
THE LENS OF KRISHNA

**THE SIMPLE THREE STEP PROCESS
TO REMOVING ALL YOUR
ABUNDANCE BLOCKS**

**The Power of Listening To Your
Consciousness**

SRI VISHWANATH

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The Lens of Krishna

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The Impact on Worldwide Readers

It is truly all one needs...

"No Matter what anyone has read, studied, or listened to, yours is not an 'additional source' – it is truly all one needs."
– Margaret Fergusson UK

Bhagavad Gita For Breakfast...

"It's 6:00 a.m. in the morning. My bowl of Cereal and a read of Sri Vishwanath's book. Sri Vishwanath's writing on the Gita is sweet as the the strawberries in the cereal. Sweet, palatable, easy to digest, and will be with me all day. I love the book for it's practical approach to the most important lessons. It will become a bedside manual for me I'm sure. So happy to discover this" – Owen Patrick USA

The Spiritual Guide That's Been 5500 Years In The Making

"I discovered your works about 4 months ago and have been obsessed with reading them ever since! Words can't describe how much they have changed my attitude and thoughts and how much they have taught me.

When everyone else is busy going to church service, I am busy reading your books as my church and learning 100 times more they will ever attempt with their antiquated interpretation of scriptures.

Thank you for being a beacon of light for me and my spirituality. After reading hundreds of books of literature on this subject, I can say finally that I've connected with someone and their truth!!" – Alicia Nalevanko USA

A Special Note From

John Harricharan

(Author of numerous award winning bestsellers, spiritual consultant to top celebrities and families of previous US President)

The Great Work Of Your Life...

Today I was reflecting on the paths that intersect and bring people into contact with one another. I remember meeting you a few years ago and saying to myself, "This young man will one day make a tremendous impact in this world." It wasn't just because of your excellent business background, but more importantly, because of the integrity, high moral values and, the spiritual power that seemed to emanate from you.

As I followed your progress over the years, I was proud to see how your work and advice have changed the lives of so many. Your accomplishments as a bestselling author, lecturer and consultant combined with your kindness and helpfulness to others, place you high in the ranks of people I know and respect.

I do not say these things lightly since, as you know, I am friends with many of the great teachers and leaders in this world. For example, Deepak Chopra, Muhammad Ali (the famous boxer), Foster Hibbard (associate of the late Dr. Napoleon Hill of the classic, "Think and Grow Rich,") and others, have lectured with me, or travelled with me or had dinner with me. I think of you in the same light as I think of them.

I know that your work and teachings will not only affect the lives of people in your homeland, but will spread throughout many countries on Earth. Keep up the great work you have started. May this simple review of what I think of you and your accomplishments serve to inspire you to greater successes.

Fair Warning

Read this report only if you are ready to EXPERIENCE EVERLASTING ENLIGHTENMENT. I have been paid over \$10000 to share the contents in this report. I want to offer that as a free gift to you.

I have to warn you though: You might be shocked, embarrassed and angry at me for revealing these inside secrets.

You might wake up tomorrow with the energy of a Christ, Buddha or Krishna without doing anything and I literally mean it. If you are not ready for this transcendental experience without any extra effort do not begin.

This special report will change your life without changing YOU.

You will smile when you hear the voice of God. You will jump with joy when you see Him standing in front of you guiding you at every step. You will be at peace when you talk to Him. All this will happen without any special effort on your part.

Ready. Let's travel.

If you want to see God, talk to Him that is very much possible. I have seen Him and so can You. Study the Bhagavad Gita. In the Bhagavad Gita you will see all the religions of the world unite. Every single problem in your life will be corrected, every single goal uplifted seeing through Krishna's lens. (Essence of Sri Ramakrishna Paramhansa's message. Ramakrishna was Swami Vivekananda's guru)

When I was small my father solved all my day to day problems. My mother would take care of my emotional problems. When I grew up and entered into the world I was lost. My own desires were giving me problems, my expectations from others would land me into problems, my attraction for pleasure would make me do many things. I would get very upset when things did not work the way I wanted to.

I would wonder why people are behaving in such a strange manner. I was disciplined, committed, studied hard, earned a bunch of professional degrees and achieved very good success in corporate. However, I have to admit I was lost.

My desires kept multiplying without my approval, happiness would appear and disappear without notice, anger would knock on my doors and calmness would foolishly open it leaving me destroyed. There was a wide void expanding inside. It seemed some force was making me do the things I did not want to. I would spit out certain words I would never have wanted to speak. I would engage in certain actions which I had willed to stay away from.

I did not have a very clear idea of happiness, of a purpose driven life but I was sure the path I travelled would not lead me there. It seemed strange how thoughts could appear without my permission, actions executed which were not to my liking. How could all this happen? There was no one to help me. My father, mother, wife and closed ones could not help me because this problem was an internal one... and so I lived....

During this turmoil I had hyper stress issues. I was admitted to the Intensive care unit of the Pittsburgh hospital. I was under

heavy medication and needed a break. I came back to India my country of birth. Nothing much changed ...However, one day as I boarded a long distance train from Mumbai to Hyderabad with my wife I got a relapse of the hyper stress.

I wanted to jump out of the train but the next stop would be 30 minutes later. I created a scene and put everyone to discomfort. Sitting on the other side of my seat was a young man around 22yrs. I was 27yrs at that time. He was smiling looking at me. I was dying and this man was smiling. I wanted to punch him but he called me to his side and said

“You will not Die.... Don’t panic.. Just Change Your Inner Lens...” I had no idea what he was talking about but the fact that someone told me I will not die was a big relief to me. He spoke to me for fifteen minutes. My consciousness listened. The train stopped at the next station. I got out... My spiritual journey had begun.

In search of the lens

I had to figure this out. What is consciousness? What is it really capable of doing? What are its powers? How do I experience the warmth and joy of my consciousness? I immersed myself into my spirit. I studied, practised and realised every single word of Ramakrishna Paramhansa, Swami Vivekananda, Sharda Devi and many other great souls. Krishna, Christ and Buddha were my heroes. During this period my son Vignesh was born.

Everything miraculously changed from that point on. Fast forward 15years... I wrote 13 bestselling books on spirituality, am ranked in the top 50 in the world in “Mind, Body and Spirit”. However I have to admit though the spiritual stars aligned itself in my favour the journey was never smooth. It was a constant struggle between my new found knowledge and my limited personality.

I had no living guru and I am glad I did not have one for if I had settled for a mediocre one my growth would have been stunted. I wanted a guru of the like of Swami Vivekananda unfortunately I could not find one. **My lens became my teacher** and so it took

me 15 long yrs. I followed the path of trial and error. I was not ready to give up my deluded lens and so I struggled.

If I had a teacher of the like of Swami Vivekananda I would have reached the goal in less than 9 months. That is what quality teachers do. They cut down your learning curve by more than ninety percent. I persisted though in my journey.

How my madness will help you reach your goal?

Ramakrishna once said “Everyone is mad about something. Most are mad for wealth, women, fame and power. My madness is the highest. I am mad about God” I was ashamed of myself. I had written all these great bestselling books on spirituality but I had not yet reached the summit. I was still scaling the peak of yoga. I was far ahead of most seekers but I was still climbing the peak.

I intensified my spiritual campaigns. I introduced the element of divine madness. My hunger to experience the spiritual heights of Ramakrishna expanded thousand fold. I scoured through the verses of Bhagavad Gita every day. I spent six hours every single day reading the Bhagavad Gita from the start to the end. It was a wonder what made me recite the 18 chapters of Bhagavad Gita every single morning and evening. It happened effortlessly, I would close my eyes and these verses would trickle in. No book, no audio nothing. Krishna had himself become my teacher.

I recited Bhagavad Gita for twelve straight months. Finally one day light broke in.. All worship, sacrifice and love fully accepted and completed. I woke up one day to a completely different level of transcendental experience. It was beautiful, refreshing, seemed so natural and uplifting. It seemed so real that I could talk to this mysterious force, touch it, see it.

From that day on a strange peace followed me everywhere. Everything outside was the same. Everything inside was also the same. My same body, My same mind, my same intellect. What changed? Nothing... I had touched that which never changes. My consciousness. My real lens.

