

GOLDEN AGE MOVEMENT - GAM

Sri Amma Bhagavan

TO CO-CREATE WITH HUMANITY

A
BASIC
IDEA
ABOUT
THE GOLDEN
AGE

SRI AMMA BHAGAVAN

In this e-book you will know about some Sri Arama Bhagavan's teachings.

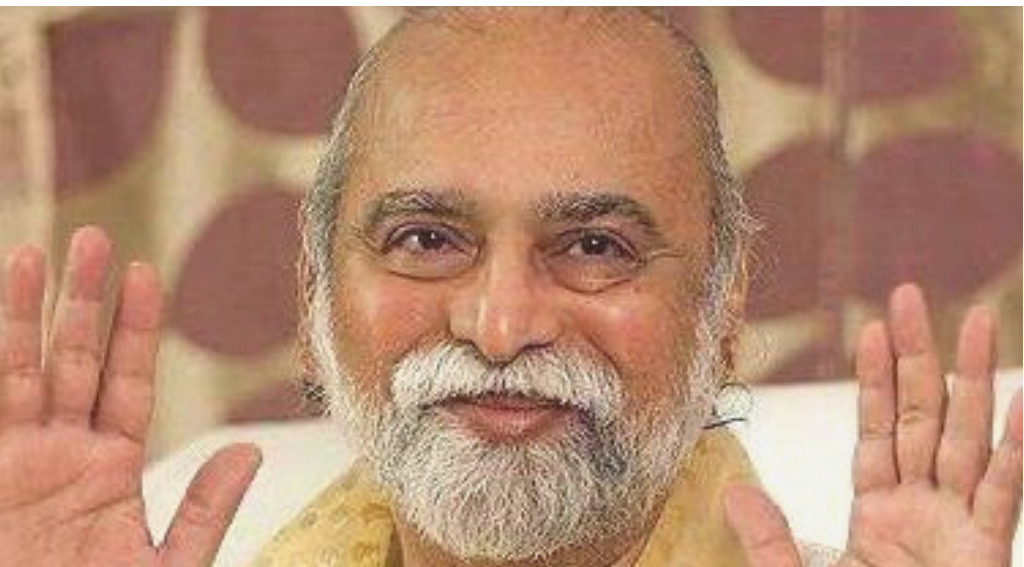
Our intention is that, as you go deeper into this reading, that you bring your attention to “where you are”, that is, become aware of your condition and what is happening inside you.

As the teachings are like a torch, a light, they will bring you clarity, and you will see that, little by little, as you delve into the teachings, your programs, old patterns begin to change... and your heart blossoms.

Once this happens, the hearts of those around you will also blossom.

Enjoy reading them!

1. WHO IS SRI BHAGAVAN



TO FREE HUMANITY FROM ALL SUFFERING

The power of Sri Bhagavan's presence has been a very magical and liberating experience to those who had the opportunity to interact with Sri Bhagavan or only to be in his physical presence.

These people received solutions to their problems, freedom from their suffering and a shift in consciousness by the grace of Sri Bhagavan.

Immersed in the fundamental laws of mathematics, Sri Bhagavan has always been a mystic, with an innate ability to connect himself to those realms far beyond the physical dimension.

The mystic aspect explains Sri Bhagavan's vision about topics going from mundane issues to philosophy, psychology, science and the transcendent.

One can have a glimpse of this holistic vision through Sri Bhagavan's teachings, comments and talks on several subjects.

Sri Bhagavan's teachings are very profound, liberating and life changing.

Sri Bhagavan is a great master who has the power to transform those teachings into a living reality for the seeker, manifest many miracles, free humanity from suffering, alter states of consciousness, and finally, awaken and enlighten the seeker

To be in the presence of Sri Bhagavan is to be immersed in the source of unconditional love, a love devoid of any judgement, a love that does not hold but only allows you to be yourself.

2. WHO IS SRI AMMA?



SRI AMMA NOT ONLY SHOWS YOU THE TRUTH BUT ALSO GIVES YOU STRENGTH TO SEE IT BY YOURSELF.

