you do not realize and return to your source, you are bound to suffer and get lost in the madness of mind, no matter how intelligent, creative, powerful, rich or famous you are.

To be what you really are and to reside in your natural state is the greatest bliss in life and the only way to be at peace with your own self.

Am I connected to the supreme source right now?

Yes. You are always connected to the Supreme Source. Right understanding of this connection leads to peace and freedom, while wrong understanding leads to suffering and bondage.

What is the reality of death?

Reality of death entirely depends on your level of attention towards your own self.

As a Universal Perceiver, nobody ever dies and as a private person, everybody is dying each moment.

Death is similar to the state of deep sleep – like in sleep; the person disappears temporarily and appears back in the morning

with the return of attention. Similarly, in death, the person disappears permanently and returns back in a new body as per his past unfulfilled deep desires.

However, the Supreme Source takes no part in it, but enables this transition through the light of amazing attention.

CHAPTER 2

AMAZING ATTENTION

If thoughts and words are not capable to reach the source, then what is the best way to connect to it?

Supreme Source is timeless existence and it can only be reached by the timeless. In this moment, your body and mind are both subject to time; only Attention is Timeless.

Attention is not a new experience. It is the timeless factor in every experience. It makes all experiences possible; yet it is not an experience in itself.

Attention is the core vital force of your body-mind structure. You feel and think, beat and breathe, listen and speak, smell, taste and touch through it, but it remains untouched by all your conscious and unconscious mental activity and physical sensory experience.

So, the best way to connect back to the source is your own amazing Attention.

Do I need some special kind of attention to connect to the source?

Everybody is alert of his existence all the time and one can always use his/her normal attention to return to the source.

You do not need any special kind of attention; the same attention which you divert outside needs to be diverted inside.

Attention is a door between the Known and the Unknown; the same door which takes you out also lets you in.

This alert attention is the simplest path to return to the source.

What is it that makes attention a door between the known and the unknown?

The key reason which makes Attention a divine door to reality is that it brings you back to this moment, here and now.

Attention is always pulsating in the present moment and it has the direct ability to interact with the life force without any interference of thoughts. With the direct focus of your attention, you become the very thing you look at, as your life energy enters it and its life energy enters your very being.

What do you mean when you say that attention has the direct ability to interact with the life force without any interference of thoughts?

In this moment to be, you do not need to think; rather, to think, you need to be.

Thoughts need past and future to exist; and past and future need thoughts to exist. It is a vicious circle of mind.

Attention right here...right now stands alone and is beyond the play of memory and imagination. To exist in totality right here...right now, you do not need thoughts, as attention is enough in itself.

Attention right here...right now is not at all empowered by your thoughts; on the contrary, constant thinking disturbs the flow of attention and disconnects you from this moment. Your mind channelizes your attention in all kinds of thoughts and takes you away from this moment into the jungle of past memories and future desires.

Attention is neutral towards all kinds of thoughts, and you may always use it to fulfil any desire as per your choice. However, thoughts in themselves are impotent without the flow of attention in them.

I strongly feel that without my thoughts, I am nothing. Why do such thoughts dominate me?

Specific thoughts dominate you because you nourish them with your attention every now and then. Your own interest in particular thoughts helps them to invade your peace of mind.

If you want to get rid of certain thoughts, just stop giving them nourishment of your own attention; they will die and disappear on their own.

Why is it that I have paid attention to everything in life except attention itself?

It is very natural because of the invisible nature of attention. Attention enables you to see everything, but you cannot see it. It enables you to listen to everything, but you cannot hear it. It enables you to smell everything, but you cannot smell its fragrance. It enables you to taste everything, but you cannot taste its flavour. It enables you to touch everything, but you cannot touch its texture. It enables you to think, but you can never conceptualize it.

How does attention work in a human being?

Attention gives human existence three faces, one as a Person which you can see, second, as a Perceiver which you cannot see and third as a pure Presence beyond all conceptualization.

PERSON: In your **WAKING STATE**, *Divided Attention* moving in your thoughts, feelings & sensations makes

you a **private person** which is ever-changing. At the **level of Person**, you identify yourself with this projected pattern of thoughts.

PERCEIVER: In your **DREAMING STATE**, **Undivided Attention** at rest makes you a **universal perceiver** which is Unchanging. At the **level of Perceiver**, you give up all mind-made patterns, but you still identify yourself with the witnessing center.

PRESENCE: In your **DEEP SLEEP STATE**, **Absolute Attention** simply returns to its source and makes you the **Peaceful Pure Presence**. At the **level of peaceful pure presence**, you go beyond all identifications.

However, the Private Person and Universal Perceiver appear to be distinct and opposite; but it is the same attention in movement and at rest.

