

BRAHMATHEERTH

SAINT SUNDAR'S ELIXIR OF DIVINE WISDOM



Dear Readers,

I welcome you all to a new journey through this magazine which will be life changing as we begin to unlearn the hidden spiritual wisdom from the beyond. Brahmatheerth is the rarest of the rare magazine to guide us in the path of self-realization/moksha written by Saint Sundar, a living saint; a self-realized master of our times; and God in human form. To a person in real search of himself or truth, this magazine is a treasure to cherish since no other book can actually help to understand the ultimate truth/reality. Without the guidance of a realized master, one can never understand truth and it would take years of tapas or sadhana to actually progress in the journey of self-realization. But Saint Sundar wants this knowledge to be spread across the world and hence has been enlightening us with his wisdom so that a person with the real search will not go empty handed.

I humbly request you all to not merely read this content as any other magazine because the actual meaning behind the words could be easily missed. One should start reading this with utmost awareness and a open heart to reap the maximum benefits. Please do not try to contemplate the teachings in this magazine with your mind since most of the concepts are beyond the understanding of a human mind. Before reading this magazine I request you all to drop your mind and start imbibing the truth emanating from Saint Sundar's discourses.

Charu Priya T S



Dear Readers,

Our ancient rishis and saints have shared their wisdom about the existence in so many verses. But their true meanings are a little difficult for a common man to understand completely. So, I, being a very common man, have tried to bring it in simple words so that everyone can understand.

P.S. If there is a mistake it must be mine only, due to my limited understanding.

Saint Sundar

BRAHMAM



Since the ancient times, the concept of Brahman, also referred to as the Pure consciousness played a central role in understanding the nature of the existence, reality, the universe and the self. Brahman is often referred as the highest and ultimate reality or truth that exists beyond time and space. It is considered as a formless, boundless and transcendental principle that also serves as the source of everything in this universe. Ancient sages, rishis and saints have spoken extensively about 'Brahman' and their profound insights are deeply philosophical and experiential. Their teachings form the foundation for the Hindu spiritual philosophical texts and scriptures that exist in the present day including the Upanishads, Bhagavat Gita and Vedantic philosophy.

Let us see the key teachings of Brahman discussed in the Upanishads.

1. "Eko aham bahu syam" - "May I, being one, become many"

This phrase is referenced in Chandogya Upanishad (6.2.1), Taittiriya Upanishad (2.6.1) and Brihadaranyaka Upanishad and some have concluded this as a 'Mahavakya'. It emphasises on the nature of Brahman as the supreme reality and the cause of the universe. It signifies that Brahman (one true reality) is indivisible and singular, but it possesses the power to manifest as many. It relates with the idea of Advaita Vedanta, which asserts that eventhough the world appears to be full of multiplicity, it is just a manifestation of one singular reality called the Brahman.

2. "Brahmavid brahmaiva bhavati"

- "The Knower of Brahman Becomes Brahman"

This expression from Mandokya Upanishad (3.2.9) emphasizes on the non dual nature of the existence. It explains the profound transformation when one realizes the ultimate truth. Upon attaining the true knowledge, one attains unity with the eternal reality of Brahman and becomes Brahman itself.

3. "Satyam Jnanam Anantam Brahma"

- "Brahman is Truth, Knowledge and Infinite"

This phrase from Taittiriya Upanishad (2.1.1) talks about the nature and essential qualities of Brahman. It explains that Brahman is the ultimate truth that is eternal. Brahman is the embodiment of pure consciousness and wisdom. Brahman is boundless without any beginning or end. It encompasses everything in the universe and transcends time and space without any limitations.

4. "Ishavasyam idam sarvam"

- "All this is pervaded by the Lord"

This is a well known verse from Ishavasya Upanishad (1.1) and reveals the ever present and all-encompassing nature of the Lord (Ishvara)/Brahmam. It says that everything that exists in the universe- the seen and unseen, the known and unknown everything is associated with the divine and controlled by the Lord/Parabrahmam.

5. "Nityah sasvato yam purano"

- "Brahmam is eternal, indestructible and ancient"

This verse is from Katha Upanishad (2.2.1) which explains the characteristics of Brahmam. It reveals that Brahmam is

(1)Nityah - Eternal, birthless, deathless, changeless, without beginning or end,

(2)Sasvatah - omnipresent, everpervading, indestructible

(3)Ayam - Aathman / Brahmam

(4)Purano - Timeless, ancient, source

6. "Neti Neti" - "Neither this, nor that"

This phrase from Brihadaranyaka Upanishad (2.3.6) explains the practice of negation used to describe the innate nature of Brahmam. It explains that Brahmam is inconceivable, beyond our mind and senses and therefore it is impossible to describe Brahmam with positive words. Therefore, when we negate everything that we see and everything that we are, we will move towards what it truly is. By repeatedly saying 'neti neti', one discards his false identifications with the body, mind, ego, senses and intellect and eventually reach closer to Brahmam.