The unconditional love and compassion of Sri Amma are a nectar that purify all the hurts, fears and inhibitions.

Sri Amma is a teacher who transmits the major insights of life in a easy way to understand.

Simple but deep, those teachings do not require much contemplation because they reach your mind with a surprisingly precision.

They are truths that work as mirrors reflecting your inner state and at the same time make you comfortable with them.

Sri Amma not only shows you the truth but also gives you strength to see it by yourself.

For millions of devotees and seekers, Sri Amma is the omniscient mother, a friend, a guide, a source of power in probation times and weakness, and also an inspiration and direction towards times of power and abundance.

3. ONENESS, EKATVAM E EKAM



HOW DO ONENESS, EKATVAM AND EKAM RELATE?

Sri Bhagavan:

"Well, there is Oneness, Ekatvam and Ekam. As all of you are not attending all the courses, about some courses we will talk here and about some courses we will talk there. I will try to give you a brief idea of the whole thing, as many are asking these type of questions.

Now, all started with Oneness. Oneness has a vision and that vision is to bring about oneness in the world. Or, more specifically, the Golden Age in the planet - a physical Golden Age and an Inner Golden Age. .

Physical Golden Age will be brought by scientists and technologists and others. And WE will be involved in bringing about the inner Golden Age - to achieve oneness, Enlightenment - there are so many words for that. That is the vision of Oneness.

And the mission is 74000 Oneness Beings or Enlightened beings.

Oneness beings is technically more correct. Very often we use the words, Oneness Beings, Enlightened Beings. So the mission is to bring about 74000 Oneness Beings - those who have achieved oneness. That is the mission.

Teaching 1: What is the way?

How do we go by it? The Way is neurobiological shift. Unless the whole neurobiology changes, there is no hope to achieve oneness or Enlightenment. That is the Way.

So the VISION is bring about the Golden Age. .

The MISSION is 74000 Oneness Beings or Enlightened Beings.

And the WAY is Neurobiological shift. That is Vision, Mission and Way.

Then we move on to the Teachings. In the Teachings, there is only one principle, that is - the Principle of oneness.

So everywhere there should be oneness. If there is no oneness, there will be problems. You will have conflict. There will be division. There will be misery. There will be suffering. So one important principle of Oneness is oneness itself. And this comes under Teachings.

Teaching 2: Iham, Param and Balance

There are two requisites. One is Iham and Param. We do not fully focus on Iham, nor do we fully focus on Param. We focus on Iham and Param. That is what is unique about Oneness. We balance the two. Among the two, one is Iham and Param. And the other is Balance.

In everything, you should achieve balance. You should not eat too much nor starve too much. You should not sleep too much nor no sleep at all.

You should not move into extremes. You should not completely soak into pleasure or no pleasure. So you should avoid the extremes. You should follow the middle path and go for a balance.

The balance will vary from person to person. What is your balance is not somebody's balance. Be in balance always.

You must see: 'am i sleeping too much? Am i eating too much or eating too little? Am i over-working? Or not at all working?'

So everything you must see. Am i fully immersed in family life? Or am I fully indifferent to family life? So, you should be balanced

Balance is the key. You should not go to extremes

If you want to go, Go. But we are telling, try to be in balance. Then, we can help you very fast. So, That is the second thing - Balance.

Teaching 3: The 3 noble Truths, modelled after the Buddha's 4 noble Truths.

The first Truth is : 'the sense of separate existence is the cause of all suffering', conflicts and problems. So the problems that we have, the suffering that we have is because of the sense of separate existence.

The second Truth is : it is possible to end this sense of separate existence because many people have already achieved it. Today also, I got a report that 2 people have made it, in 2 different countries. So the ending of separate existence is possible.

The third: how do we get there? We get there by a mystical surgery.

The third truth is: through mystical surgery we can end this sense of separate existence. These are the 3 Truths.

Teaching 4: **The 5 Purusharthas**

First Dharma. The basis has to be Dharma, without which everything will collapse.