In your deep sleep state, **Absolute Attention** simply returns to its source and makes you the **Peaceful Pure Presence**.

This “Peaceful Pure Presence” is not a state of mind; it is the supreme reality beyond all mental states.

NOTE: III levels of Attention in a tabular format
is given on the next page for your kind perusal.

III LEVELS OF ATTENTION

LEVEL 1 PERSON	LEVEL 2 PERCEIVER	LEVEL 3 PRESENCE
<i>Waking State</i>	<i>Dream State</i>	<i>Deep Sleep State</i>
<i>Doer Identity (Somebody)</i>	<i>Witness Identity (Nobody)</i>	<i>No Identity (Source)</i>
<i>I Am This & That</i>	<i>I Am</i>	<i>No Sense of "I"</i>
<i>Divided Attention in Movement</i>	<i>Undivided Attention at Rest</i>	<i>Absolute Attention</i>
<i>Focus on Experiences</i>	<i>Focus on Experienter</i>	<i>Focus on Experiencing</i>
<i>Exist in Past & Future</i>	<i>Exist in Present</i>	<i>Timeless Existence</i>
<i>Trapped in Duality</i>	<i>Free from Duality</i>	<i>Complete Oneness</i>
<i>Egoic Existence</i>	<i>Subtle Ego Existence</i>	<i>Eternal Existence</i>

I only know myself as the private person which is my current identity. Why is it that I have never known this universal perceiver in me?

Unfortunately, man is attentive to everything outside him, but he is not attentive towards his own inner centre. So, most of the people exist at the periphery of life and their centre remains in darkness. This ignorance towards your own centre is the fundamental cause of all human sufferings and pain.

In reality, all external and internal search of man to find happiness and peace in life is an attempt to return to his own inner centre.

Can you please explain it in detail? How does attention give birth to private person and universal perceiver?

First, you need to understand that Private Person and Universal Perceiver are the two sides of the same coin.

The Private Person and Universal Perceiver appear to be distinct and opposite; however, it is the same attention in movement and at rest.

At any point in time, it is the state of your attention that defines your level of existence as human beings.

*In your waking state, **Flowing Attention** trapped in thoughts makes you a **private person**.*

*In your sleeping state, **Still Attention** free from thoughts makes you a **universal perceiver**.*

*In your natural state, **Absolute Attention** naturally returns to its source and makes you the **peaceful pure presence**.*

However, in reality, only the Supreme Source exists in all the above-mentioned states.

What is the relation of attention with the supreme source?

Supreme Source is like a deep and dark black hole and Attention is the light surrounding the source. In the invisible light of attention, the world appears and disappears.

Whether you acknowledge attention or not, it is universally available to all life forms at all times and flows through opposite extremes of life in a continuous circle to maintain the balance of life.

Supreme Source is the birthplace of attention, but it is not attention itself. The source of attention cannot be an object in the field of attention. Supreme Source is absolute and self-dependent; however, attention is partial and dependent on its content.

Can you please give some simple example to understand the relationship between attention and the supreme source?

An easy example to understand this relation is: Let us imagine a dark room.

The window in this dark room is a medium for sunlight to come in. But it is not the source of light; the sun is the real source.

In the same manner, consider your body as a dark room. Attention is the window in your mind through which enters the life force of source which gives birth to thoughts and sensations.

Now Attention is the medium for life force to enter your body and mind, but it is not the real source of it.

The real source is nameless and formless eternal emptiness which we address as the Supreme Source. The sun of Supreme Source shines all the time irrespective of the fact that the window of attention is open or closed.

As a Private Person, you exist as a closed window, and as a Universal Perceiver, you exist as an open window.

Whatever the case may be – open or closed – it makes all the difference to the body and mind but none to the sun of the Supreme Source.

What is that I should keep in mind while experimenting with attention to return to my source?

Always remember, if you want to reach the Supreme Source through the path of attention, go beyond whatever you will encounter in the field of attention.

Whatever appears and disappears in the field of attention is neither you nor yours; it is the purposeless play of the source. So, enjoy the play, but never get identified with it. You are the untouched and unlimited Supreme Source itself.

CHAPTER 3

PRISON OF PERSON

What is wrong in living like a person – it is the basic practical requirement of social life?

There is nothing wrong in living as a Private Person, in playing a particular role based on purpose, rules and responsibilities. However, if you only live life at the level of a Private Person, sooner or later, your life will become a drag, a burden, a compromise and a struggle of separate survival.

Nothing is wrong in living an ordinary life as a person, but limiting oneself only to the level of person is a huge blunder. It is like looking at the cloudy sky and completely forgetting the infinite blue sky behind the surface of clouds.

