

# S<sup>3</sup> SAINT SUNDAR'S SOJOURN



*Saint Sundar - An  
Unfathomable Enigma !!!*



Dear Yogis,

Welcome to the world of “I” where only “I” exists. There is no duality. “I” the Real Brahman only exists. Now read all the quotes born through the “I”. Do not do it in a rush. Read it slowly in “I”. It will open up many new dimensions.

Now “I” have created

**S<sup>3</sup>—SAINT SUNDAR’S SOJOURN**

to make all my quotes available in the book format.

**HAPPY SPIRITUAL HUNTING  
MY DEAR YOGIS OF “I”.**

# Enlightenment

- \* If you want to go super fast in the way of self-realization, you have to travel on both paths. One leg on the path of JNANA and one leg on the path of BAKTHI. That is how I reached!
- \* When 'I' becomes totally erased and only the 'Quality' of the pure essence of I remains, that state is called 'Enlightenment of the Aathman'.
- \* When I gazed at the sun and the moon, I thought GOD should be somewhere. But when I re-turned to 'MYSELF', I know that GOD is ME!!
- \* Enlightenment is not attached to religion. Every human being can become enlightened!!

- \* ENLIGHTENMENT is not a state of THOUGHTLESSNESS!!!!
- \* If you are in your inner space with total awareness , it is 'Enlightenment'.
- \* Every living being is qualified to get enlightened. It is their BIRTH RIGHT!
- \* Enlightenment is not some achievement. IT IS YOU! It is getting rooted in to your REAL SELF!!
- \* SINNERS has more chances to reach enlightenment than the so called PURITANS and the so called saintly AATHMAN (soul). This is because sinners are more earthly. They are exhausting an extremity of their mind. So, they can easily come back to their REAL SELF.

- \* Even if God denies moksha to a seeker, a self realized GURU can alter the decision and render it to the seeker. But if a GURU denies moksha, even GOD cannot render it!!!
  
- \* Everyone thinks that after 'enlightenment', our whole life would be peaceful and joyful. NO!! After enlightenment, the anguish and suffering is more because you will be the witness for many people suffering and toiling so much!!
  
- \* When you are with an 'Enlightened Being', you are with GOD and GOD only!
  
- \* When 'I' stand in front of the Sanctum Sanctorum, it always reminds me about the 'LIVING GOD INSIDE ME'!

- \* An enlightened soul will never take birth unless it really wants to on its own will. So, we need to be so thankful to those great Masters and surrender our 'self' on their lotus feet.
- \* Being with me is not enough!. Become like me to become DEATHLESS!
- \* Enlightenment is not the correct word. 'I'LIGHTENMENT is the correct word. The feeling of 'I' getting lightened up!!!
- \* An enlightened person always lives in the 'HERE' and 'NOW'. He never plans about the future. When a situation comes, he responds spontaneously.
- \* When a disciple surrenders the so called 'I' at the feet of his GURU, then from that very moment, Guru drives the disciple's life with great compassion.

- \* Wherever I am, I am always rooted in my self (soul)!
- \* The seeker who has tasted the divine nectar of 'I' has entered into the 'WORLD OF IMMORTALITY'!
- \* Without getting enlightened, a person is like an orphan only! What is the use of a person living like an ORPHAN?? If a cuckoo is not cooing, what is the use??
- \* Never ever get into the bad books of an enlightened being! The curse will last for a very long time. If you have done anything wrong for him, immediately try to rectify it or ask for pardon!
- \* There are so many paths to Enlightenment. The easiest way is the path shown by a realized GURU!

- \* If a person becomes a BUDDHA (realised one), all around him will vibrate with positive energy.
- \* When you come to know and feel that YOU are a separate entity living in the body, that day I can easily say that you have taken the first step to SELF REALIZATION.
- \* If a person totally surrenders himself at the feet of GURU, Guru can give him MOKSHA (liberation).
- \* Enlightenment is not the final step. It's only a beginning of new life with awareness about the eternal 'I'!!



