

SPIRITUAL COUNSELING



THE SPIRITUAL APPROACH FOR
CONSCIOUS LIVING.

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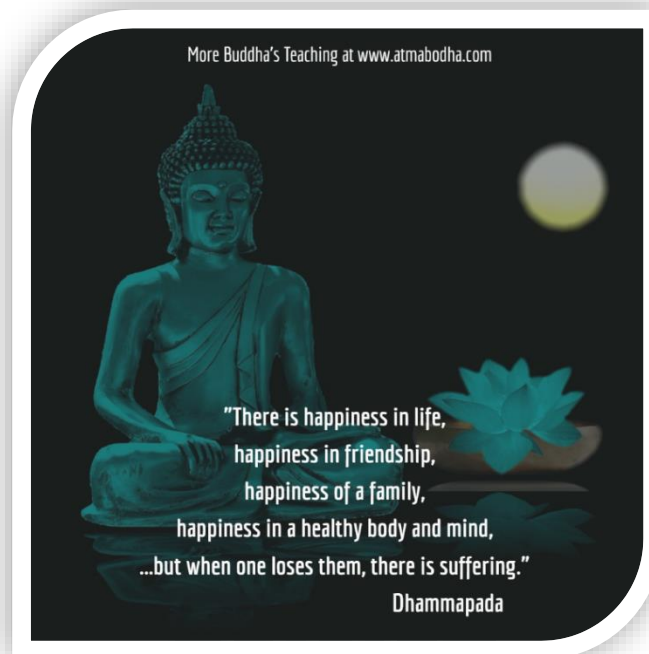
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Enlighten Yourself!

THE SUFFERING OF LIFE.

Human Suffering.



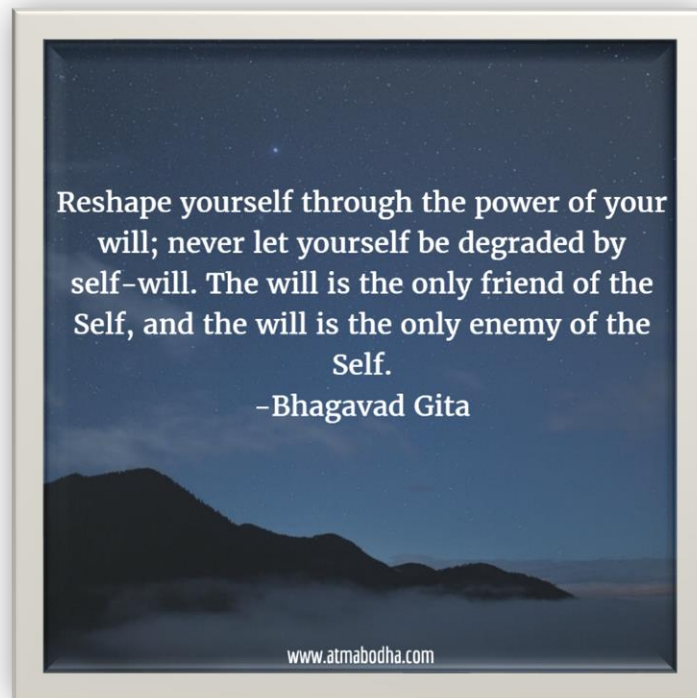
"Life is suffering" are the Buddha's words. Buddha's to define life; there is nothing cynic about his idea of life but relative truth. Buddha realized that suffering is there in life from childhood to old age until death. He also gave a path that can remove these miseries of life. Every Era of time, from the Avatar to the great sages, identified the pains of life and shared the wisdom to transform these sufferings into Bliss and Inner Peace.

In Indian culture or Hinduism (the World's oldest living religion on the planet earth | the seed query is about the suffering in all its significant philosophies like the Samkhya, the first philosophical venture in Hinduism created by the Sage Kapil, as per him, there are three types of suffering in the life of human being.

1. Adhyatamic (Spiritual Suffering) - bodily or Mental pain, e.g., disease, sorrow, etc.
2. Adhibhautika (Physical Suffering) - suffering caused by an act of man or animal, e.g., snake bite, bodily hurt, etc.
3. Adhidavika (Nature Suffering) – suffering caused by acts of God or supernatural causes, e.g., death by lightning, death of relatives, etc.