All that I am saying is that you are not just the person you take yourself to be; you are more than that. This idea of just being a limited person actually keeps you in bondage.

Person is a mind-made private prison which limits your existence within the walls of perception, like clouds cover the sun without in any way impacting it. Similarly, person covers your natural existence without in any way impacting it.

I am not able to understand this so-called mind-made private person. Can you explain its root?

In order to understand this prison which you have built around your natural self, let us trace the face of this person from its very source.

At the time of the birth of your body, you were not born as a person with a particular name and sense of personal identity. There was just a simple sense of being without any trace of self-consciousness. In your very early years of childhood, you existed as a super satisfied being completely connected with the whole. Before the birth of this person in you, complete peace and joy existed in you. You existed as an innocent being in a state of pure perfection without any trace of personal identity.

Gradually, with time and through others, you started identifying with your name and physical self. Your body and mind are limited and vulnerable by nature; so they needed immediate protection and sense of direction to grow. This fundamentally gave rise to the centre of Personal Identity in you which you refer as I-Me-Myself.

Eventually, with time, you firmly started identifying yourself with your physical form and mental baggage given to you by others like name, gender, race, religion, tradition, culture, caste, creed, country, values, morals, ambition and purpose etc. All these layers of conditioning within your body-mind structure made your existence personal and limited.

You forgot your natural connection with your own unlimited self and started struggling and suffering as a separate entity disconnected from the whole.

This mind-made sense of separate self has limited your natural infinite existence and turned you hard and stiff from your original soft and supple state. Rigid attachments with your form, name and thoughts made you completely self-centred and selfish.

Selfishness deepened separation which, in turn, deepened selfishness. The more you paid attention to your personal selfish identity, the stronger it became; and the stronger it became, the more attention it demanded. It is like a never-ending vicious circle of mind.

This is how from a selfless pure being, you got transformed into a selfish practical mind-made private person.

For better understanding, let me tell you the story of a wild wave in the ocean.

At the time of the birth of this wave, it was totally connected with the ocean and was completely at peace because it was one with the ocean.

No mental separation existed at all.

With time, the wave started to grow bigger and asked other waves about its existence and purpose.

All other big waves informed this young wave that you are this and that – a small little entity separate from the vast ocean and your purpose is to find the ocean and merge in it as it is your real source.

So, this wild wave believed other big waves and started searching everywhere outside to find the ocean. The more it searched, the more it suffered.

Finally, this wild wave created its own story like other waves centred on mind-made personal self and wasted its entire life in search of ocean which was all the time beneath and around it of which the wave itself was the part!

Most of the human beings are like this wild wave. All these layers of conditioning within your body-mind structure make your existence isolated and limited. You forgot your natural connection with your unlimited supreme self and started

struggling and suffering as a separate egoic entity disconnected from the whole.

So, don't disturb your mind with seeking. There is nothing to seek and find, for there is nothing lost. There is nothing to practice. We just need to stop running and rest in our own peace and live integrally, in oneness with all life, as pure being.

"Peace is our natural state of being" and in order to deserve it, we don't have to disturb it.

We disturb our natural peace by our own thoughts, by constantly channelizing our attention in past memories and future desires. In this present moment, nothing is lacking and nothing is needed. In the depth of our being there is perfect peace.

For the time being, I assume that your wave theory sounds right. But how can I ignore the fact that millions of human beings, who have lived life centred on being a person since ages, were all quite mistaken about their real existence?

I understand your situation and can completely empathize with your point of view as I know from where it is coming.

Right now, all you know is your personal identity and you firmly believe that it is your real identity, your real foundation, your real face, because it has been given to you by your own family and it is very difficult to doubt your loved ones and your own self.

And this process of passing the personal identity from one generation to another has been going on for centuries; naturally, the law of majority makes unreal appear as real. When everybody adopts and follows the same lifestyle centred on personal identity, obviously, it becomes very difficult to doubt its authenticity.

Since you do not know your own inner centre, from childhood, you constantly depend on the opinion of others to define yourself. You value what others value and avoid what others avoid. As a person, currently your happiness is dependent on others, outside you.

However, let me assure you that you are not just the person you take yourself to be; you are something more than that. No matter what you think, right behind the prison of Private Person lies the path of Universal Perceiver.

And remember, as a Private Person, you can never reach the source, and as a Universal Perceiver, you are the source.

Private person and universal perceiver – it all sound very complicated to me. I am an ordinary person and all I am seeking is happiness and peace in my normal day to day materialistic

life. I am really tired now from moving from one country to another, from one guru to another in search of real peace. Can you tell me where I am going wrong or what I am doing wrong?