Second is Artha. Wealth is a must, especially, in the world system we have today. It may change tomorrow, in the Golden Age. Now We need wealth. Without wealth, you cannot do anything now. Of course, in the Golden Age, everything is free for everyone. But until then, you do need wealth - Artha.

Then, Kama. You should fulfill your desires. There is nothing wrong with desires.

Craving is different from a desire. That you must know. You may desire for a masala dosa. There is nothing wrong with it. But if you are craving or dying for it, night and day, something is not ok with you.

So you must fulfill your worldly desires, as long as you do not hurt somebody.

And then comes Mukti.

If you do not get Mukti, you have wasted this life. It is ok. You have achieved some significance, some power, some money and you enjoyed. But that is not life. If you really want to live life in a planet, you must become a mukta. That is the Fourth Purushartha.

And the fifth is, after you die, you do not vanish.

You think the body is burnt and there is nothing there. No. That is where life actually begins. After you die, you can land up in many places.

So we want you to go to high places, not hell, this or that. So life begins after death. Life does not end like that. There is a fantastic life after death. That whole range, we call it Moksha.

So Mukti is when you live on the planet, and Moksha is after you leave the planet. That life is utterly magnificent.

We cannot describe it. You have to get there and we have to take you there. There are some nasty places there also. We do not want you to land up there.

So these are the 5 purusharthas.

And then we have the 9 levels of Being. This is the 5th Teaching. Most of you begin with the Unconscious Being. Then, you have to become a Conscious Being.

You never see inside what is happening.

You will be experiencing jealousy. But you will never see it operating. You will experience anger and be shouting away. But you will never see it functioning inside. How often the self is functioning. You are not seeing that. You know. You have spoken, you know. But you have not seen how that self is working.

In every action of yours, there is the Self. In every thought, there is the Self. In every thought, in every deed, there is the self. The self is flowing. You never see these things.

And it is easy to see these things. These things must be taught in schools.

So, if you could see that, you could be a Conscious Being. We are not telling it is bad or good. We are just telling that you become conscious of what is going on inside. You must see that. So you must become a Conscious Being.

Then, you become a transformed Being. That is, you begin to experience the suffering of others and your heart flowers. You get a connection. You become a transformed Being. That is that.

Then we move on to becoming an Awakened Being. An Awakened Being is one who has become a witness. He is witnessing everything. He is not identifying himself with what he is experiencing. He does not identify. He does not identify with thoughts. He does not identify with his mind. He does not identify himself with anything. But he is witnessing. Just witnessing.

In that witnessing, how would you feel?

I don't want to describe. You will start imagining. I will leave it to you. You must have some challenges for yourself. You should not be told everything. Then it becomes pointless and meaningless. When you move into the witness state, you will see how it is. That is an Awakened Being.

Then you become an Enlightened Being

When you become an Enlightened being, thought almost stops. When thought stops, mind stops. When required it will come. When not required, it is just absent. The absence of thought is the absence of mind. The mind will go away.

It will come back when required. It will help you with some functions - how to go from here to there; how to repair this machine; how to tackle this particular problem; for all that, the mind will help you. Otherwise it is absent.

But for an Awakened person, the mind is continuously functioning.

He is witnessing it. But for an Enlightened person, the mind has stopped. Its function has stopped. How will it be? I leave it to you to experience it.

Once your thoughts stop, and your mind ceases to function, you will see for yourself how it is.

Why should I tell you? I told you enough. Otherwise, again and again you will start imagining things. I leave it to you - the Enlightened Being.

That much - until you are in Bhooloka. That is Mukti.

Then, when you do die, you become an Oneness Being. Then you become a Light Being. Then you become a Space Being. Then you become a part of Paramjyothi.

In Paramjyothi, there are many many people who once lived on the planet, either as gods or as humans who have made it.

They all form a club. They are all out there. There is oneness among them. They are not dissolved. They are still there. They can come out.

You can get Rama out. You can get Krishna out. You can get Buddha out. You can get Ramalinga out. Anybody can come out of that Light. And you would also become a part of that Light. That is where the journey ends. You become a part of that Great Compassionate Light or Paramjyothi.

