Suffering State or Enlightened State: Your Consciousness Dictates Your Health, Wealth and Relationships Transcript

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Introduction to Sri Preta Ji

Welcome back, everybody, to the bioenergetics summit. I'm your host, Doctor Greg Eckel. And it is my sincere and deepest, appreciation to introduce you to Sri Preta ji.

And our topic today is suffering state or enlightened state? Your consciousness dictates your health, wealth and relationships. I want to give Sri Preta ji, a proper introduction.

She's a revolutionary philosopher, realized spiritual sage and modern mystic who has touched countless lives with her. Liberate of wisdom, ancient processes.

An expanded state of being. Sri Preta ji, along with her husband Sri Krishna ji, created the massive and ancient geometric structure called Ecam or Ecom, the World Center for Enlightenment in India that inspires people from over 100 countries to gather for transformative Ecom programs, courses and festivals.

She's the coauthor of the national bestselling book The Four Sacred Secrets Which We Have Right Here, which offers its readers a rare transformational adventure into love and prosperity and has been translated into over a dozen languages.

She's also the co-creator of Aecom World Peace Festival, a peace initiative that has impacted several million individuals across 100 nations worldwide.

Meditating for peace, they urge the collective human consciousness away from violence and towards peace. She has led millions on a profound revolutionary inner journey to awaken human consciousness, thus move humanity from suffering to peace, from separation to connection, from division to oneness.

The world is in need of more caring, compassionate place because this rare modern sages presence is in it. We're honored to have Sri PDG with us today to share her ageless wisdom and her illuminated, enlightened state with us.

Welcome aboard Sri Prodigy to have. I'm so happy to be with you Greg and not just your audience. I am so excited to share your message and your love with the listeners and viewers of the Bioenergetics Summit.

I'm forever grateful for the work that you're doing and so aligned with your mission of what you shared with us was creating 80,000 Buddhas in our lifetime.

And that that's that is so it just, you know, makes you light up and opens the heart hearing it. You know, in your book, I wanted to share this. You talk about having a spiritual vision.

What does that mean?

Spiritual Vision and Inner State

We live in a civilization where the external world is very, very important. That is what you achieve, how much you achieve, what car you drive in, who's your partner?

They'll be your children, how your children are doing. Everything becomes very important. The external life is embodied, but unfortunately it is lopsided spiritual vision.

We speak about spiritual vision, which is the vision for one's inner state. What is the experience? What is your

inner experience as you are living your life?

What is your inner experience? As you are bringing up your children? Or what is your inner experience as you're going about creating wealth? Are you creating wealth from, space of being happy and joyful and passionate about what you're doing?

Or are you creating wealth from c a lack wanting to prove to somebody with anger in fear? Is that the state in which from which you're creating wealth, or are you bringing up your children?

I mean, you you want to be a great parent. From what state are you parenting your child? Are you parenting your child from a space of anxiety about how these how the how they're going to grow up and how they're going to fit into the society?

Or are you experiencing them connecting to them. And in the process, you're bringing up an extraordinary human being, the state from which you are living your life, whether it is parenting or relating with your spouse or your partner, or creating wealth or going to work, what is that inner experience?

Just like how we have vision for the external world, if you can have a vision for your inner state, that is what we call a spiritual vision. And I see that vision to be the mother of all visions.

Because you can you can have probably you can achieve a lot, but achievement, is it going to make you happy? I have I have seen people what I have worked with, people who are probably very, very rich, very, very successful, but who are still searching for fulfillment and joy and happiness.

We want you to bring attention to your state and the whole the spiritual vision. That spiritual vision becomes your light, your guide to help you walk out of suffering.

Otherwise, what happens is suffering becomes a part of life. Suffering becomes an inner state. Some fulfilling becomes a habitual state in which you live in rather than trying to bring attention to it and move out of it, you continue to live in it.

We do not want people to live in a state of suffering because we see, and we clearly know that the suffering state is the reason for all the problems, the crisis that we are seeing in the world today in people live as separate human beings.

You probably have wonderful people living with you, but they just exist. You feel separate because of your suffering state. When you do not feel separate, you would do perform actions which would include the well-being of others.

You would not live internally being torn and dividing the external world. So we start off with a spiritual vision. For once in a state, what is the life experience you want?