Seeking peace and happiness is not wrong; what is wrong is to seek it in the wrong direction.

Happiness and peace are not outside you; they are your very nature. It springs from the core of your being; by knowing yourself as you are in the light of absolute attention.

All throughout life, most of the people search for happiness and peace outside them in particular – people, positions, places, possessions, progressions etc. After not getting the desired level of satisfaction, they keep on moving from one place to another, one possession to another, one position to another, one person to another, one pleasure to another in order to satisfy their very being.

Look around and you will certainly observe that most of the people are stuck in this materialistic mess. They really do not know what the way out is. So helplessly and hopelessly, with a heavy heart, most individuals drag their life like a heavy burden. They live their life but have forgotten what it feels to be alive anymore.

Let me tell you today that the way out of this situation is the way in. Go within and tap into your natural greatness and grace.

I feel something stops me from looking within my own self. I exactly do not know what it is. Can you help me pinpoint this barrier within me?

Yes, with pleasure.

As a private person, you become the prisoner of your own perception. You cling to your rigid convictions and regularly crave for more experiences, the memory of which you consider as knowledge. You take remembering as knowledge and gather more experience with time to enrich your memory.

Your own memory and imagination based on it becomes a wall between you and the reality.

Directly or indirectly in your life, you accumulate so much of information in your memory that it almost becomes impossible for a learned individual to relax back and see things again as they really are.

As a private person, you are so full of your own memory-based knowledge that you never respond to reality; on the contrary, you react to it in a very absurd selective way.

Irrespective of the truth in any given situation, you see what you want to look, you hear what you want to listen and you

understand what you want to believe. This selective approach is the real barrier due to which you completely overlook reality in each moment of life.

Unfortunately, as a private person, you are so filled with your own memory-based knowledge that no space is left in you for the real wisdom of life to enter you.

Your cup is always full of yourself.

As a private person, you identify your present with your past and project it on your future. The more you define yourself as this or that, the more you divide and limit yourself.

What is the major difference between wisdom and memory-based knowledge?

Memory-based knowledge adds layers of information to your mind and limits your vision. Particular thoughts dominate your mind, definite desires distort your heart and specific senses divide your very being.

This kind of knowledge can help you survive and succeed in the contemporary materialistic world, but can never help you return to your own Supreme Source, whereas freedom from all layers of information is wisdom.

It is the child-like ability to reflect life as it is. In order to gain wisdom, you must unlearn everything first. To gain pure innocence of an infant, you need to give up all your thoughts. All backgrounds and identifications limit your identity. To be full, you need to be empty.

In wisdom, your mind is like a crystal-clear mirror free from the dust of memories and desires which reflects reality as it is.

In memory-based knowledge, your mind is like a dirty mirror full of dust of memories and desires which distorts the reality of life.

At this point in time, I do not desire wisdom as I am happy with my memory-based knowledge. All I want to do is to help the millions of suffering people across the globe through my international NGO. According to me, a helping hand is thousand times better than any words of wisdom to a hungry tortured human being. What do you think? Am I right?

My dear friend, I appreciate your good intentions and actions. But you need to understand that if you really want to bring peace and harmony in the world, you need to have it in yourself first.

You can only truly help others when you yourself have gone beyond all need for help. The real act of charity comes from the clarity of your own self.

Real help is neither done for others nor for your own self. It is done for the act of help itself. And only as a selfless universal perceiver can you truly help anybody.

Selfishness is the source of all evil. As a selfish person, most of the people enjoy the pain and sufferings of other fellow human beings; it is a source of entertainment for them. Even majority of people involved in charitable causes are doing it primarily for their own personal selfish motives – like social respect, to compensate their past evil deeds, personal fame, free funding, mode of business, etc.

Very few rare individuals are involved in charity for the sake of charity itself.

Have you noticed that across the globe in every culture, the game of exploitation and torture is laid on the foundation of human selfishness?

Selfishness is a device of mass destruction which is used by egoist entities to dominate and degrade human life. History affords several examples of mass destruction based on selfish interests of politicians and priests in the name of nation and religion.

As a selfish person, the more you interfere with nature and natural way of life, the more you ruin it. Look around and you are bound to notice that for achieving person selfish agendas, how man is killing man and destroying Mother Nature. Whatever comes in the way of selfishness gets destroyed.

So first get rid of the selfish person in you. Then whatever you do will naturally bring immense peace to you and to others around you.

I think humanity has taken a giant leap in terms of technology and growth in the last century, and in the coming years, we will be the most evolved species of humans that has ever existed on this planet – may be on other planets as well. How do you look at the modern man of this golden era of science and technology?

