

# THE LOTUS AWAKENING

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THE REAL POWERS WITHIN YOU  
THE GOD ITSELF



ANIL KUMAR

## The Lotus Awakening

Publishing-in-support-of,

# **FSP Media Publications**

RZ 94, Sector - 6, Dwarka, New Delhi - 110075  
Shubham Vihar, Mangla, Bilaspur, Chhattisgarh - 495001

**Website:** *www.fspmedia.in*

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**ISBN:** 978-93-6026-848-0

**Price:** ₹ 240.00

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Printed in India

# **The Lotus Awakening**

*The Real Powers within you - The GOD itself*

Anil Kumar



**|| OM TAT SAT ||**

**|| OM BRAMHADEVAYAHA VISHNAWAYAHA  
MAHESHWARAYAHA NAMO NAMAH ||**

Dedicated to my Mom and Dad and dearest friend, my Grandmother, from whom I learned the lessons of life, that is love and compassion towards every single living being.

# About Author

The physical reality through which I am known is Anil Kumar. This is only the name which is given to me by my parents to uniquely identifying myself in this community and a Software Engineer by profession. I am very thankful to my parents that they had given me the birth and raised with such love and pleasures that most of the people devoid of in this world. I am very thankful for the One, whom devotee I am, the Lord Krishna. I have taken birth at the birth place of supreme Lord; the Krishna, I don't know whether it was my faith, or the Karma's blessings on me, that I came to this world with the devotion of Krishna at Mathura. At the age of 25, in the month of Nov 2016, an unusual dream changed me and my life. The dream in which I had a vision of my own death, I was almost at the last breathe and suddenly awakens with the loud. It was like a thunder bolt from the sky and that was the moment I started to think and identifying the answers for my dream. What is the dream? Why it came? Why I had seen dying myself? Why not I completely dead in my dream? Who I am in reality? What is there beyond this physical body, what is the driving force because of which physical body is alive? Then I understand the true nature of the One, that is the Atman and The God itself, attained the knowledge through meditation, the sacred text; Gita, Upanishad and Vedas. The complete knowledge and wisdom have



changed me and mine perspective through the understandings of lives of great masters, Yogis and Sages, who lived their life free from illusions only for attaining the knowledge of supreme truth; the Atman and The God.

Anil Kumar Chhonkar  
10 July, 2016



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# Preface

“The Lotus Awakening” contains various techniques of meditation and the process, how one should perform, so as to reach the deep conscious state. The ultimate purpose of every living being that is humans is to attain the peaceful mind and there is only a way that is the meditation, through which such state of peace can be achieved. Therefore, since thousand years, sages and Brahmins were forcing us to meditate, they written sacred texts such as the Upanishads, and the Vedas, so that one should learn about the reality. We all are bounded by our past Karmas, so nothing can be done to change them, but knowledge can be attained to liberate from past karma, so as to secure the future karma. We humans are just the objects of a drama that is we are here just to play our part. So, I have just prepared the ground for you, introduced the steps that have to be done to attain the knowledge, the truth, by meditating on self and the sacred sound of Om.





# 1

## The Divine Truth



Meditation is the first step toward spirituality. There are a large number of articles and books available in the market which guides you about meditation. Meditation was first introduced in Vedas and Upanishads. It is the way to become one, to be with one that is “The creator of All, that is GOD”. There is only the One who exists since the very beginning of the time and the Cosmos, the Big Bang, and there will be only One after all, that is the ONE itself – “The GOD”. So, the ultimate goal of

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human life is to achieve the highest good and to embrace themselves by learning about the SELF. The single purpose that is to attain the divinity, to attain the highest knowledge of ATMAN (Purusha), the GOD and the Creator of All, the TRUTH of all the TRUTHS, the known of ALL THE KNOWINGS and the One itself and I – that is Self. Meditation or “DHYAN” is the only path that leads to the divine truth, the truth of life. In meditation, one’s soul diminishes in God’s soul which makes ONE, that is GOD itself. There were never two; there was only one and one now, that is GOD itself, “OM” itself.

Through meditation, one frees himself from his body, greed, desires and his limits that are created by him in this world. It frees oneself from the boundaries of family, relation, worldly pleasures and the only existing loving ones. It helps oneself to understand the real purpose of life on Earth, why birth has been given to you or why you are here on Earth. The actual truth is the purpose of ATMAN on this Earth. Why ATMAN is there on Earth and why it is inside you? It must have some purposes. The purpose is what the ultimate truth of life is, which is hidden from you. These questions can be answered only when one’s mind will be still like water and free from wills and desires of this world. The desires are like ashes of fire, they come and go, but are they the ones that make you happy and are those the real purposes of life on Earth? One earns to fulfill his desires

and enjoy few moments happily and results of those moments lead him again to the sorrows and grief. Joy and grief are two sides of a coin. This is the circle of life; once the joy comes, it is always followed by grief and grievances. We are living in a world full of distractions, where everyone is running behind something—enjoyment, family, money, wishes and desires.

The one is not himself listening to his inner voice that is the sound of his soul, sound of his inner consciousness – “The sound of Silence”, “The sound of Nothingness”. Everywhere, there is a noise, from vehicles, machines and mills that makes it very difficult for one to hear the sound of the self, the sound of his own body and the sound of nothingness – that is the sound of everything from beginning. The sound of silence or nothingness was there since the beginning of you and will be lost once your soul loses this body, when your body gets destroyed. The sound of silence can only be experienced when one will be in meditation, when all the senses will be focused and controlled and when the mind is calm. When the mind will be at its highest consciousness – alert and focused – the thoughts that are dazzling here and there in mind start diminishing. The diminishing of thoughts is the first stage toward the conscious state, which makes your mind calm and let your thoughts be in control. Every thought that comes and goes are the diversion from the path, the thoughts



# THE LOTUS AWAKENING

The Lotus Awakening is the book for oneself to liberate from illusions, pleasures and distractions. There is an understanding of the supreme truth that is the Creator itself; the one having non-dual nature, through various meditation techniques such as Mantra and Visualization Techniques. The author has described the true nature of a being, which is beyond the physical body that is Atman, which is endless and beginningless, which has pervading and perennial reality. The truth of the Atman, which reveals its true nature to the seeker and let him meditate on the self itself. Author describes the true nature of the God with beautiful synchrony of lines "I am you and You are Me, just follow the truth, Who You Are and you will let yourself awaken in Me, through Me and in the very conscious state of yourself". The author Anil Kumar is just a 25 year old young guy, who is not a saint and not a Brahman; he is just a simple guy from Middle Family from the birth place of Lord Krishna, Mathura. Meditation is the art that revealed the reality to him, the true self that was hidden in some dimensions of space and time.



You may reach author at:

✉ [kumar.anil.342011@gmail.com](mailto:kumar.anil.342011@gmail.com)