Teaching 5: 9 levels of Beings.

There are many paths to get there. Many paths are there in this world to achieve all this. You should not think that we are the only path, we are the only Approach, we are the only Way. Not at all.

Many approaches are there. Whatever suits you, you could take. You have absolute freedom.

You can choose whatever way you want. Whatever approach you want, you can choose. So that is an important teaching here.

We do not say, 'this is the path'. No. Not at all. This is also a path. This is also a Way. This is also an Approach. There are many many approaches. That is the 5th teaching.

This is the apex body of Oneness. Of course, we have Oneness philosophy. How did the Universe begin? Why the hell is the Universe there?

All this comes under **oneness** philosophy, which we will not be expounding you at this stage. Only when you are developed, you are evolved, you become a good mystic, and you can travel with us, then we will expound on that.

What is the point of talking to you on the Big Bang, unless you can see the Big Bang? What is the point of talking about the beginning of the Universe when you cannot see it?

So first you become a mystic; then you will have the power to travel with us.

When we say let us go to that galaxy, you must be able to travel with us to that galaxy. And you can see.

And when we say, 'let us go back 5 million years to see the dinosaurs, you can actually see the dinosaurs with long tails and legs beneath its tail, about which science has no idea. You can see that.

So all that we can talk about oneness philosophy is when you become a great mystic. What is the use of talking now? It will all be only intellectual stuff which you cannot understand; which will make no sense to you.

And finally we have the Oneness Rituals

Some special rituals are there. So we have Oneness philosophy, Oneness Rituals, and different Teachings. All this is the Apex body.

Now this **ONENESS** has **2 Approaches. One is Ekatvam and the other is Ekam.**

These are 2 approaches. Let me first go to Ekam.

Ekam has its own Vision, Mission and Way. The Vision of Ekam is to enlighten the whole of humanity. And the mission is to get 74000 people enlightened. They would basically need 74000 people in Ekam. That is the actual number required.

We, in Ekatvam, will be talking about 74000 people, because that is how we began. And people have anchored to this 74000.

So we go on talking about it. Once we get the 74000, another 10,000 will be easy. So we talk about the 74000.

But there in Ekam, it is exact. Depending on the current population, they need about 74000 enlightened people. If the population grows, the number will increase; if the population goes down, the number will decrease. That is for Ekam.

There in Ekam, the WAY is Global Deekshas, Global Meditation.

That is how they go for phase transition. For example, you take a glass of water. (This is science). As the water cools, particles of ice are formed, and suddenly the whole thing becomes Ice.

The same thing happens to a piece of iron. If you go on rubbing it with magnet, the whole thing becomes a magnet too. All this is phase transition.

Similarly, if 74000 people are Enlightened and they go on giving Global Deeksha, suddenly you will find that the whole humanity is shifting. It is phase transition. So Ekam is that.

The VISION is to enlighten whole of humanity. 74000 will be required for this MISSION and the WAY is Global Deeksha and Global Meditation. Some of you have been participating in those things. That is the way Ekam goes.

So, the route is Oneness. From there they have taken that path to get there. To understand that easily, you need a symbol. The symbol can be Buddha. The Buddha represents Enlightenment. We can say Ekam is all for Enlightenment.

Now you come to **Ekatvam**. In Ekatvam, the vision is to install Paramjyothi or the Great Compassionate Light into every human being on this planet.

Right now you are like empty bottles. We have to fill that bottle with the Great Compassionate Light or Paramjyothi. The Vision is that.

The Mission is to get 74000. Actually we need 74000. But let it be 74000 people filled with the Great Compassionate Light. And the Way is Deeksha by Paramjyothi.

If Paramjyothi gives Deeksha, it will happen. And Paramjyothi will give Deeksha from the Moon on full moon days. On full moon day, through the Moon, by the Moon, Paramjyothi will give Deeksha. That is, Deeksha to be filled with Paramjyothi. For some people, the Deeksha will happen very fast. For some people, it will take sometime, depending on the person. All are not in the same level of Consciousness.