I am all in favour of new-age scientific growth and development as long as modern man is aware about his own inner centre of existence. However, unfortunately, that is not the case now. Without knowing yourself, whatever you do will end up in a more complicated mess.

Even your so-called solutions to life will end up creating more problems which had never existed in the first place.

Do you see the joke?

The modern man is searching for the signs of life on other planets to relocate there someday, while destroying life on its

own planet earth which is the only known place in the universe so far with so much of diverse beauty and life.

As a materialistic modern man, this moment is just a means to an end. Modern man is attracted to the fake outer materialism and repelled by real inner mystery of life.

He has made his life a constant process of accumulation of materialistic possessions which are considered signs of success in the modern capitalistic system and society. Fulfilment of desires and self-gratification is the top most priority of the contemporary modern man; for that, he can go to any extent.

Modern man works hard to live a meaningful happy life. However, excessive workaholic lifestyle destroys even his present peace and happiness. In reality, excessive workaholic lifestyle is an escape route for majority of busy individuals to avoid his/her own unbearable story which naturally weighs upon them when they are not doing anything in particular.

Even after knowing the fact that nothing lasts forever, the modern man madly clings to everything. He prefers a secure and safe lifestyle and firmly believes that his beloved possessions will protect him. In reality, your possessions make you more vulnerable and trapped. Your so-called safety and security kill the very spark of your own life.

In this modern so-called civilized society, unfortunately, everyone is a copy of everybody else. Everyone has made their life a fast-paced serious affair in which they are always on the run to reach somewhere else, to be somebody else.

What is wrong in living a modern materialistic lifestyle, in which we crave for the pleasure and avoid the pain?

First of all, let me inform you that life is an eternal river which flows between the two shores of pain and pleasure.

Duality of life may appear to be opposite and distinct to each other; but, in reality, opposite extremes of life are completely interdependent and interconnected. They are not contradictory but complimentary in nature. They are the two sides of the same coin. Each side follows the other to maintain the balance of life.

However, as a person, you are always in conflict with the flow of life. You crave for one side and avoid the other. Due to this biased personal approach, the more you seek, the more you suffer. This selective one-sided attitude keeps you always off-balance and you keep on going back and forth in your memory and imagination looking for a perfect life where only beautiful side of life exists.

Sadly, my friend, this is Mission Impossible!

When you accept both the sides of the coin as part of life, suddenly, you are free from both of them. Then you start flowing with both darkness and light; day and night – all become a play of the Supreme Source in the light of attention.

You say, go beyond the private person. But as a human being, I definitely need my personal identity to exist and evolve. What is wrong in this process?

There is nothing wrong in living as a Private Person, in playing a particular role based on purpose, rules and responsibilities. However, if you live life only at the level of a Private Person, sooner or later, your life will become a drag, a burden, a compromise and a struggle of separate survival. All that I am saying is that you are not just the person you take yourself to be; you are more than that.

In the very early years of your life, you surely needed this personal identity to relate and exist, for protection and direction.

However, in order to grow completely, sooner or later, you need to go beyond your personal identity. Remember, a chick needs a shell to grow. But a time comes when the chick needs to break the shell and go beyond it; otherwise, the chick will suffer and die.

So now it is time for you to break your shell and go beyond.

What do I need to do to break my shell and discover my reality beyond the mind made person?

To break the shell of the person, all you need to do is to stop paying attention to all your thoughts; do not fight with your thoughts; do not flow with them either; simply leave them alone.

Deprived of attention, your thoughts will slow down and will eventually lose their grip on you completely.

When you watch your thoughts with a silent mind and a quiet heart, that is all what is needed to break the shell.

Reality will naturally emerge and embrace you on its own. You do not need to look for reality as it is never lost. A still mind and a silent heart spontaneously help you recover your natural purity and grace.

You cannot go beyond the mind when it is running. Fast stream of thoughts makes it impossible to go beyond the mind. Constant flow of thoughts and keeping your mind busy all the time disrupt and destroy the natural peace and purity of mind.

What is revealed in a still mind?

As a person, you are always in a constant mental mess. You suffer an intense identity crisis as you really do not know that out

of all your complicated ever changing social masks, which one is your changeless authentic face.

In a still mind the reality of life is revealed.

You see that beyond the moving Private Person, there is a centre of unmoving Universal Perceiver which never changes. You discover that the Perceiver is a constant reality which has never changed in you, right from the time of your birth till date; however, as a Person, you are continuously changing all the time.

I want to really trust you that I am something more than this miserable old person. But I am really afraid to let go my personal identity at this age. All my life, I have lived with this person, and now when my death is near, you are telling me that I am not this private person, that I am the universal perceiver about which I know nothing. I am scared if I give up my personal identity, what I will become. Will I exist at all?