Change Your Life without Changing YOU

All correction automatically happens at the level of consciousness. You don't have to do anything. There is no effort involved to reach your consciousness. Consciousness is a gift by God to you. You simply have to accept it. This gift is unwrapped by a great teacher to a great student.

I want to share with you the lens of Krishna. It will help You wear Your Real Lens. You don't you don't have to go through 15years of trauma, trouble and frustration I encountered. The connection is instant. My consciousness wants to speak to your consciousness. The result will be transcendental.

Everything is easy only if you know how.

Your Four Vehicles of Communication

“In whatsoever manner beings reach me, that very manner I resort to them roads on all sides lead to me” – Krishna to Arjun in the Bhagavad Gita

Krishna says “We are all in the business of collecting data. What we call experiences are nothing but spiritual data. As our data gets broader and better our vision gets clearer and we understand the real meaning and purpose of life. What we call ignorance is nothing but decisions based on limited data, what we call knowledge on the other hand is decisions spanning many horizons”.

Krishna says we suffer because we manufacture intelligence from a very narrow field of experience. He urges us not to make that big mistake. The master **says a shortcut to a purpose driven life is to change your vehicle of communication.** When you do that you gain the ability to transcend time, gather more data, broaden your field of experiences and enrich your life in manifold ways.

You Can Transcend Time By Holding Krishna's Hands

He was a master of simplicity. This man called Krishna. He had this special gift to transcend Time. He could go back thousands of years into the past, leap forward and move thousands of years into the future. He did something interesting.

He collected the entire data of experiences of billions of men and women over Time processed it in the heart of his consciousness and manufactured tiny spiritual gems of wisdom that would benefit humanity. He presented these nuggets of wisdom as beautiful bouquet of flowers in the Bhagavad Gita.

The verses of Bhagavad Gita carry a special fragrance, they appeal to all tastes, is instantly uplifting and more importantly you get results. A transcendental experience irrespective of your past. Krishna revealed the secret of the fourth vehicle of communication in the first chapter of the Bhagavad Gita. He wants you to ride with Him. Let's travel.

Understanding The Context, Justifies the Content

Every single thing happening in your life and in the universe is justified when you see it through the lens of Krishna. Krishna spoke of two subtle entities. Context and Content. **Context** represents the medium or vehicle of communication you use. As human beings you are gifted with four vehicles of communication. They are:

- 1) Body
- 2) Mind
- 3) Intellect
- 4) Jiva – Soul- Consciousness

Content represents all thoughts, activities and events in your life and in the world . The quality of the content produced is directly borrowed from the nature of the context it originated from. All the lowest activity in the world happens when you are in the body consciousness. **Awareness here is instinctive.**

The next two, mind and intellect is based on **reasoning**. It analyses all situations of life based on one's own experiences. When you are using the vehicle of intellect and mind you focus more on "How" things happen and "What" is happening?

You analyse all the events in your life and in the world based on "what" is happening and "how" it is happening. You believe that since you figured out the "how" of events you have understood the "why". That is the starting point of delusion. Just because we know **"how" things happen does not mean we know "why" it happened.**

Tell me take you through an example. Let us say that a terrorist hijacked a plane and took 300 people hostage and rammed the plane into a building killing thousands of people. Most people will begin their conversation with “how” this horrifying event started. Newspapers and television will detail you the exact steps of “how” the terrorist planned the attack, how many people got killed and every single thing happening around this event. **By collecting the data of “how” things happened you will be able to analyse “what” happened from the beginning to the end.**

However no one on earth can answer the question “Why did the 300 passengers choose to travel in that plane on that day at that time? Why did they not board the previous days or next days flight?

Why did Time choose them as a victim amongst the 7 billion people on earth? Why not you and me? Why did the terrorist choose to attack that particular plane on that particular day at that particular time? Why did the horrible event happen in the first place?

“Why” something happens is more interesting than “how” it happened. The “how” cannot lead you to the “Why”.. It can never. “Why” is the beginning of clarity. **The “what” and “how” are the details. The “Why” is the fabric of existence.**

Let me give you another personal example.

Let us say a couple got married had children and then hell broke loose and they divorced and hatred and cursing began. There might be specific reasons which triggered the separation it might be that one of them got attracted to someone else or some unfortunate event might have caused the break.

If you ask the couples in retrospect they will tell you “how” it all happened, and give you enough data that will help you know “what” really happened. However none of them nor you can figure out “why” they came together in the first place?

Why did she choose him amongst the millions of other men and he choose her amongst so many others? Why did the seed event which led to the separation happen? **Why they fell in love and**

why they separated cannot be analysed by knowing the “how” and the “what” of events..

And so it is with every single thing in our life...

Why are you born in a particular environment? ,in a particular country, in a particular family to particular parents in a particular time?

Why do people come into your life and why do they go away?

Why did you choose a passion amongst so many other choices and why your brother or sister choose another?

Why is someone so peaceful and the other so angry?

Why is someone born rich and other born poor?

Why does certain words come out of your mouth at a particular place at a particular time?

Why someone has everything and is miserable and others have few possessions and happy?

Why someone has to work for money throughout one’s life while few others never lift a finger from birth to death?

Why are you are in a particular place at a particular time doing a particular task?

That which we cannot we cannot understand or experience completely in this world as a result of riding in a particular context we can easily comprehend when we discover the ability to transcend to a higher context, a higher vehicle of communication.

The fourth vehicle of communication – The Jiva- the consciousness leads us to the “Why”.

Getting The Beginning Right

Him the weapons cannot cut, the fire cannot burn, the water cannot wet, the air cannot dry. The Self cannot be cut, dried, wetted or burnt. Eternal, all pervasive, stable and immovable the Self reigns – says Krishna to Arjun

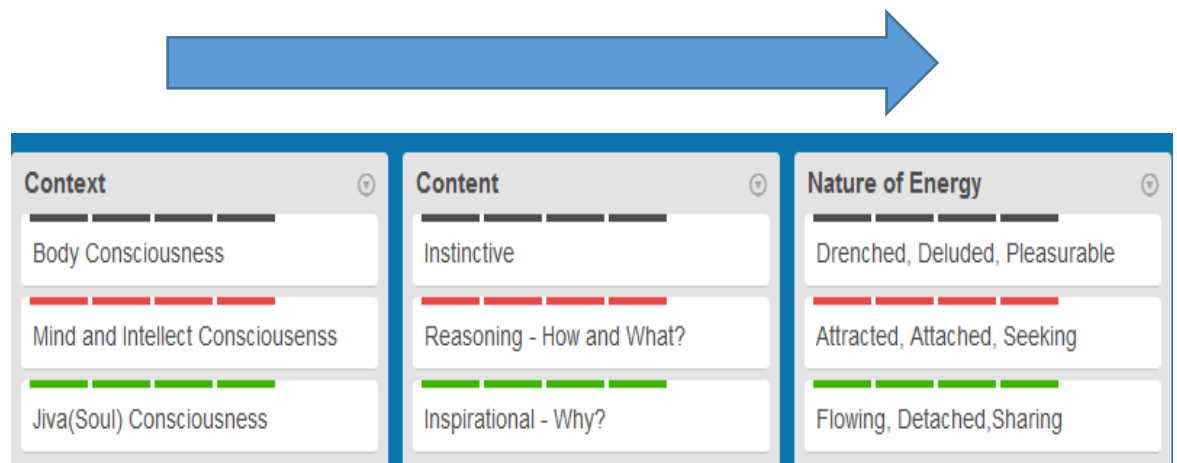
Get your beginning right and everything falls into place.

All complex reconciliation of data in your life and of the world happens at the highest level of consciousness - Jiva. Here you are inspired. The Jiva reconciles every single element in your life and in the world. In the Jiva there is no argument. No discussion. No trying. No regrets. No hatred. No fear. No doubt. You see everything as it is. Crystal clear like water.

The most interesting part about Jiva is it does not force you to add or delete anything in your personality. It does two things right

- 1) It re-arranges the existing elements of your personality and places them in the right areas for you automatically.
- 2) It makes your life effortless and frees you from guilt, fear, doubt and insecurity by revealing your real persona and making it the most prominent part of your being.

From this point on Your Jiva now becomes the most prominent part of your being guiding and leading your life into heights of glory.