So all our programs, whether it is Homas, or whether it is Aalaya Darshans or satsanghs, or what i am talking now - (MMY) everything is aimed to get the Paramjyothi inside you, to take over you.

You are all empty vessels now. We will fill you with the Great Compassionate Light.

And the way is : the Deeksha given by the Paramjyothi via the Moon, on a full moon day; and if you simply look at the Moon, nothing will happen. You must look at the SATYALOKA MOON - Full Moon day, Satyaloka Moon.

Then you must ask, pray or meditate that the Great Compassionate Light should come into you. It will generally start with the Anahata chakra and will slowly fill up the other chakras.

So that is the preparation for Moksha. Once that happens, we go on a Cosmic tour. If you want, we can go to the Sun. We can also go to the Moon. We can also go to the Mars. We will be much there ahead of the humans. We can be on Mars, we can walk on Mars.

We can visit other galaxies, other solar systems, other planets and we can see for ourselves whether there are Beings there or not.

There are far, far advanced Beings than us and they live there. And their entire planet is enlightened. You can see all that..

But how to take you there? Only by filling you with Paramjyothi.

Once you are filled, you can explore the other worlds. You can see how and when you will die. You will see your own dead body. You will be able to see that. You will be able to see other lokas.

You can pay a visit to hell, see how life is at hell, whether hell is there or not. You can see various wonderful lokas. You can see if they are there or not.

You can come face to face with Paramjyothi. Paramjyothi coming into you is something; Paramjyothi out there is something else. The blinding Light of Paramjyothi, what is described in the Bhagavat Gita (Indian Scripture) you can see.

That blinding Light, you will see.

And you will see many others, who lived here and died. You can meet your ancestors. You can meet your ancestors who were pre-humans also. You can see them also.

Everything - the whole mystic dimensions will be opened up.

When the mystical dimensions are opened up, you will see how small, silly and stupid is Science.

Science is self-bound or through instruments. That is all. Very limited it is. It has to be with senses and instruments. It cannot go beyond that.

Instruments are mere extensions of your senses. So limited is science and it has such funny ideas about Space and time, about Cause and Effect, about reason and logic.

But there is no way you can get out of that. Because you do not know this. And you must know this.

So this Ekatvam is to make you into mystics.

We will do this with Paramjyothi. The amount of bliss you enjoy is so much. The amount of joy, you cannot describe. So it is high time that humans are having the Great Compassionate Light.

So Buddha is a symbol for Ekam. The symbol here for Ekatvam is Swami Ramalinga. These symbols are there for you to understand.

Ekatvam considers you to be empty bottles. Not only that. As empty bottles you are filled with rubbish. So EKAM should clear you of all that rubbish. .

For that you have to attend all the Festivals there till all the rubbish is cleared.

Once that rubbish is cleared, we (in Ekatvam) will fill you with Paramjyothi. You should be filled with Paramjyothi.

Otherwise, what are you? You are just like beggars. What is this life? Still, we must give you all credit that you enjoy this life.

This highly stupid, meaningless, nonsensical life, you try to make something out of it - give it some meaning and you manage to live, instead of committing suicide.

Otherwise, you will have to commit suicide. So it is a great credit to you that you are managing to survive, to live.

But really living comes to you only when you become a Mukta.

When you are filled with the Great Compassionate Light, you are filled with the Universe. It is all so different.

You are not some petty little human beings. This nasty thing has been created by the brain. The brain is only a filtering instrument.

It is nothing more than that. The Mind that you experience now, is some sort of a filtered thing that has been produced by the brain.

But the actual Mind has nothing to do with the brain. Your brain can be burnt, destroyed and put to ashes. But the Mind is vast. Immense. IT Gives you All That Is. That is the Mind.

Now what is happening is: it is being filtered by the brain. The lower brain filters something. The higher brain filters something. It is only a filtering instrument. It does not generate the Mind.

The Mind that it generates is filtered and void and it is sequencing them.

Giving Space and time, it is sequencing them using reason and logic. But actually this filtered mind has nothing to do with that vast Mind.