When these sufferings afflict anyone, they become the truth of their life. The mental pain, delusional fears, weak and uncontrollable mind, negative emotions, and uncontrolled thinking, like the darkness of emotions, cover up the reason; the World seems like an enemy and ultimately leads to an adrift and miserable life.

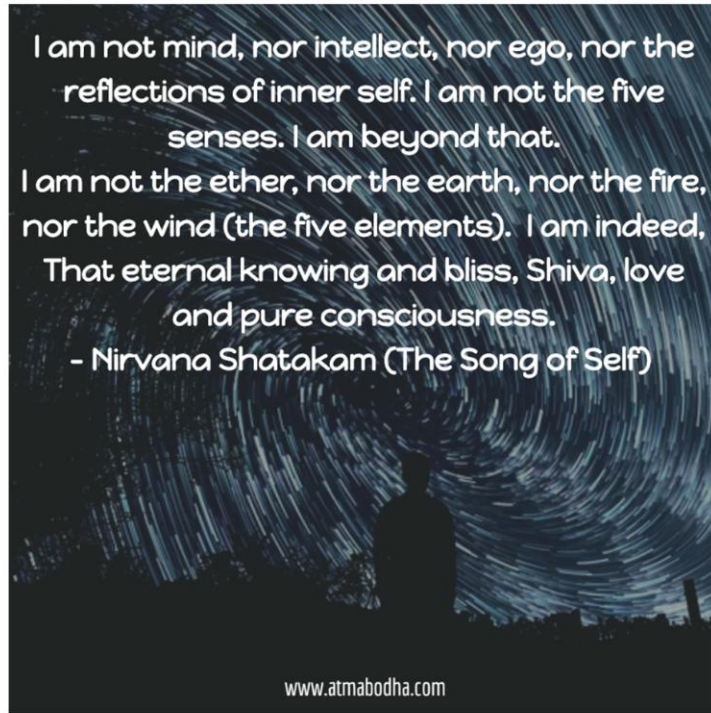
LIFE IS AN EXPERIENCE OF GOOD & BAD TIME.



In an average life span of a human being of 70-75 yrs. from the day one of your birth till the last breath of life, we deal with many experiences; some are good, some are great, and some are bad, miserable like a nightmare. We all want feel-good experiences in our lives, and we want to experience our life that way. Experience is nothing, just a state of mind for a particular time set. All life experiences are the creation of our minds which discriminate them into good and evil. Bad experiences can either make us strong or weak it's up to us how we perceive them. Life is a mixture of various experiences and their related emotions; these experiences somehow define life. Good experiences lead to a joyous and blissful life, and bad experiences make life a nightmare. So, life becomes an experience and shows direction based on past and present experiences.

How to deal with it is the big question from the ragpicker to the rich who create their life based on their experiences; the only difference is the perception to handle these experiences. But to understand life and the cause of its miseries, there is a need to go beyond these experiences or the mental states where all the solutions are stored.

SPIRITUALITY – THE INNER DIMENSION OF LIFE.



I am not mind, nor intellect, nor ego, nor the
reflections of inner self. I am not the five
senses. I am beyond that.
I am not the ether, nor the earth, nor the fire,
nor the wind (the five elements). I am indeed,
That eternal knowing and bliss, Shiva, love
and pure consciousness.
- Nirvana Shatakam (The Song of Self)

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Spirituality is the path toward self-existence. It is a process of inner transformation and manifestation of your true potential. Once you enter your inner dimension, the queries, the problems, and the questions start to settle down, and the soul's expression starts. The spiritual dimension of a human is an unfolded and secret dimension that stays hidden inside and can be manifested only when the process of self-awakening or self-realization starts; in our whole life, we live life under the influence of our mind, senses, desires, etc.

Spirituality has a deep inner force that ignites the process of self-awakening, which ends with self-realization attainment.

Is Mind a Problem?

A Mind is the source of all life's problems when it is restless and unfocused. Let's say any external event happens in our life. Suppose you lost your near one now; this event will create specific vibrations that impact our sensual organization and create emotional turbulence in our minds. This whole process of conception and perception is carried out inside the mind, so the mind perceives problems, issues, and other negative perceptions. So, all that happens is the mind's perception. It's the mind that discriminates between good and evil.