Change The Context, Change Your Life

Krishna says the reason why people fail in any venture is because of the vehicle they travel on. Hard work, honesty, commitment are great traits but they will not help you scale great heights if you are travelling in the wrong vehicle.

Transcendence trumps all virtues and traits. The ability to transcend your body, mind and intellect and hop on to Jiva is the greatest secret used by all great men and women. You will notice that Krishna did not struggle or try. Christ did not struggle or try. Buddha was effortless and so were many of the great teachers. **Effort is involved only in the body, mind and intellect. The nature of Jiva is effortless.**

Happiness overflows here. You don't have to bite your teeth to experience happiness. Love rains in the field of Jiva. There is no seeking here, only sharing. You become a medium to share your love and joy with the world. **It is important here to note that there is no evolution in Jiva.** It is complete.

The other three vehicles of body, mind and intellect have a slow evolutionary process of collecting and experiencing data. When our consciousness is roving around the body, mind and intellect we do ourself a tremendous injustice by depriving ourselves of high vibration, love and joy. **Lets take a look at the lifestyle of your Jiva.**

The Lifestyle of Your Jiva V/s the Traits of Your Body/ Mind/ Intellect

Read from right to left

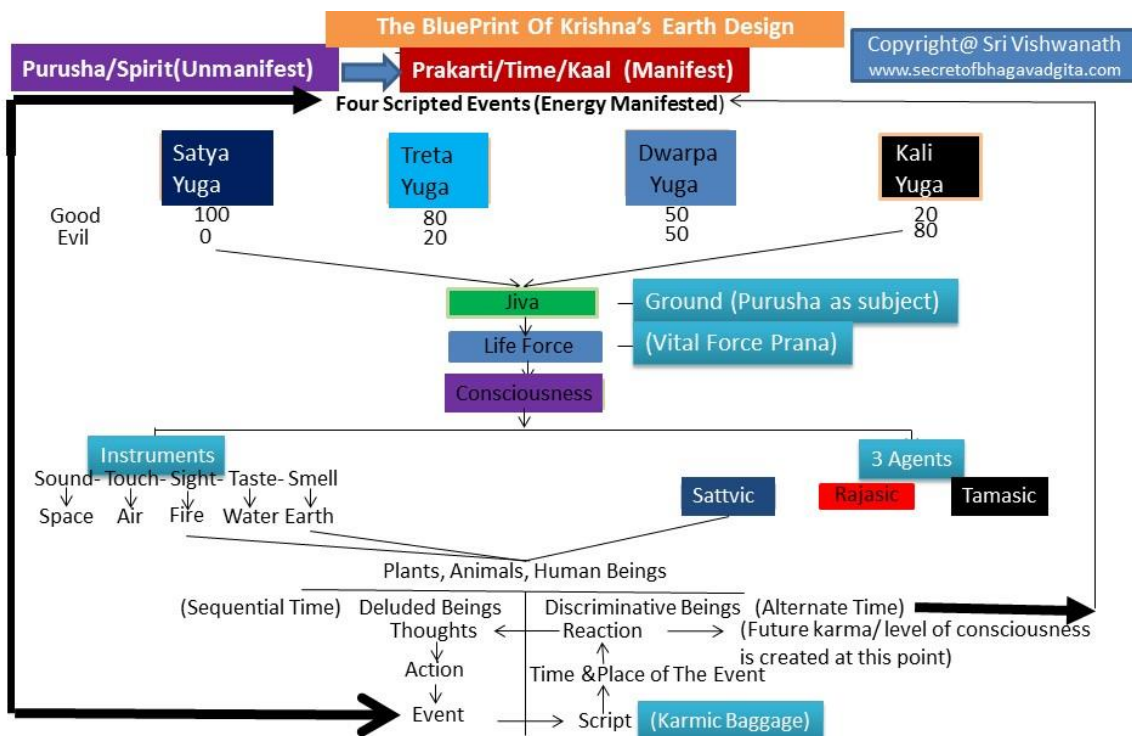
Grace of Jiva	Traits of Body/ Mind/Intellect
<p>1) Everything happens effortlessly</p> <p>2) All experiences are transcendental. Happiness does not appear and disappear. It embraces you all Time.</p> <p>3) You are always discovering means to share your joy and abundance</p> <p>4) High vibration is the starting point of your internal dialogue</p> <p>5) Your consciousness is engaged in only two activities. Meditation on Jiva and Manifestation of Dharma</p> <p>6) You begin and end with Happiness. Success presents itself as a gift in your journey</p>	<p>1) Everything requires effort</p> <p>2) All experiences are emotional. It is either painful or pleasurable. There is a beginning and an end to every emotion</p> <p>3) You are always seeking love and prosperity</p> <p>4) Thoughts are the starting point of your internal communication</p> <p>5) Your mind is engaged in only two activities all day. You are either attached to that which you have or seeking that which you do not have</p> <p>6) You first try to become successful and then seek happiness</p>
<p>7) You achieve all your goals, solve all obstacles through the simple act of meditation. You think less achieve more. You think nothing, achieve everything</p> <p>8) Your experiences are complete. There is nothing more to know and act. Your life becomes a medium to express the great teachings of Dharma</p> <p>9) You simply transcend the problem through high vibration and meditation</p> <p>10) You respect the law of Karma. You dont express nor suppress emotions. You transcend it by discriminating between the real and the transitory emotions.</p> <p>11) Following Dharma is your only agenda of life</p> <p>12) The Jiva is never bound and so it never seeks freedom. It is eternally free. Freedom is its very essence</p>	<p>7) You rely on thought, mind driven strategies and will power to achieve your goals & conquer obstacles</p> <p>8) You are constantly seeking new experiences without expanding the quality of your knowledge gathering process</p> <p>9) You seek solutions for problems and feel disappointed when you cannot solve them</p> <p>10) You either escape or suppress pain and suffering. You believe that you can avoid Karma and justify your escape through intelligence</p> <p>11) You mistake your passion to be your purpose of life</p> <p>12) You are always seeking freedom in your daily life through your thoughts, actions and events.</p>

The Simple Three Step Process to Removing All Your Abundance Blocks

- 1) Know Your Jiva
- 2) Become The Jiva
- 3) Manifest Your Dharma

“Now I shall reveal to you the knowledge and realisation knowing which there will be no other knowledge needed to be known” Krishna to Arjun

The Blueprint of Krishna’s Earth Design



Step 1: Know Your Jiva

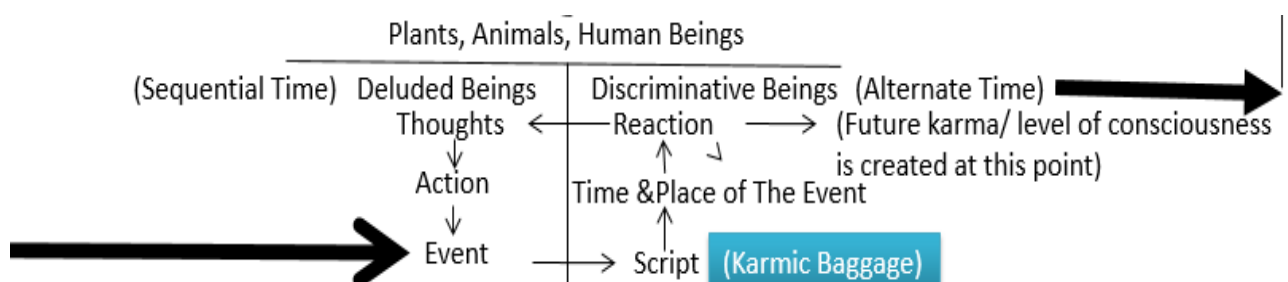
I want you to focus your attention on the lower portion in the above diagram. You will notice that it starts with the Script (Your Karmic Baggage) that you have carried forward into this life.

Krishna says the beginning point of your present life is scripted. There cannot be a scene in your life without a script. You cannot think, act and events cannot take place in your life if there is no script. I have covered that in detail in two epic videos. In this conversation we will not go into detail.

There are two categories of beings in this world says Krishna. The Discriminative and the Deluded. The discriminative beings use the fourth vehicle of communication- The Jiva. The Deluded keep riding on the body/mind and intellect.