I understand your restlessness at this age, but I want you to relax and recognize your natural self before death destroys your body and mind – not you. You are the Supreme Source of life and death itself. Don't worry. You are something beyond birth and death.

As a private person, all throughout life, you have only paid attention to your experiences, but completely ignored the experiencer. So, I want you to shift your attention to the experiencer from the experiences.

Have you observed that every night in sleep, your personal identity disappears, but you still exist.

And every morning, with the thought of I-ME-MYSELF, it appears back and the whole trouble starts again.

It means that the Universal Perceiver unites your life force and connects you back to your source, while the Private Person divides your life force and disconnects you from your source.

I know that as a person, you cannot give up the life-long habit of control; but you can surely give up this person itself.

And when you are free from all your thoughts, from all your backgrounds and identifications, then the Private Person merges in the Universal Perceiver. The Universal Perceiver merges in the peaceful pure presence; yet the identity is not lost.

Only its limitations disappear and you return to your natural supreme state where you are one with the whole.

CHAPTER 4

PATH OF PERCEIVER

You always say that universal perceiver is the way. But what is this universal perceiver? I have no idea about it.

Perceiver is the pathless path which takes you out from the prison of Private Person in the free land of peaceful pure presence.

The Perceiver is the end of all patterns of thoughts and all backgrounds of self-identification.

Perceiver is the inner path which naturally appears in you, when you completely disappear as a person. When your mind is empty of memories and desires, the very absence of thoughts allows the power of perceiver to arise and awake in you.

Do not you think that the perceiver is just another mind made thought within the realm of mind?

Thoughts cannot witness thoughts; it is the perceiver within you which is the centre of perception. Thoughts cannot help you go beyond thoughts. Perceiver is the only point which is relevant and revealing and can help you return to your source.

Perceiver is always untouched and unaffected by the play of perception. Whatever you may encounter, the purity and peace of the Perceiver remains the same in all circumstances.

It is the changeless centre of reality in you which has no name and form; it is the reflection of real in the still mind.

Is the perceiver part of my inherent personality?

Not at all.

Perceiver is the unlimited universal freedom beyond personality.

It is the power of pure presence without any trace of personal identity in it. As a Perceiver, you go beyond your personality and the process of personal judgement and continuous planning ends forever. You go beyond the whole mental pattern of fear and hope.

By giving up all ideas about yourself, you suddenly stumble upon yourself.

By not defining yourself through your thoughts and by not identifying yourself with your limited body and mind, the whole universe becomes the body of the Perceiver.

Why is there no trace of personal identity in the perceiver?

As a Perceiver, you are no more attached to your name and form and completely lose all self-concern. It is a state of being alive and alert like an infant without the trace of personal identity.

Perceiver is complete in itself, fully integrated within and without. As a Perceiver, you go beyond safe and secure mental projection and always abide in the unknown. As a Perceiver, the illusion of separation disappears and you become one with the whole.

As a matter of fact, you can only talk about the Private Person because the Perceiver can only be realized in deep silence and stillness.

Can we control and manage our practical life as a perceiver?

Direction of perceiver comes from within, from the silent spring of the source.

Perceiver responds to each event through his inner wisdom rather than outer memory-based knowledge.

Perceiver makes you soft and supple from the hard rigid private person, and you start flowing with total harmony in the duality of life.

You embrace each moment as it comes with absolute acceptance. You reflect reality in each moment as a crystal-clear mirror; the routine practical thoughts, words and actions spontaneously appear and disappear in you, but your memory stays clear and empty all the time.

In the light of wisdom, you don't feel any compulsion to follow anybody or to identify with any particular background. You naturally go beyond all the divisions of system, beyond all discriminations of the society and beyond all concepts and convictions of mind.

As a perceiver, instead of paying attention to your experiences, you pay all attention to the experiencer, and you realize that whatever you perceive is neither you nor yours.

So, you watch the play of perception without being affected by it. You feel no urge to interfere or control the flow of reality nor are you affected by the play of images nor do the images get affected by you.

Is the perceiver beyond space and time?

In a way, Yes.

The Perceiver always pulsates in the present moment immersed in deep silence. It is the timeless existence beyond space and time.

As a perceiver, you are undivided by your thoughts, unadulterated by your words and untouched by your actions. You are beyond all attributes of body and mind.

You simply accept this moment as the best and allow nature to take care of the rest.

As a perceiver, you stand fearless and free even in the midst of death as you are fully in tune with your unlimited universal existence. It is the door between the Known and the Unknown.

It is the real Guru within you which will take you back to your supreme source.