## **MEDITATION**

- \* Meditation is like a red hot fire. It burns everything except the imperishable 'I'ness.
- \* There is no need to do long years of tapas (meditation) to achieve self-realization. With Guru's compassion, he can make it happen in one hour.
- \* My dear yogis and fellow seekers, do not waste your time by beating around the bush in the name of meditation. Just close your eyes, still the mind and come to know that it is YOU, whom you are seeking and searching.
- \* When a person is living with his GURU, there is no need for him to meditate. Simply opening the being to GURU will do all wonders. Only fools will meditate in the presence of 'MASTER'!

- \* When you meditate in the presence of an enlightened soul, your barriers of mind will be broken and Guru's Aura will engulf you in all directions!
- \* The fires of intense tapas melts all your karmas and pavas and everything vanishes. Finally, it melts the so called 'I' and it also vanishes. Now, only the pure 'I' or 'AHAM' or 'GOD' lives in the body.
- \* When intense Tapas burns everything in you, only the 'pure consciousness' remains. At this stage, you become deathless! There is nothing to die in you, 'I' being eternal.
- \* The only time you are very close to GOD, is when you are meditating!!
- \* Prayers at the end of meditation are very effective!

- \* Meditation is nothing but silent reforming and purification of the MIND.
- \* When you become ripe in meditation, you will know that you are born to meditate and thereby know your 'TRUE SELF'.
- \* Meditation is neither a theory, nor a belief. It is the way of life. When your meditation starts flowering, you will know that it is LIFE ITSELF!
- \* Meditation will give you a positive frame of MIND and GUTS to help you solve your problems.
- \* When you start practicing meditation, you will feel encouraged in whatever you do.
- \* Every human being is qualified to meditate and enjoy the ELIXIR called 'LIFE'.

- \* If you are expecting spiritual experiences in meditation, your expectations itself can become a barrier to your meditation. Never expect anything out of meditation. JUST ENJOY DOING IT!!
  
- \* Happiness and sadness are polarities. They are states of the MIND. Real bliss is in transcending both and MEDITATION is the way!
  
- \* When a person starts to taste the essence of MEDITATION, it reflects in all his or her activities. Every activity when done in totality, is really JOYFUL and DIVINE!
  
- \* When you go into the depths of meditation, so many secrets of the EXISTENCE will get unlocked.
  
- \* Never ever get engrossed in the meditation. Always put your awareness on the ONE who is trying to meditate!



- \* TAPAS is a long and arduous journey , entering into your SELF and landing into GOD!
- \* Meditation is like a fire which burns all the negative emotions and negative qualities.
- \* Meditation is the CURE for most of the problems HUMANITY is facing. It is the ANTIDOTE for several poisons like anger, wrath, lust and jealousy.
- \* Understanding of the MIND can happen only in AWARENESS. Awareness is the quality which arises out of MEDITATION.
- \* Meditation is the provider of Awareness, the connector for Consciousness and the pipeline for Grace!!
- \* Mind is a Pandora's box when we go deep down in meditation.

- \* Only through Meditation, one can silence the MIND and understand it. When one understands the mind totally, one can easily bypass it.
- \* By meditating and living all the time in a meditative state, one can purify the body, mind and soul. When all the accumulated and negative karmas are burnt in the fire of meditation, the REAL SELF or SOUL will shine like a star.
- \* The very purpose of human birth is to find one's real value, which is completely hidden by MAYA. By constant meditation and seeking the blessings of sages and saints in Jeeva samadhis and completely removing all the negative imprints on the mind, one can achieve his/her goal.
- \* Activation of Chakras is the first step in Kundalini Meditation to realize Self or Athman.

- \* Meditation is chiselling you to become a beautiful statue. It removes all the non essentials and only the essentials remain. The non essentials are nothing but the needless things which gather in the MIND.
- \* Meditation is an art of immersing in to one's self by constant practice, dedication and with purity in heart. Practicing meditation leads to healthy living and stress free life.
- \* Meditation at the beginning will look like a mere mental process to keep the flow of thoughts at the minimum or at NIL state.
- \* You should meditate in such a way that everyday you should sink deeper into your consciousness.
- \* Meditation is the master key, which will open all doors of your inner temple of awareness.