The deluded beings Krishna says think that thought is the beginning of all activities in the world. However the wise beings observe events differently. **They are aware that there is a script which places a person in a particular place at a particular time to do a particular event.**

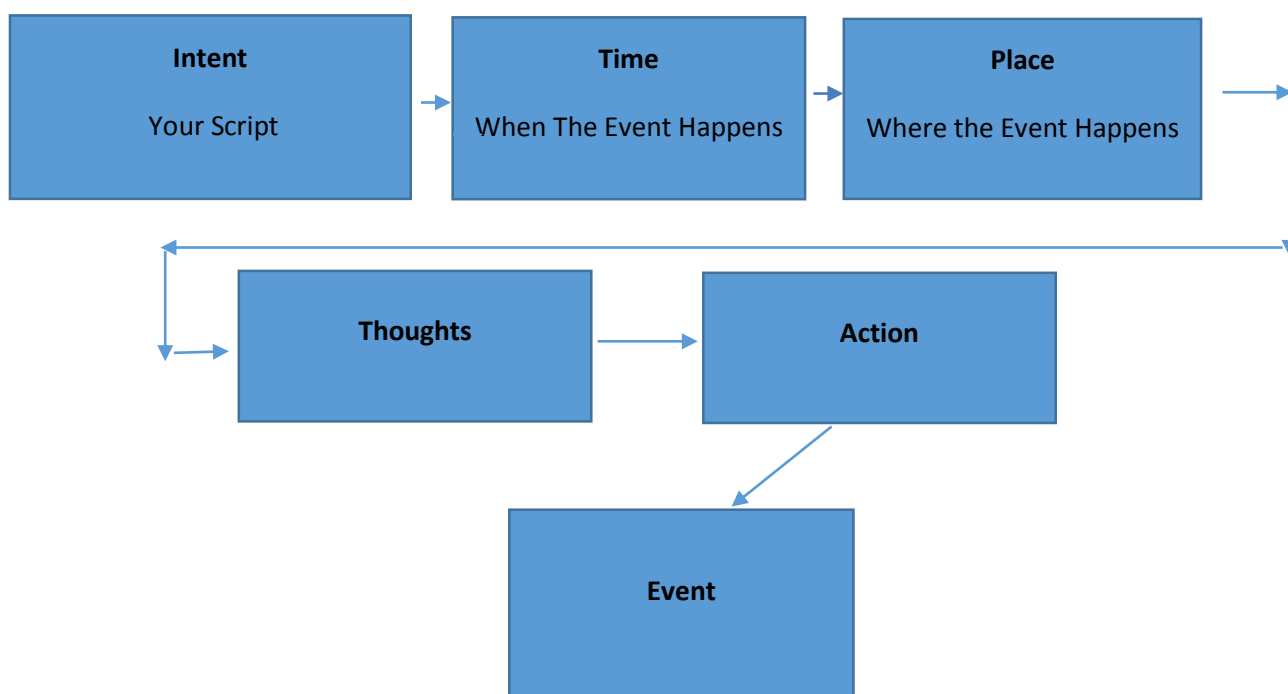
The master says that thoughts, action and event are only details which happen in sequence in that particular place at that particular time to execute the script.



Krishna says there are five aspects which make an event or a scene happen.

They happen in the following order

- 1) Intent – Your Script
- 2) Time
- 3) Place
- 4) Thought
- 5) Action



Intent, Time, place, thought and action synchronise beautifully to make an event happen. Sri Ramakrishna one of the world's greatest teachers shares a wonderful story.

"In a certain family a man lay seriously ill. He was at the point of death. Someone said: 'Here is a remedy: First it must rain when the planetary star Svati is in the ascendant; then some of that rain-water must collect in a human skull; then a frog must come there and a snake must chase it; and as the frog is about to be bitten by the snake, it must jump away and the poison of the

snake must drop into the skull. You must prepare a medicine from this poison and give it to the patient. Then he will live.'

The head of the family consulted the almanac about the star and set out at the **right moment**. With great longing of heart he began to search for the different ingredients. He prayed to God, 'O Lord, I shall succeed only if You bring together all the ingredients.' As he was roaming about he actually saw a skull lying on the ground. Presently there came a shower of rain. Then the man exclaimed: 'O gracious Lord, I have got the rain-water under Svati, and the skull too. What is more, some of the rain has fallen into the skull. Now be kind enough to bring together the other ingredients.'

He was reflecting with a yearning heart when he saw a poisonous snake approaching. His joy knew no bounds. He became so excited that he could feel the thumping of his own heart. 'O God,' he prayed, 'now the snake has come too. I have procured most of the ingredients. Please be gracious and give me the remaining ones.'

No sooner did he pray thus than a frog hopped up. The snake pursued it. As they came near the skull and the snake was about to bite the frog, the frog jumped over the skull and the snake's poison fell into it. The man began to dance, clapping his hands for joy. So I say you achieve everything in life if God wills"

Einstein once said "You can will whatever you want but you cannot will the will..." What does that mean?

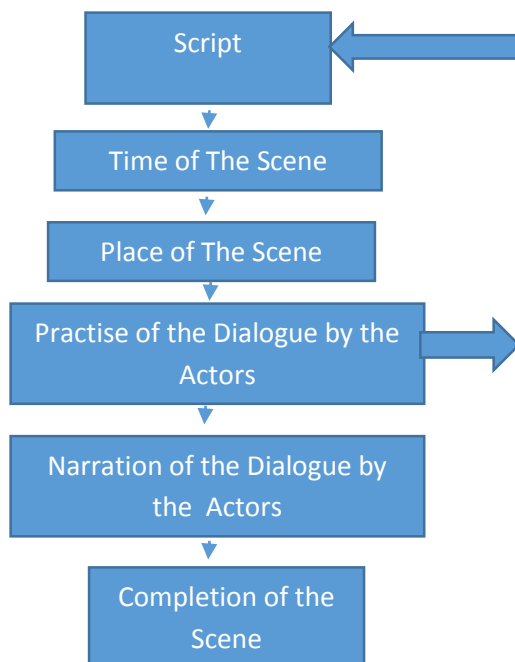
You cannot "create" a new event. That is not possible says Krishna. **It is like saying "The actors "created" the scene. The actors only "acted" the scene they did not create it.** The actors have the freedom to act creatively but they were restricted by the dialogues and the content of the script. The actor cannot create a new scene, utter their own dialogue. That privilege is only available to the director.

In the same way you don't create an event. You only enact the event through your thoughts and action just like the actor enacts the script through his performance. **The director sets the time, place and the intent of the script and allows the actor through their thoughts and actions to enact the scene.** You cannot choose the time, place and intent of the movie that privilege is available only to the director.

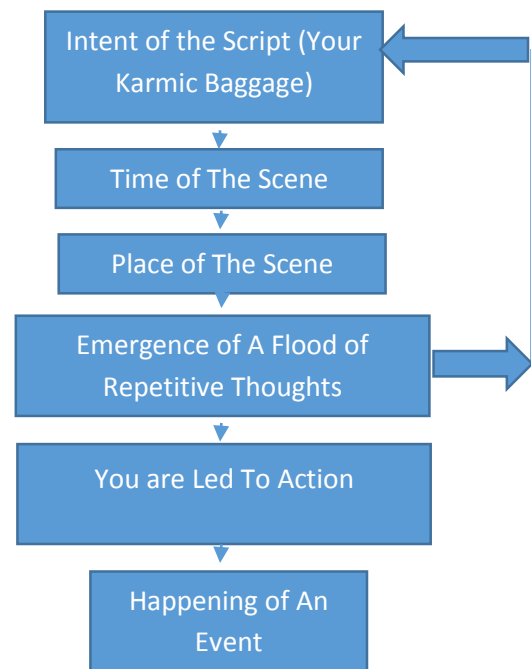
As human beings we are trained to focus on two aspects “Thought and Action” We believe that if we regulate these two we can influence the event. **However that is not true says Krishna. For you to ‘think a thought’ there has to be a place, time and an intent already in place.**

No thinking is possible if these three aspects do not exist. There is a meaning to the place, a meaning to the time and this sense of purpose of place and time is borrowed from the intelligence of the script. As the script moves you discover your hidden agenda. **Thoughts and actions are effects not causes that lead you to the event says Krishna**

How Directors Make Their Movie



How Events Unfold In Your Life?