I have completely let go my existence as a private person. But I am not yet completely established in the state of universal perceiver.

Right now at this unknown stage, I feel extremely empty and bored which also scares me at times. To escape this blankness, sometimes I strongly feel like going back to my old familiar state of private person since it is known and comfortable. What do you think I should do?

Do Nothing.

Perceiver is the land of eternal emptiness; it is the middle state, where old is gone and new has not arrived yet – similar to the state of dawn where night of the person is gone but the light of pure presence is yet to emerge.

Do not become afraid of this state of no identity and do not get bored with this empty space. Instead, stay silent and still and delve deep into this emptiness as this is as far as any human can walk on the path of truth.

Keep your cup of life empty.

At this last point, the purity of perceiver is tested by the peaceful pure presence and if your whole being is ready, the Supreme Source suddenly enters your heart unexpected and uninvited.

Beyond this point lies the land of serene silence.

You say that the perceiver is the path, but now it has become my final destination. Thank you for showing me my real existence beyond mind-made person. Now, I am in love with the peace and power of the perceiver as this is what I always wanted in life.

Remember, the Perceiver is the path, not the destination.

No matter how peaceful and powerful you feel as a Perceiver, sooner or later, you have to cross the door and leave it behind. Clinging to the door of Perceiver can become your last

attachment and illusion which is equivalent to the prison of person.

I understand that through the door of Perceiver, you can clearly see the glimpse of your real home; but the door itself is not your home.

Once you go beyond the limited person and embrace your existence as an unlimited Perceiver, do not cling to it and make it your identity.

Remember – clinging to any form of identity is a play of mind.

First you asked me to go beyond the private person and now you are asking me to even go beyond the universal perceiver. I am totally confused now. What is it that you really want me to be?

I can understand your state of confusion, but you need to clearly recognize that the Perceiver rises with the person and disappears with it.

Prison of person and path of Perceiver are both states of attention in movement and at rest.

However, your natural state is the peaceful pure presence in which both the Person and the Perceiver appear and disappear.

This peaceful pure presence is not a state of mind; it is the supreme reality beyond all states.

To clear the confusion, let us look at this process like this. The person vanishes in the light of the Perceiver and the Perceiver vanishes in the light of peaceful pure presence.

This, my friend, is the ultimate journey of life force from bondage to freedom, from limited to unlimited and from the Known to the Unknown

CHAPTER 5

PEACEFUL PURE PRESENCE

I still cannot comprehend my existence as pure presence. Can you describe it in detail? How is peaceful pure presence different from the states of perceiver and person?

At the level of Person, you identify with the projected pattern of memories and desires; at the level of Perceiver, you give up all mind-made patterns, but you still identify with the witnessing centre.

However, at the level of peaceful pure presence, you go beyond all attachments and identifications. You pulsate in each moment as an empty space which is no longer self-conscious. You lose all capacity to identify with anything in particular and detach from all backgrounds; you become one with the source.

You exist like an infinite sky, totally absent yet fully present.

Why is peaceful pure presence not conscious of itself?

When the body is healthy and whole, you do not feel it. When some physical pain or mental suffering draws your attention, only then you feel your body.

In the same manner, when human mind is healthy and whole, you no longer feel yourself. Personal identity is a sign of sick and unhealthy mind.

Self-identification is a disease of the duality of a wandering mind. In reality, to know – is not to know; to be – is not to be.

This is so unrealistic! What do you exactly mean by this statement: to be is not to be?

To be is not to be, by this, I mean is that the doer in you disappears in the deed itself. No matter what life offers you, joy or pain, loss or gain, you always abide in a state of absolute acceptance.

You flow with everything with perfect harmony and respond to all events in a most efficient manner. Nothing is done by you; yet nothing is left undone. Your whole being responds to reality in the form of inner reflection instead of mental reaction.

As peaceful pure presence, you pulsate in deep silence and allow the source to express itself in action.

You just flow with circumstances and simply stay in touch with reality in every situation.

Staying in silence is not an act or effort from your end as it becomes your very nature. Every event and experience happens against the background of stillness and silence.

So, are you saying that as peaceful pure presence, you have no desires and expectation left and you just go with the flow like a moving cloud?

As far as I am concerned, this moment is my eternal home; stillness is my only act; silence is my real language; and simplicity is my only style.

As a pure presence, I have no desire for myself and I am utterly content with my ordinary life.

The only thing that matters is this magical moment -right now...right here in which by dying now to now, I keep my memory fresh and free from all thoughts. This art of death naturally empowers my being, and simple thoughts, significant words and spontaneous actions naturally arise from the source itself.

I act without expectations and once the act is over, I completely forget about it and do not wait for any personal claim or credit.