# DEATH

- \* Die Yogi! Die! Die the death that all yogis died! Only if you die, you will find the DEATHLESS ONE!!
- \* Death is one of the greatest illusions that mankind has developed over the years!!!
- \* No one dies in the process of death. Only the soul comes out of its home to find a new home to fulfil all its unfulfilled desires.
- \* If a person realizes his true self or 'Aathman' in this very body, he or she is free from all attachments and is liberated from the cycle of BIRTH and DEATH!
- \* When you erase yourself completely in intense TAPAS (meditation), DEATH becomes a mere fiction. There is no one to die in you!



- \* Whenever we happen to see DEATH, part of us also dies. But somehow we manage to escape from this truth.
- \* The fangs of so called DEATH framed by the normal human mind does not touch an ENLIGHTENED ONE!!!
- \* Once a person comes to know the TRUTH, he will never DIE. In other words, he comes to know that 'DEATH IS THE ULTIMATE LIE'.
- \* Physical death is nothing when compared to SPIRITUAL DEATH. You will be lighting your own funeral pyre! My dear Yogis, DIE like ME!!
- \* Life and Death are not different. They are in fact two sides of the same coin.

# TIME

- \* Time exists because of the constant running of our mind and our involvement in five senses.
- \* The EXISTENCE exists here NOW! It cannot be confined to any time period or interval. It just exists!
- \* The so-called TIME was created only for the utility of humankind. But in the real sense, there is no such thing called as TIME. The only thing which is real is the 'Ever Pervading Consciousness'.
- \* When the MIND cease to exist, then you won't feel any 'Time-Consciousness'.

# TRUTH

- \* Truth is not very far. It is just inside you!  
In fact, it is not inside you. IT is YOU!!
- \* TRUTH can never lead you towards happiness. But, it will make you aware of the fact that you are IT.
- \* To seek truth, one must find a GURU, who must have tasted the truth, digested the truth and have become the TRUTH!
- \* Even when I look at you, I am looking at the Truth only. Your TRUTH and my TRUTH are not different!
- \* Real lovers are very close to their TRUTH, but they are not aware. They can be termed as 'BLIND LOVERS'. If their real eyes gets opened, then they do not need the other one to love!!

- \* The eternal TRUTH is living inside the body as 'AHAM'!
- \* Even after LIFE and DEATH, the life continues in some other form!
- \* The TRUTH can never DIE!! The TRUTH is 'You are God'.
- \* The taste of TRUTH always liberates us!
- \* Truth is everywhere. It surrounds you from all sides, inside and outside also. But we somehow manage to escape from the TRUTH.
- \* Our Life is a MAYA unless and until we realize the TRUTH!
- \* Every human being is a manifestation of Divinity in physical form. But to really know this truth, one must realize his 'DIVINE SELF'.



- \* The seeker of TRUTH, who has tasted the divine nectar of 'I' has finished his purpose of taking this very BIRTH.
- \* The real 'I' is first felt in the self or in 'Agam'. Then slowly, 'I' can be felt in humans and all living beings. Finally, wherever you see, only 'I' is seen!
- \* People with 'PURITY OF HEART' can only perceive the TRUTH.
- \* When a man with great potency turns all his energy flow inside, he can easily reach the TRUTH.
- \* Many people when coming to encounter TRUTH for the first time may go MAD because, it is like pulling the earth underneath your feet. So, you need a real MASTER, who can help you at the time of your first encounter.

- \* The TRUTH is , we are not only HUMAN, we are also DIVINE.
- \* TRUTH can't be said. But it can be indicated!!
- \* God always make sure that the meditator is ready to risk his life; will die for it; then only he will reveal the TRUTH.
- \* The TRUTH is not reserved for the chosen ones. All of us deserve it!
- \* The Truth is not far away from us. It is very close to our non physical heart.
- \* The tasting of our TRUTH is the door to MOKSHA.
- \* Human form is the embodiment of GOD in flesh. If one realises his TRUE SELF (soul), it will be his last birth.

# THE END

**Every end will have a new beginning.  
Wait for the new beginning.**

*Saint Sunday*