The Difference between Eligibility and Synchronicity

Krishna says you have to drop this idea that a thought and action in isolation creates an event. A thought and action only helps in moving the script towards the event. Many people are of the opinion that if you think great thoughts and work hard, apply the

right strategies you will achieve your goal. That is true but not completely true.

There is a difference between eligibility and synchronicity says Krishna. Perseverance, commitment, discipline, best practises, great strategies, honesty, hard work these are **eligibility skills** and not the handle which moves the script towards the goal.

You should strive to inculcate these great traits as part of your personality however you should remember that they fall into the category of 'eligibility' not 'synchronicity'. **For an event to happen you have to “apply the right skill at the right time and at the right place”**

This precision requires that the intent of the script should align itself in your favour. This intent cannot be created.. Something will happen which will move you away from the goal, some thought some action some seed event which will force you to do something different.

Let me give you an example. Let's say the richest man in the world puts up a special seminar on “How To Make a Million Dollars or More In Less Than One Month” It is a private seminar by invitation only. 100 people were allowed to attend the event.

All participants were thoroughly screened for eligibility, skill sets, past experience and execution to ensure that the seminar was a grand success. During the seminar there was lots of personal interaction, great content, tons of case studies ,one on one support for the participants during and after the event.

The event lasted for three days. They were given everything step by step, the entire blueprint to make a million dollars or more in less than a month. All that the participants needed to do was to devote two hours every day to achieve their goals. After 30 days only three people achieved the goal, two came half way through, one reached 10% of the milestone while ninety four people did not make even one dollar. Why did that happen?

Most analysts would say they failed in execution or they did not persevere with determination or lacked the right knowledge but

that is not true these ninety four people were screened by the richest man himself for skill sets, execution and experience.

The precision to apply the right skills at the right time and right place happens only if the script aligns itself in your favour. Krishna says when you are sure of achieving your goals and the script is not aligning itself in your favour persevere. Keep acquiring the right skills and build on your eligibility. Synchronicity will happen with Time.

However if you are unsure about your goals and the data is moving in the opposite direction discriminate. Watch out for signs, symbols that lead you to a different path.

You Don't Need To Know Your Script You Only Need To Know That There is a Script

Krishna says your script never binds you from experiencing freedom rather you get bound by thinking you are the script. ***Great Actors win awards for their brilliant performance by flawless execution of the script. They do not complain when a script is handed over to them rather they are delighted to immerse themselves into it .***

They know they are not the script and are not bound. Freedom comes through execution of the script not attachment towards it. Krishna says even a leaf cannot fall to the ground if it is not scripted. No activity in the world is possible without a script. **What binds us is attachment to the script not the role of the script.**

The Flaws of Attachment, The Benefits of Detachment

Krishna says you first react and then think. I want you to pay close attention here because if you get this right you will experience instant freedom by discovering the secret of detachment. What is reaction?

Reaction is an impression produced on your consciousness at a given place at a given time based on your level of awareness.

This reaction stimulates thoughts just as a stone thrown on a still water generates bubbles.

Krishna says your reality is not influenced by the nature of your thoughts rather the nature of your thoughts are influenced by your level of awareness. This self deception where we allow the nature of our thoughts to influence our state of reality without considering the need to lift our level of awareness and modulate the current nature of our thoughts is called Maya.

Maya has three forms. Tamas, Rajas and Sattvic. Krishna says “Why you think and act in a particular way at a particular place and time is not under your control it is influenced by these three forms”.

When you are in the body consciousness your level of awareness is Tamas. The nature of the thoughts generated from Tamas are pleasure, indulgence, **gloom**, inaction, dejection, **Procrastination, guilt, worrying**, insecurity, sloth, error, excessive sleep and thoughts of these nature

When you are in the mind/intellect consciousness your level of awareness is Rajas. The nature of thoughts generated from Rajas are craving, activity through effort, commencement of new works, excessive reasoning, desire for enjoying the shiny objects of the world, wrath, **pride, fear, doubt**, lack of serenity, **constant seeking**.

When you acknowledge the Jiva your level of awareness is Sattvic. The nature of thoughts generated from Sattvic are **fearlessness**, purity, perseverance, self-control, silence, endurance, humility, sacrifice, charity, non-clinging, **same in pleasure and pain**, respect for scriptures...


Krishna says every time that you react you are actually going back to the script and picking up a bunch of related thoughts and deciding to act or not to act. Your karmic baggage along with these three forms of Maya is what makes you ignorantly say “ I am thinking, I am acting and I creating the event... Krishna says “You are not the script. You are not the three forms of Maya. You are the Jiva. Be detached. Flow with tide of life”

Krishna says if you are feeling sad or frustrated it only means that a Tamas thought has been aroused. This Tamas thought creates an impression and covers the heart of your consciousness. **This transformation in your consciousness is one of appearance and not of reality.** You do not have to feel bad about it you simply have to rush back to your Jiva. When you do this you would have changed your vehicle of communication and your level of awareness.

This correction alters everything in less than three seconds. **Later on the report I have given you a simple formula of how to change your vehicle of communication to Jiva.** When you are down and out you need high vibration, high level of awareness to rejuvenate your being. Consolation and grief will not help.

I have made a cool chart below. I want to you to absorb this before we move forward. Ramakrishna Paramhansa the great master never used to say “ I”. Whenever he had to relate a personal experience he would point to his heart and say “ This place did this... or He did this” The “He” refers to Jiva. You can replace “He” with “She” if you are a women in the below chart.

Read from right to left



Discriminating	Deluded
He is observing	I am thinking
He is participating	I am acting
He is executing	I am doing
He is playing	I am enjoying
He is detached	I am suffering
He is meditating	I am worrying
He is meditating	I am guilty
He is meditating	I am fearful
He is meditating	I am doubting
He is meditating	I am feeling insecure
He has chosen me to manifest His Dharma	I want to achieve a goal

(Later on in the report I will teach you how to meditate effortlessly for 24 hours/365 days without doing anything.. Yes all you need is three seconds.. 3 seconds is nothing right. More about it later)

How Great People Form Great Habits

“The sage neither hates light, action, delusion when they appear nor seek them when they disappear” says Krishna to Arjun

I had done a special eight week class of “How great people form great habits”. I want to highlight some important aspects of how great people think. Krishna says great beings are not perturbed if a Tamas(deluded) thought comes to them nor are they excited if a Sattvic(divine) thought beckons them. The wise do not hate any deluded thought when they appear nor seek them when they disappear. What does that mean?

I want you to pay close attention here. Krishna says no being on earth knows “What his/her next thought is going to be...?” It is like saying I know the next scene that is going to appear in a movie. It is only the director of the movie who is aware of the next scene. We can only predict.

Krishna says Your thoughts are like the scenes in a movie. It is futile to control and change your thoughts. You don't need to do that. You simply have to acknowledge it like every great actor who embraces the next scene.”

When you acknowledge your thoughts something magical happens. You are at peace. What happened in the background was by changing your being from ‘wanting to control your thoughts’ to ‘acknowledging it’ you allowed the thoughts to align itself to its respective place. When this happened you experience joy and peace .Most people complicate meditation and observation this simple example will set you free.

Let's say that a guest is going to visit your house and there are few things in your drawing room which are scattered and shabby and you do not want your guests to see them. Let's assume that you cannot throw anything out of your house. So what do you do?

In every house there is a **prominent place and an insignificant place**. The prominent place could be your drawing room or your work room where you display all your best things. Anyone entering into your house will have a fair idea of your personality based on the objects and energy prevailing in the prominent place of your house.. Now this is interesting.

Every house has an insignificant place too. It could be a storage room a secret dumping place or garbage can. So what do we do with the scattered items in the room? We move them to the **insignificant place**. Isn't that what you do, what I do and what everyone else does? All houses have a garbage can. We all know that all garbage has to go there. It is inside our house but we have no problem because we have designated that place for trash.