7. "Yat ovaca, yat prano yat indriyam, yat saksad brahmano jyotih, tat brahma, tat tvam asi"

- "That from which all beings are born, that by which they live, and that into which they merge at the end - know that to be Brahman"

This phrase from Taittiriya Upanishad (3.1) gives a deep description of Brahman. It describes Brahman as,

(i) The source - cause of creation of the universe and everything originating from it

(ii) The sustainer - underlying truth that sustains all existence. Brahman is the base that supports the functioning and existence of everything

(iii) The Destination - the merging point of the soul after the birth and death cycle.

Everything arises from Brahman, exists because of Brahman and ultimately merges back with Brahman

THE FOUR MAHAVAKYAS (GREAT SAYINGS)

8. "Tat Tvam Asi" - "That Thou Art" or "You are that"

This is one of the most profound mahavakya from Chandogya Upanishad (6.8.7). 'Tat' signifies Brahman, 'Tvam' refers to you or the individual aathman and 'Asi' symbolises the direct relation between the two. Thus, the saying declares that the self (aathman) is not separate from Brahman (supreme reality) and both are one and the same.

9. (i) "Aham Brahmasmi" - "I am Brahman"

(ii) "Ayam Atma Brahma" - "This Self is Brahman"

These famous mahavakyas from Brihadaranyaka Upanishad (1.4.10) and Mandukya Upanishad (1.2) is a direct declaration of the identity between the self(aathman) and Brahman. This is a direct affirmation of the non dualistic views of the Advaita Vedanta and emphasizes that the distinction that exists between the individual and the universe, in other words between Aathma and Brahma is purely MAYA.

10. "Prajnanam Brahma" - "Consciousness is Brahman"

This mahavakya from Aitareya Upanishad (3.3) leads to the understanding that consciousness is the ultimate truth/reality/Brahman. Brahman is pure, undifferentiated consciousness. It is not an attribute of the individual soul and mind, rather it is very essence of the universe and the foundation of all knowledge, experience and existence.

We have gone through some of the most famous concepts of Brahman discussed in the Upanishads. Though all the Upanishads have extensively explored and discussed the nature and characteristics of Brahman, from a common man point of view, these are complex to make sense of with deep philosophical meaning. So, I wish to record my version for Brahman that is simple, yet profound in nature. Each and every sentence I write here is a golden nugget which are the results of my numerous years of tapas, spiritual experiences, encounters, decoded and deciphered wisdom from beyond.