The Solutions lie beyond the Mind.

The mind has a sensitive organization, filled with desires, emotions, and control by sensual organs. It is never independent as it is controlled by senses, thoughts, desires,

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feelings, etc. Only the controlled and focused mind creates a blissful and peaceful life. But who controls the mind? To understand that, we must go beyond body and mind and dive into the realm of Self (Atman) through introspection, the spiritual study of self, which is eternal, pure, and potent. The Self is beyond body and mind and free from desires and mental vibrations.

As in Gita and Upanishad, the organization of body, mind, and Self is explained as the chariot.

“Verses 1.3.3–11 of Katha Upanishad deal with the allegoric expression of the human body as a chariot. The body is equated to a chariot where the horses are the senses, the mind is the reins, and the driver or charioteer is the intellect. The passenger of the chariot is the Self (Atman). This analogy explains that the Atman is separate from the physical body, just as the passenger of a chariot is separate from the chariot. The verses conclude by describing control of the chariot and contemplation on the Self as ways the intellect acquires Self Knowledge.”

In Gita chapter 3, verse 42, Krishna said to Arjuna -

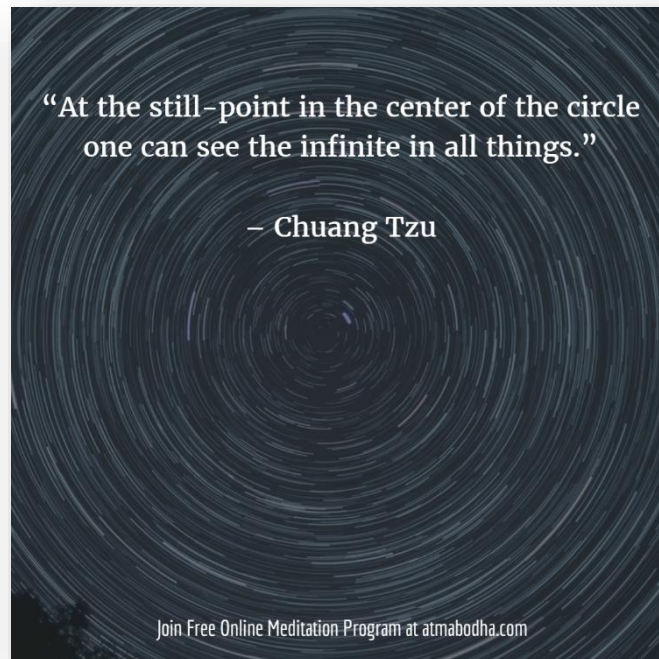
“The senses are said to be greater than the body, but greater than the senses is the mind. Greater than the mind is the intellect, and what is greater than the intellect is He (the Self). (3.42)”

The concept of the human body, mind, and soul is explained as a chariot likewise;

- Human body is the chariot
- The chariot represents the physical body
- The five horses each representing one of our senses: Sight, Hearing, Taste, Touch, Smell
- The reins symbolize the mind. Our mind is connected to the senses and can drive our senses
- The charioteer represents the intellect
- The owner of the chariot represents the soul, self.
- Krishna represents the super soul or the supreme consciousness witness.

So, to decode and define your life, you need a deep study of the Self; the proper understanding and realization of the Self lead to a liberated and blessed life.

SPIRITUAL COUNSELING – THE SPIRITUAL CONSCIOUS LIVING.



Spiritual counseling is an ancient form of guidance that started during the ancient Guru Shishya Parmapara in Vedic tradition. So, in Vedic tradition, the sages and hermits act as spiritual counselors for the king to deal with all kinds of problems, whether personal or political. They play an essential role in society's development and growth. A healthy community creates a healthy nation. Health represents not only the physical or mental dimension of humans but something beyond the mind, the spiritual dimension. (Spiritually awakened society builds a utopian nation which is not a mental illusion but the history of this World that existed on this planet which is now lost from our mind and become a myth in the form of stories.

The spiritual dimension is not a religious dimension (a religion can be a help to discover the truth but is not mandatory to follow). It is the inner dimension of self-awakening and self-consciousness.