We have to do the same thing with thoughts. We have to move them to their respective place depending on the nature of the thoughts. A beautiful thought we keep it in a prominent place in our being and a horrible thought we move it into the dustbin. You do not have to fret if a horrible thought comes because you know that it might come and you also are aware of a place to move it too.

Men and women suffer when conflicting thoughts, guilt thoughts come to the surface of their mind. They don't know what to do. They don't have the power to drive it away nor replace with a better thought. **Krishna says you don't have to drive it away nor replace it you simply have to learn the skill to move it to the right place .The Jiva does this all for you.**

You don't have to add or delete anything from your personality the Jiva aligns all your thoughts to their respective place and helps you experience unlimited joy and abundance by happily sitting in the drawing room of your heart.

Ramakrishna Paramhansa has a humorous way to deal with guilt thoughts, doubting thoughts, fearful thoughts and sad thoughts. He says Simply discriminate. Say to yourself "Do I feel bad when my body generates urine and waste? Do I go about reading spiritual books figuring out why urine and waste is generated from my body?"

Absolutely not rather I feel thankful that my impurities are flushed out every day. I know my urine and waste stinks but I have a great place to dump it- the toilet. I will do the same thing with Tamas thoughts.

I will flush it out by moving it to an insignificant place. I will not break my head to drive it away or control it by biting my teeth and torturing my body and mind with spiritual exercises. **I will allow it to disappear just as I allowed it to appear.**

I am convinced that the nature of my thoughts do not influence reality rather the nature of my thoughts are borrowed from my level of awareness. I am aware that I am the Jiva. The Imperishable, The Imponderable, the Immutable. **All thoughts dwell in me but I dwell not in them. I am responsible for my level of awareness not the nature of my thoughts. I am attached to Jiva, detached from everything else.”**

You should give permission to God to solve your problems

Great men and women give permission to Jiva to solve their problems. They do not rely on thoughts as a means of communication rather they utilise their power of thinking to **facilitate effortless execution.** Krishna says **“Thought should not be used for thinking” Isn’t that interesting?** He says there are two types of thoughts.

The first type of thoughts are those that align to the script and help you execute the script. The second type of thoughts are those that “create a state of mind” You will notice in your daily life that few or many thoughts appear effortlessly and help you execute the work at hand while few or many thoughts disturb the serenity of your mind. They cause guilt, worry, confusion, frustration, anxiety, fear and doubt.

This second category of thoughts is Maya. It does not help us execute the task at hand neither does it help us to forget it. We only waste precious Time. Krishna says learn to discriminate. These thoughts are produced because of the three constituents of

Tamas, Rajas and Sattvic. They only create a void state of mind. Strike them off.

Don't make a big deal of every single thought, action and event happening in your life. They happened because at that time at that place the relevant context forced the person or group of persons to produce the content. So if the context is evil the content is evil. If the context is good the content is good.

You don't have to feel sorry that you were the victim nor should you be elated that you were victorious. Krishna says the attitude that works best 24 hours, 365 days is "**I am only an instrument, Jiva is the doer**" Emotions are by products of an event they fluctuate based on the quality of Sattvic, Tamas and Rajas.

Krishna says most beings suffer because they do not surrender themselves to their Jiva. They want better content in life without changing their context. It is like asking the lime tree to produce mangoes. It is only the mango tree that can produce mangoes. The tree is known by its fruits. The tree is the context the fruits the content.

Krishna says when someone thinks "Their life is going through a bad phase" or "They are feeling very sad or victimised or deprived" it only means that something was added or a transformation happened in the heart of their consciousness that made this beautiful **consciousness appear ugly.**

When the light of the sun does not fall on a place it only appears to be dark it does not mean that the place is surrounded by darkness. It only means the light of the sun has not reached that place. Why? Because of some obstruction. Once that is taken away the sun glows... Lets remove the obstruction.

Step 2: Become The Jiva

Krishna says “If you travel ten steps towards the west you also travel ten steps away from the east”

I want to share with you a humorous story narrated by one of the ancient sages. A man visits a magic shop. There were many mysterious items available for sale in the shop. Some were priced at \$10, others at \$20, and few at \$50. However there was one beautiful notepad which was priced at \$50000. It sought everyone’s attention.

“How could a notepad cost \$50000?” the man asked the shopkeeper.

“It’s very special. It will double anything that you ask for” replied the shopkeeper.

“Are you kidding” asked the man

“No I am not. It will double anything that you ask for” the shopkeeper replied”

“Even money” asked the man

“Yes.. even money.. It will double anything that you ask for” replied the shopkeeper

The man was thrilled. “I will be a fool not to take advantage of this magical notebook. I will become a multimillionaire overnight. Saying so he paid \$50000 to the shopkeeper and returned home with the magical notepad.

“Please give me one million dollars” the man prayed to the notepad.

“Why one million dollars my son ask for two million dollars” the magical notepad spoke

The man was thrilled. This is working. The notepad was speaking. Alright “Please give me two million dollars”

“Why two million dollars my son ask for four million dollars”. spoke the magical notepad

“Wow. Alright. Give me four million dollars” the man prayed

“Why four million dollars my son ask for eight million dollars” spoke the notepad

“ I am getting irritated. Give me something. Give me eight million dollars” the frustrated man spoke

“Why eight million dollars my son ask for sixteen million dollars” spoke the magical notepad

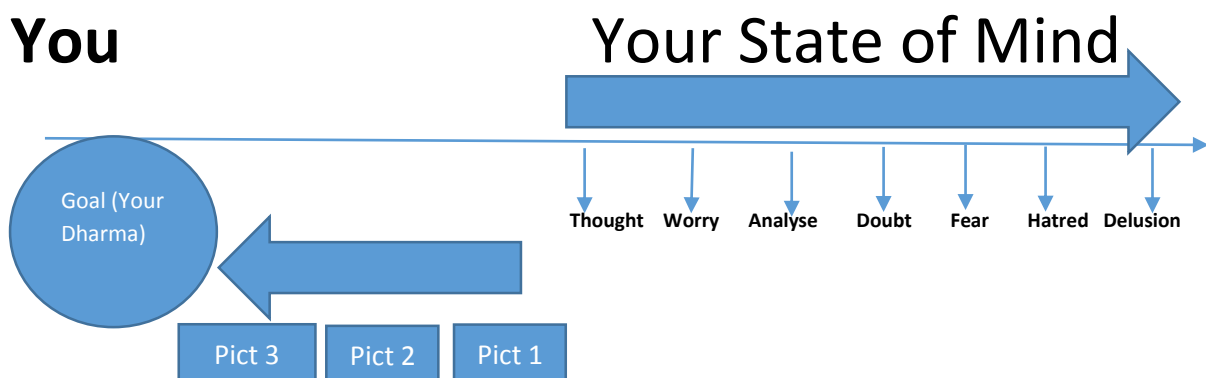
The meaningless conversation between the man and the notepad continued for a short while. In the end the man threw the notepad out of the window.

The notepad was only making false promises. It never gave him anything. He kept asking and the notepad only kept doubling his desires.

Krishna says the same thing happens with your thoughts. One thought leads to another thought and a bunch of thoughts becomes a source of worry. We then analyse this bunch of crap thoughts and from the garbage of our own thoughts we manufacture doubt, fear, hatred and delusion. **The thoughts like the notepad do not give us anything they only double what we ask**

Take a look at the chart below and imprint this in the heart of your consciousness. Print the chart and look at it every day. It will solve all your problems, uplift all your goals... and you will see why...

Deception of Maya



We saw earlier that there are two types of thoughts. One that facilitates execution of the script and the other that disturbs the serenity of the mind. The former is effortless and springs from the heart of our consciousness while the latter is wrought with confusion and anxiety and originates from the body, mind or intellect. Like the story of the notepad Krishna says the latter category of thoughts are self-deceiving.

These self-deceiving thoughts appear to be simple, friendly and harmless in the beginning but very soon they cloud the heart of your consciousness and destroy the essence of your being. These misleading thoughts not only steer you in the opposite direction but they deprive you of this wonderful chance to experience the warmth and beauty of your consciousness. They are the obstacles and have to be transcended.

How?