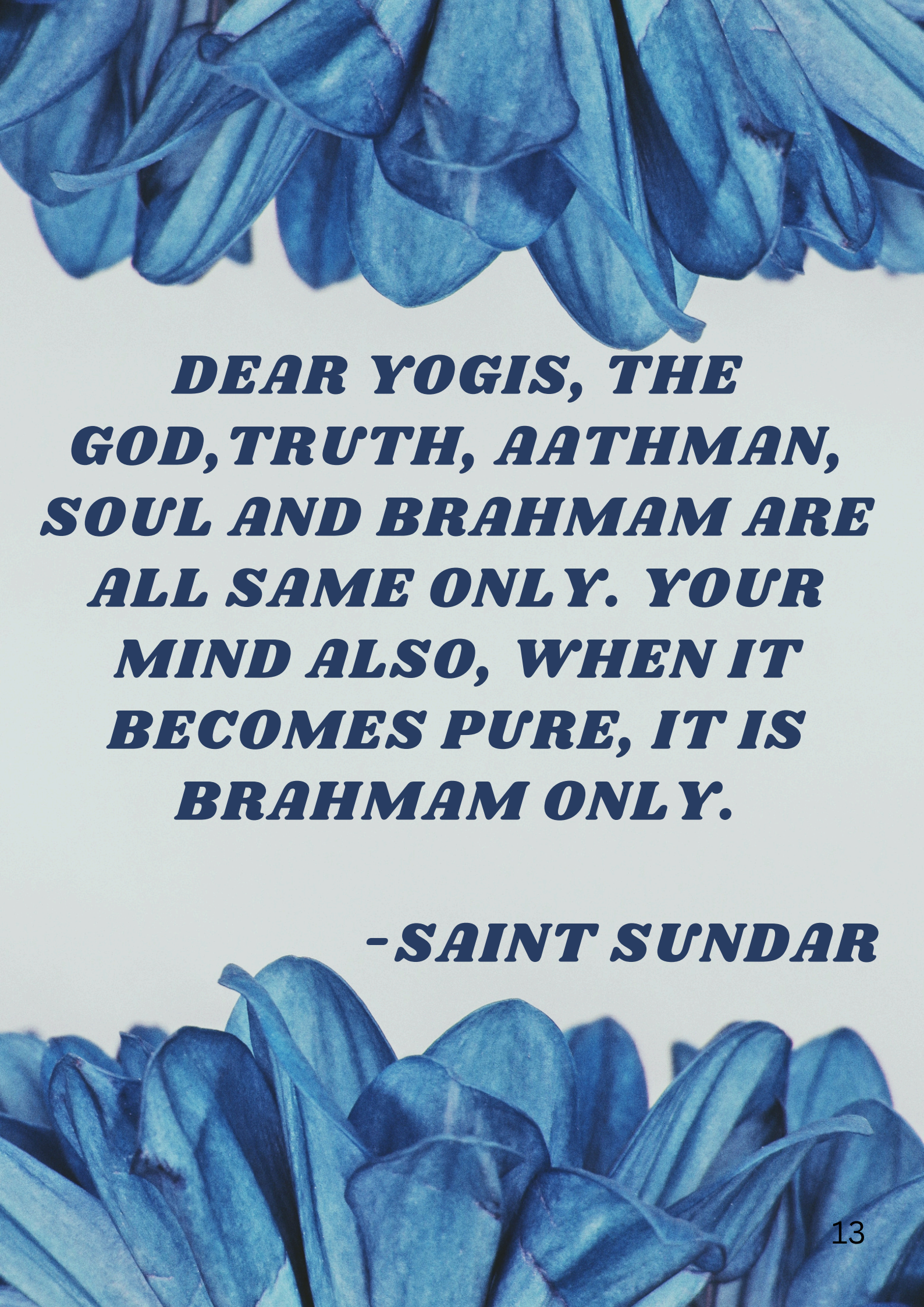
BRAHMAM IN MY OWN WORDS....

- **Brahmam is unmanifested!**
- **Brahmam is eternal**
- **Brahmam will remain forever**
- **Brahmam is GOD**
- **Our Jeevathma is Brahmam only**
- **Brahmam can never be destroyed**
- **We are all tiny specks of Brahmam only**
- **Brahmam is Prajna/Pragya**
- **Brahmam, when confined in to a form, it forgets itself due to 'Maya' and will think and act like a separate entity.**
- **We call this identification as 'EGO'. People mistake ego for other things. This is not the superficial ego that arises in the mind. This is the ego of the self.**
- **When the 'Brahmam' which is confined in a human form remembers its true nature due to the utmost grace of saints, we call this remembrance as 'Self Realization of the Aathman'.**

- **The Brahman which is confined in human form and lives in total maya will keep on taking births and deaths millions of time.**
- **The birth and death cycle of maya will come to a full stop only when the Brahman which lives in maya comes to the full realization of who it is and realizes the true nature of its own self due to the grace of great saints and with the divine help from GOD.**
- **When the 'Encaged Brahman' comes to full realization and self awareness, it comes to know that it was and is always free and it is part of the great ocean of Brahman**
- **When the tiny speck of Brahman gets liberated from the body, it merges with the ocean of Brahman and it becomes ETERNAL!**

AVATHARS

- **This liberated Brahmam or Jeevathma, sometimes decides to stay away from merging with the ocean so that it can take multiple births as a human being. And while living as a human being it tries to impart its wisdom to as many human beings as possible so that they can also achieve moksha**
- **We call this kind of saviours as AVATHAR or GOD in human form.**
- **These AVATHARS due to their utmost 'karuna' to help humans, come again and again to our earth and take many human forms**
- **These saviours will come again and again to our Earth to help us out and to save us from our miseries.**



***DEAR YOGIS, THE
GOD, TRUTH, AATHMAN,
SOUL AND BRAHMAM ARE
ALL SAME ONLY. YOUR
MIND ALSO, WHEN IT
BECOMES PURE, IT IS
BRAHMAM ONLY.***

-SAINT SUNDAR

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Aathman Awareness Centre

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