Now to help you to understand, imagine a television set. So many channels are coming in. But if you see all those channels together, does it make any sense for you? No. So you chose one channel. Then it functions. .

Similarly, you have your cell phone. So many signals are being received. If all signals are received at the same time, will it make sense to you? It will not make any sense.

So you take that particular number, particular signal and it makes sense to you.

So the brain is more like your television set or cellphone, choosing.

And then it makes some arrangements, using reason and logic and Space and Time. It figures out something which you think is the Mind. And you give it so much importance. It is something that is done by this brain.

We are talking about FREEING YOU from this brain. In other words, technically speaking we will be shutting down large parts of your brain, leaving only those things that will carry out your worldly functions.

You need the brain to have the body maintained.

Without the brain, you cannot manage your body. So some parts will be left out. But there are lots of other areas that has been filtering with logic and that we will be shutting down.

How will we do it? We will do it by mystical surgery. This mystical surgery will be done by Paramjyothi. Once that happens, we will be shutting down the brain.

Your brain is unnecessarily active.

When we shut it down, you will move to the vast Mind, that Mind that is everywhere and nowhere. You are there, and let us say we shut down your brain.

Once we shut down your brain, you have almost become a Space Being. You would think of your son or daughter in New York, and you are there.

Because this mind is everywhere and nowhere, you can go behind 5000 years to Mohenjodaro and see what happened there. You will be back in Mohenjodaro in no time and see the Indus Valley civilization. You can go and watch there.

Or you can go 1000 years later and see when the Golden Age is coming. You could do that. Space and time have no control over you.

You may say, 'I would like to see 10 past lives before to see what past life vasanas are there in this life'. You can go and see all the programs that are controlling you.

You may say, 'I would like to see how the Tiger feels'. You can move into a Tiger.

And I tell you, if tomorrow you can do that, you can move effortlessly.

It is so beautiful to be in a Tiger's body than a human body. Their senses are so sharp and so powerful. The Tiger. You can enjoy being a tiger. You can jump off into an eagle and fly off like an eagle and then you could leave.

I am not talking of any futuristic thing. We have done this before. We have stopped it for certain reasons.

Due to some governmental pressures, we were told we should not do these things.

The Government used it as corrupting the Mind. So we did not want to waste time going against the government.

But when you do this, you become a great human being. You know what a great master you are. You have so much love for animals, plants, nature, and for human beings. You become great human beings, full of peace and love. That is how Man should be.

There is no need to be scared of any of these things.

That is how human beings should be. But unfortunately, many people do not understand this.

What happened was: the children (in Jeevashram) would call their mother from school and say, 'you cooked this. I saw you doing this in this saree' and other things. And the parents got scared. They thought, 'I sent my children to study in a school, not to become a Siddha or to become a mystic, this or that'.

Actually every school should have this. But what happened?

They went to the police. And the police came with all their guns and asked what was happening here. People are seeing their past lives, doing this and doing that.

They have become so kind that they have not been able to function at all. All kinds of questions came

How much can we be taking all these forces? Answering so many questions of so many people and then our friendly media is there. All these things were there and we said, 'enough is enough'.

But now, if you are ready, we will fill you with Great Compassionate Light. Sitting in your home, you can fly off to Mars. You can go back and check all that we are talking.

You can go back and check all past lives. You can check all the details that we have been giving you. All the teachings are based on actual experience. Not by one person. But by a group of people.

So you become a totally different being. So we want all humans on Earth to become filled with Great Compassionate Light.

You go to Ekam and you get enlightened. You come to Ekatvam and you are filled. And all that we are doing in Ekatvam is to prepare you to get filled. All that is done in Ekam - the Manifest Courses, the Limitless Field Meditation, the Enlightenment Festival - is to make you enlightened. And the symbol there is Buddha for Enlightenment. And Ramalinga is the symbol here in Ekatvam. Ramalinga's work was to fill people with the Great Compassionate Light. This is what is Ekatvam and Ekam.

Sri Bhagaan's teaching extracted from: Mukti Moksha Yagna on March 28, 2021

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