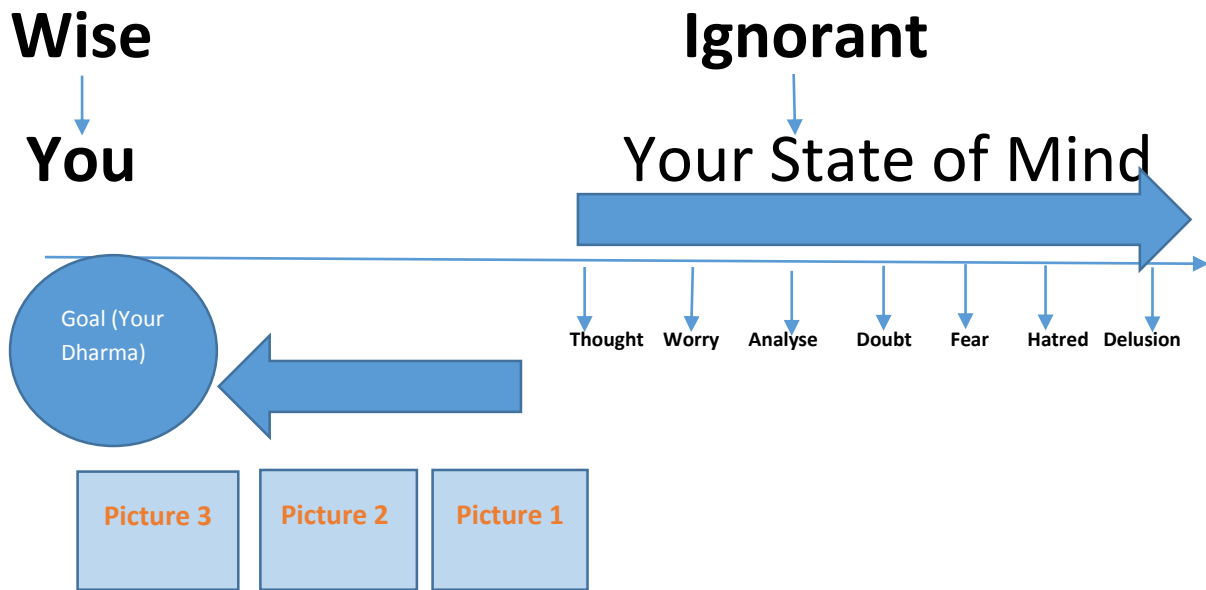
Discrimination is the key word here. In Sanskrit language discrimination is called “Viveka” . Krishna says “Discrimination gifts you the opportunity to replace ‘thinking’ with ‘meditation’”. The essence of the word meditation means ‘sankalpa’. A promise, a simple resolve to communicate only through your consciousness- the Jiva.

How do you fulfil that promise? Simple.

You take the help of visualisation to reach your goal of Jiva.

Pictures. Yes list down three of your best pictures that represent your Consciousness.

- 1) Picture 1
- 2) Picture 2
- 3) Picture 3



These three pictures will become your objects of meditation every day. **Every single time that you remember these three pictures you are meditating. You are honouring your promise your ‘sankalpa’ to communicate through your Jiva.** It is that simple. You don’t need to spend three hours sitting in a place and waiting till the cows come home.

Meditation is a promise to return back to your consciousness, your real home. When you know your goal and you are aware of the simple path that leads you there you experience instant results. Inner peace and balance in less than three seconds. Most people when they say they are meditating for hours they are infact ‘trying to meditate’.

‘Trying to meditate is a bad place to begin with. It is like sitting inside your own house and saying ‘I am trying to reach home’. It does not make sense or a better example would be sitting in your bedroom and saying “I am trying for hours to reach my drawing room ” All it takes is three or more little steps to reach your drawing room.

If you know your home and the path that leads you there you should be able to reach home fairly quickly within seconds. This knowledge of reaching your Jiva with three simple pictures is called Viveka (discrimination). All thoughts that you think, all things that you see, all work that you do should happen through these three pictures. That is meditation in steroids.

In the Bhagavad Gita Arjuna asks Krishna “ Everything that you say is right but the mind is fickle and unsteady. I deem its control difficult than that of the wind”

Krishna replies “It is true Arjuna that the mind is fickle and unsteady but through practise and detachment one brings it under control”

Discrimination is that healthy practise. A choice that you should gift yourself every single day. Thoughts, actions and events move you away from the drawing room of your consciousness. The two faces of Maya ‘Tamas’ and ‘Rajas’ keep you occupied in the body and mind consciousness. They are the dirt, the mud that covers the heart of your Jiva. They are the cause of all transformation in you both good and bad.

Discrimination helps you see the cause of the transformation, and instantly you become detached from the event. You no longer blame people and events, and don’t waste your precious time correcting others you rush back to unite with your Jiva. **This sense of urgency of uniting with the Jiva** is the hallmark of great teachers of humanity and I want you to have that.

So what are your three pictures?

This is the single most important activity that will set you free. So take time to pick your three pictures.

When you are faced with a challenge make a temporary exit from this world and rush into the world of Jiva. Three seconds is all it takes. **The three pictures are your vehicles for freedom.**

Visualise that you are sitting in a dark room. You are thinking. All thoughts appear to be real. You are insecure about your financial future, how you are going to pay your bills, take your family on vacations, and educate your child. You are wondering what will happen to your family after you die, you feel bad about a past event, you think about your loved ones and feel loneliness, a tear drops in your eyes.

You feel sad you could not achieve your cherished goals. You did try but wasted a lot of time and energy in fighting, worrying and chasing shiny objects. The thoughts keep coming. You are sad, you regret your past you want to do well in the future. Someone knocks at your door.

You get up and move ten steps to your left. The mysterious figure embraces You. A flash illumines your soul, your consciousness erupts like a ball of light and the whole room is lighted up with the energy of your Jiva. You experience a strange peace, a warmth feeling of completeness, you are overjoyed with love. Tears of happiness flow. **Your low state of mind had surrendered to the Jiva.** All this happened in three seconds. The mysterious figure disappears leaving a note

“Whenever you need me call me. I will appear before You in whatever form that you choose to represent me.”

God is simple everything else is complex. Reaching your Jiva is simple. Choose your form and He will appear before you and destroy your low state of mind.

Promise your Jiva

I will solve all my problems in life, achieve all my goals through **the simple act of meditation.** I chose to meditate on (Fill this with the name/names of your three pictures)

I am aware that if I create fear in someone it will come back with more venom in future enter into my heart and shake the very roots of my personality. **I choose to replace fear with love.**

I am conscious that if I am jealous of someone my own jealousy will stop others from appreciating my good qualities and achievements. **I choose to replace jealousy with thankfulness.**

I am mindful that if I am in the habit of cursing others my own foul words will act as obstacles delaying the fruits of my actions. **I choose to replace cursing with blessing.**

I am aware that if I constantly complain over small matters big opportunities coming my way will drift in the opposite direction. **I choose to replace complaining with a burning desire for doing great things**

I am conscious that if I keep doubting I will miss out on God’s greatest gift. His grace. **I chose to replace doubt with good energy**

I am mindful that if I keep pointing others faults for a long time those drawbacks in others strangely begins to appear in my own persona. I might not notice it but others will. **I chose to replace fault finding with contentment.**

I am aware that if I keep judging others the power of discrimination will never dawn to me. **I chose to replace judging with facilitating better choices in me.**

I am conscious that if I take advantage of a person knowledge of God will never knock at my door. **I choose to replace smartness with strong inner faith**

I am aware that if I am a man and I look upon a women' body as an object of pleasure love will never enter into my heart. **I chose to replace enjoyment of the body with love for the soul.**

I am mindful that if I am women and fulfil all my desires through my man happiness will never enter into my house. **I choose to replace desires with manifesting high vibration.**

I am conscious that if I keep getting angry Time will destroy all my good qualities. **I choose to replace anger with calmness.**

If I drop fear, jealousy, curse, complain, doubt, fault finding, anger and pleasure I will be at peace with myself. I would have removed the sting of all pain on earth. The impurities in my mind is what is robbing me of effortless abundance.

I am aware of the golden truth

“Consciousness does not undergo any transformation. It is supreme bliss, always ready to fill me up. What undergoes transformation is my state of mind. The dirt of fear, jealousy, desires, curses, complain, doubt, fault finding, anger and pleasure have covered the heart of my consciousness and made it appear ugly. My lens has been revealed to me. The mud can no longer cover my real face.”