Spiritual counseling is a divine spiritual method that guides people to develop a seed of knowledge about the existence of the self(atman) to create inner awareness, bliss, and peace for the conscious life. The ultimate aim of spiritual counseling is to show the path to realizing the potential or power of true self, transforming a miserable life into a blissful one.

Indian Vedic Scriptures are huge and vast and accumulate wisdom from the atom to the universe, the whole life science from your birth to the liberation manifested by these

scriptures. Vedas are the ancient wisdom on this planet earth. It explains the truth of our existence and the existence of nature.

As Gita mentioned, we are born to die, and we die to be born again; the cycle of birth and death goes on until liberation is achieved.

The Philosophy –

Our spiritual counseling is based on the spiritual dimension of Atmabodha or Self-Realization. “Atmabodha” is a Sanskrit word that is a combination of two Sanskrit words, “Atma,” which means the self, and “Bodha,” which means to realize knowledge. So, the realization of the inner self is Atmabodha. The process of Atmabodha started with the fundamental question, Who Am I? and once you gain enough wisdom and realize the answer to this question, you reach the state where all the questions in your mind dissolved and the truth manifested. Vedantic philosopher and guru Adi Shankaracharya also wrote a book named Atmabodha, which explains the whole philosophy of Atmabodha.

The philosophy of Atma-Bodh spiritual counseling is not just limited to the Vedic traditions and spiritualism, but also the wisdom from the Buddhist, Zen, Jainism, and other sects traditions developed in India. The following traditions and wisdom on which our Spiritual Counselling is based:

- Vedic Wisdom & Traditions
- Vedic Philosophy
- Vedantic Spiritualism – Upanishad
- Buddhist Philosophy & Meditation techniques
- Yoga & Dhyana Wisdom
- Tantra Tradition.
- Gita Wisdom.

Philosophy in Sanskrit is called darshan shastra; Darshana means “to see,” “to see the truth,” so philosophy is to see the truth or the realities of nature. Vedic philosophy divided into six parts

1. Samkhya Philosophy
2. Yoga Philosophy
3. Nyaya Philosophy
4. Vaishesika Philosophy
5. Mimamsa Philosophy
6. Vedanta Philosophy

The Vedic philosophy has the main motive to get liberated from all the suffering and attain a blissful and conscious state of mind. Our counseling is a blend of Vedic philosophy with the all-important philosophy of the World.

The Process –

The spiritual counseling process is based on the principles of spirituality that address the question of suffering and the process of eliminating it to attain pure liberation.

- Heya – the real nature of Dukkha or suffering
- Heyahetu – the real cause of suffering.
- Hana – the state of complete absence of suffering, the state of pure conscious truthful bliss.
- Hanopaya – method to attain the state of complete absence of suffering.

Through this philosophical approach in our spiritual counseling, we help our user to eliminate the seed of suffering.

Atmabodha Spiritual Counselling Benefits:

The primary purpose of our Spiritual Counselling is to create an inner awareness & consciousness to create a health-conscious lifestyle that brings the following transformations in you:

- Create a Focused & Conscious Life.
- To Explore the Inner Potential.
- Eliminate Fears & weaknesses.
- Balance the Ego.
- Unblock the Inner Energy Channels(kundalini)
- Eliminate Stress & Anxiety.
- Optimistic & Healthy Mindset.
- Inner Bliss
- Inner Peace

SPIRITUAL COUNSELOR & HEALER.

Atmabodha has an experienced team of spiritual counselors and healers dedicated to making human society free from suffering and guiding them to live a free, blissful, and conscious life.



Hi, I am Sachin. There are many seeds lies in our mind; some sprout and becomes a plant, and some remain whole dormant life, but the seed of spirituality is the one that tries to sprout and become a tree with many branches and roots; this seed raise with the self query of Who I Am? This query also vibrated my mind, and I started my journey to find the answer to it. Yoga, meditation, spiritual knowledge, and other karma-kanda are pretty helpful in creating inner awareness and feeling. This journey started with a simple question, but the desire for the answer takes you to the inner spiritual element of life: the One and the Infinite. Spiritually awakened society takes this World toward the conscious World where people focus on harmony, peace, happiness, success, and braveness. My mission is to help the human community to seed the mind of spiritual awareness.

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So, visit our website and share your problems with us. We will contact you over email and phone. You can also make an appointment by emailing us at atmabodhi@atmabodha.com.