Everything happens on its own around me without any sense of control and purpose in a playful childlike spirit.

You definitely have a specific name and form. Looking at your lifestyle, I am certain of your existence as a normal person. Then how can you say that you don't exist as a person and that you are this so-called superior peaceful pure presence?

Like the empty space inside the cup appears to be limited by the shape and design of the cup, but in reality, it is free and one with the whole.

Similarly, to you I still appear to be limited by the shape of my body, but in reality, I am totally free and one with the whole. I exist not as a private person attached to a particular name/story but as a Universal Perceiver within the mind and as an unlimited peaceful pure presence beyond the mind.

My existence as Perceiver within the realm of mind and pure presence beyond the mind does not make me superior over others; the only advantage I have is the freedom from the false.

Instead of trying to be this or that, I am just happy to be my natural self – nameless and formless infinite being. I enjoy complete contentment in each moment without any trace of comparison and competition with others.

I am like a simple lotus flower in the midst of the mess of life; my physical roots are deeply ingrained in the mud, but my natural fragrance is free and formless.

I am in the world but the world is not in me.

I am completely untouched and untainted by my own thoughts, words and actions now.

How can you show me the real way to the supreme source, when you do not exist at the first place?

For me, this moment is not a means to an end but it is an end in itself – a timeless state of silence and stillness.

In this moment, I see things as they are and show reality as it is. My whole being remind others who they really are.

By giving up all thoughts and a sense of personal identity, I have gained all. Now source itself handles everything.

I speak without words and show a way by giving no way.

When I see others around me returning to their own natural source, my heart rejoices and my whole being dances in deep silence.

How do you look at humanity?

I am fully aware of the fact that what people take themselves to be – a limited person is nothing but a wrong identification with the memory-based projected pattern of thoughts.

However, real existence of all human beings is beyond their limited thoughts, concepts and convictions.

No thought is your natural state of being.

So, I do not judge people based on their pseudo-personalities as I see them as they are – Unlimited Universal Peaceful Pure Presence.

Do you believe in love at first sight, as I guess I am in love with you?

Thank you for your love.

Yes, I do believe in love; but first and last sight is something irrelevant to me.

Personal love – no matter howsoever pure – is still based on feelings and thoughts, and it limits your existence with the realm of mind.

However, real love is beyond the mind and it is without any personal judgments and expectations. It is limitless and is available to everybody at all times.

In real love, the more you give, the more you get. It is an inexhaustible silent grace of supreme source which creatively transforms everything it touches in an invisible way.



75 Missed Calls is a gripping modern journey with deep emotional layers wherein a young man's life spirals into chaos when he discovers 75 missed calls – after which starts a mysterious captivating journey which challenges him to question his own beliefs, transcend the illusions that hold him back and eventually unraveling the secrets of his real self.

— ♦ —
This book explores the power of attention as a tool to reconnect with one's inner self.

— ♦ —
This book is just a door between the known and the unknown – so pass through it and then forget about it forever.

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Himanshu Sharma, writing under the pen name ShunYo, is a published author who weaves together the mundane and the mystical, challenging every belief you hold about yourself and reality. His book “75 Missed Calls” explores the power of attention as a tool to reconnect with one’s inner self and resonates especially with young seekers searching for meaning beyond material success.

“

*This book is
just a door
between the
known and the
unknown—
so pass through
it and then
forget about it
forever.*

ShunYo

With over 15+ years of diverse experience across Central Government institutions and Fortune 500 companies, Himanshu has worn many hats—Corporate Leader, Government Administrator and New-Age Spiritual Author.

He currently serves as Superintendent (Deputation) at the Central Research Institute (CRI), Kasauli. Prior to this, he was the Secretary to the Director at IIM Sirmaur for six years, working closely with the Ministry of Education, the Board of Governors, and industry partners to support institutional excellence and strategic vision.

His corporate journey includes leadership roles with global organizations like Wipro, WNS, Vivo, and DXC Technology, where he led high-impact projects—including an offshore process optimization initiative for Boots UK Limited at their head office in Nottingham, UK.

Beyond the professional world, Himanshu is passionate about writing, trekking, camping, paragliding, and spirituality.

His book 75 Missed Calls is not just a story – it’s a spiritual journey from outer face to inner grace. It is a transformative experience which will show you that you are not just the person you take yourself to be; you are more than that.

The book was showcased at the Khushwant Singh LitFest 2024 and continues to touch the hearts of readers across the globe.

In reality – I AM – “Nothing Whatsoever” – beyond all thoughts & concepts.

This “Nothing Whatsoever” is beyond all definitions and descriptions.

Thoughts can never reach it and Words can never preach it.

To See it — Be it.

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