Step 3: Manifest Your Dharma

**Think Less, Achieve More,
Think Nothing Achieve Everything**

Ancient Sanskrit Saying

Now you are enlightened. You are aware of the two greatest secrets

- a) You are the consciousness – the Jiva and **your consciousness never undergoes any transformation**. It is supreme bliss.
- b) **What undergoes transformation is Maya**. Maya has three forms. Tamas Rajas and Sattvic. These three forms undergo transformation every moment, alter your state of mind and cover the heart of your consciousness.

So what do you do now? How do you approach life and work in particular?

Ramakrishna Paramhansa mentions a very important point here. **Knowledge transforms your attitude and approach towards work not necessarily the nature of your work**. Ramakrishna says many people are of the opinion that Dharma means doing good to the world and they rush to put themselves in position where they can benefit the world. Ramakrishna says all that is a fantasy.

The thought to change or benefit the world is an illusion it only binds you further. He gives an example. Suppose God appeared before you and said to you, "Accept a boon from Me." Would you then ask Him, "O God, build me some hospitals and dispensaries, build me a charitable

trust , a big ashram"? Or would you not rather pray to Him: "O God, may I have pure love at Your Lotus Feet! May I have Your uninterrupted vision!"?

Ramakrishna says **“Whatever you may do, you must always remember that the aim of this life of yours is the attainment of God – The Jiva and not the building of hospitals and dispensaries and trusts”** You can build them if God wills, if your script wills but you do not have to feel bad or think that doing all this is your Dharma.

Knowing Your Jiva, Becoming the Jiva is your prime Dharma. The attitude of doing good to the world will flow naturally once you reach this state.

Swami Vivekananda further says “ The world is like the gymnasium. There are different machines and weights for a work-out. You pick up a seven pound dumbbell and start exercising. What happens? Your muscles swell. Does the seven pound dumbbell turn to twenty pounds? No. The dumbbell doesn’t grow in size. It’s your muscles which grow in size.”

The world is like the gymnasium. It gives you a chance to work out your experiences. Everything that you do in this world is for your own evolution. If you give money to a poor man thinking that by doing so you are helping him you’ve probably forgotten to thank the poor man for giving you an opportunity to express your sympathy and kindness. You feel good when you give. **It’s the giver who takes away more than the receiver.**

He further says “ *You must inform your mind that no one in this universe depends on you. Not one beggar depends on your charity, not one soul on your kindness, not one living on your help. All are helped by nature and will be so helped even though millions of us are not here. The course of nature won’t stop for such as you and me. It’s only a blessed privilege to you and me that we’re allowed in a way to help others to educate ourselves.*

This is a great lesson to learn, and when you’ve learned it fully you will never be unhappy. You can go and accomplish all your dreams and you’ll be a great blessing to this universe. When you’ve trained your mind and your nerves to realize this idea of the world’s non-dependence on you or on anybody there will be no reaction in the form of pain resulting from

work. You will no longer worry about the results; you will simply have developed the power to get them.

Krishna doesn't want the nature of the world to change. He wants you to evolve.

The Traits of An Enlightened Master

“He who works giving up the fruits of work is a relinquisher. The fruits of work are three fold. They are agreeable, disagreeable and mixed. **They accrue to the non-relinquishers after death but never to the renouncers**” – Krishna to Arjun in Bhagavad Gita

This is the final piece of the puzzle. Krishna says the biggest mistake human beings make is they fail to **discriminate between a 'seed' and a 'fruit'**. Your current life is a fruit do not mistake it to be a seed by trying to influence events through your thoughts and actions. **You will only end up creating a state of mind.**

The script is the seed, the events in your life the fruit and your state of mind are the seeds you sow for a future fruit in a different lifetime.

Krishna says the ignorant are always **manufacturing a 'state of mind'** while the wise being detached to the nature of their thoughts focus only on their level of awareness. This is the art of living says Krishna

Current Lifetime What Really Happens

YOU(Jiva)

The Script (The Seed)



Manifests Into Events(The Fruit)

Your State of Mind

All your worries, fears, insecurities, doubts, guilt, jealousy, hatred, courage, will power, commitment, charity, goodness and everything in between

Sattvic, Rajasic & Tamasic

Becomes The Seed(Your Karmic Baggage) For A Future LifeTime

Krishna says your state of mind fails to discriminate between eligibility and synchronicity. Tamas, Rajas and Sattvic represents your state of mind. It forces you to believe that if you work hard, apply the right strategies, persevere the fruits will manifest in this lifetime. “I digress” says Krishna.

We saw earlier that for **an event to happen you have to “apply the right skill at the right time and at the right place”** This precision requires that the intent of the script should align itself in your favour. This intent cannot be created. You cannot create a new intent a new event just like an actor cannot create a new scene says the master.

Krishna says you do not have control over the timing of the fruits of your work. You only have control of increasing your eligibility skills. “The timing of Synchronicity is in my hands, nurturing eligibility yours. The fruits of your eligibility accrues to you after death if you do not relinquish it in this life time however these fruits do not travel with you if you learn to renounce them in this birth” says the master.

So what does a wise being do? They respect and align themselves to the spiritual laws.

“To work you have the right but not the fruits thereof. Relinquish your desire for fruits but at the time do not surrender from work” – says Krishna to Arjun

The wise love listening to the master. They continue to pursue their passion, increases their eligibility skills but they are always meditating on the Jiva. They do not mistake their passion to be their purpose of life. They are aware that their purpose in life is to meditate on the Jiva and manifest their Dharma.

The wise do not get distracted by their state of mind. They are yogis. They are full of high vibration. Any work they undertakes glows. The serenity of their consciousness, the clarity of their attention, the sacredness of their intent, the breadth and depth of their spiritual vision are the invisible forces that accompany their work.

The yogi having voluntarily relinquished the fruits of work is inspired. **The lips of an yogi can only bless.** It has lost the power of cursing and fault finding. Their eyes are always discriminating between the Jiva and the state of mind. They **does not allow their state of mind**

to influence their thoughts and well being. The yogi is detached from the events for they are not attached to the script.

The work of a yogi is effortless. They do not struggle. They are aware that any thought which confuses them, which creates a conflict in them, which disturbs the serenity of their mind has risen from the womb of Maya.

‘Jiva is flawless’ they say. Pointing to their heart they meditate “I surrender my body, mind and intellect to my Jiva. It will never make me take a false step.”

Say to yourself :

‘I want to be like Arjuna who allowed Krishna to ride his chariot. I wish to instil in me the attitude of Arjuna who never questioned the instructions of Krishna, who was always ready to execute instructions from the master.

All work that presents itself before me I will do it effortlessly. I will win every single battle that I am supposed to win and lose others which I am not destined to. In the end they will not matter for what will matter in the end is this

Did I listen to Krishna?

Did I accept the gift of Krishna – the Jiva and embraced it wholly?

If I did I will have no quarrels with Yama- the god of death. Krishna will personally escort me Home.

About Sri Vishwanath



Sri Vishwanath, is the author of several highly popular spiritual and transformational books, including The Power of Visualization, The Secret of Bhagavad Gita, Seven Spiritual Strategies and Zero Effort. He is ranked in the top 50 most popular authors in the world in “Mind, Body and Spirit”. In the last twelve months over quarter millions of his books have been downloaded from Amazon Kindle. He also writes for Huffington Post a highly popular online news channel which is ranked no 24th in web traffic in the world.

In the last seven years he had lead and conducted more than 54 online transformational programs across the world. He has coached and mentored hundreds of seekers personally and transformed many a lives.

How You Can Talk To Me For Free?

Every year I work with a limited number of spiritual seekers one on one. My consulting charges are 3 payments of \$5000 for 12 sessions of two hours each . We get together one on one over phone just you and me.

Paying money does not guarantee you a seat. Enrolment is by application. You have to fill in a small form. It will take you five to ten minutes to enter your details. I will personally read it and if we are a good fit I will call you.

You have nothing to lose. Your first call will be free of charge. You don't have to pay anything upfront. If you are satisfied with the results during the free call and want to continue the relationship we can rock and roll.

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