From what state do you want to live in? Experience life I love that I. At what point do you think we we lose sight of that spiritual vision of the more beautiful state?

I mean, that's really where we all want to create from, to create maybe heaven on earth even faster than we ever dreamed possible. How how did we get so separated here?

I mean, you're talking about how we got so separated over here. Okay, let us take our own childhood experiences. Nobody has told us so. Nobody has told us.

There is no system. There is no religion. That is us. There is no education system. There are no teachers who told us that it is important to live in a beautiful state.

Nobody to nobody has address as to what you do with suffering. There is an external uncomfortable situation which pushes you into a state of inner struggle or inner suffering.

And nobody has ever taught us, nobody has ever addressed what you need to that do to that inner struggle. So what we naturally do is try to run away from it.

But just by running away from it is that inner struggle. Is that inner suffering disappearing? No, not really. You come back to it again and again just by throwing it under the carpet.

It doesn't mean it is. It doesn't. It is. It is not existing. You are continuing to fuel and it continues to grow. When you a small experience of feeling abandoned or feeling unloved when you are young continues to grow with every small experience that can fuel that state.

How Suffering Takes Hold

Unless until you bring attention to that in us in a struggle, as in many other suffering, a new dissolve it. That is why you need a spiritual path, a spiritual practice, to dissolve suffering.

Otherwise, suffering continues to build in one's consciousness. Yeah, it's it's almost as if we get all of this evidence over here to say, this is the way the world is, which is in suffering versus this component of we could actually choose a beautiful state to create from there.

And, and choose to let go of all of the evidence that we've amassed over there. You know, how how can people get out from under what is weighing them down so that they can truly connect with themselves and others?

See, usually when you when you, when you move into the space of suffering, what you do is you run away from it. You escape. You escape through pleasures.

You escape through addictions. Or what you do is you try to reiterate a positive thinking. You can tell a million times that you're not this. You're somebody more than this or you're greater.

You can tell it a million times, or what you do is, hold on to a philosophical idea. See, life is a bed of roses. Or this, you know, just an idea to to kind of make me make, make yourself a little more karma.

But none of these really work. What you need to do when you have an inner experi of suffering is you need to bring attention to it, rather than trying to cover up or justify or try to change what is there within.

For suffering, you need to bring attention to it. In an external world, if something is not all right, the immediate action would be to change it, to make it fine.

That works for the external world, but for the internal world you cannot use that same principle when you try to say that this is not how I should be feeling, and try to change it with a positive idea or a positive thinking, or trying to hold on to say a philosophical idea or a thought that is not going to dissolve your suffering.

Your suffering dissolves when you are able to bring attention to it as and when it arises, rather than trying to fight with it, tweak it, or change it.

So that is why there is this practice that that people all over the, the students all over the world follow. It is it is called a serene mind practice.

And it is a three minute practice. So what this practice does is it changes the activation in the brain. It changes the activation when you're in a suffering state, your limbic system is very active.

So it changes the activation from the limbic system to the prefrontal cortex a space for greater calm, greater intelligence and greater awareness to flower.

So setting in mind is a practice by which you bring attention to your inner suffering state and then see it clearly, and it is mystical in nature. You see a beautiful, light move from your forehead to the middle of your brain, activating

that region of the brain, allowing you to be more calm.

So it kind of dissolves suffering as in many devices.

Dissolving Suffering Through Practice

And it mean, especially if you have an external situation which is making you move into a state of inner struggle. I would say you should practice the sitting mind, and that is I mean, that's a 3 to 5 minute meditation that you have for people, right?

Absolutely. This is a three minute meditation for probably for people who are just starting to do you can do it a little longer, but, you know, it is like you can be burning with anger.

And when you perform actions from that state of anger, it is not going to be the right response that you're giving to life. Or you could be in fear. And from that space of fear, if you are responding to life, that still is not the right response that you would give to life. And when you do not give the right response to life, we complicate life itself. If you don't, you're kind of building problems after problems.

Layers of the layers of more and more obstacles and problem solving. What you need to do when you encounter an obstacle or a problem is you need to have the intelligence to give the right response, and that intelligence is not present when you are in a suffering state and city.

When I say it is not present because in a suffering state your thinking is going in loops, it will be the same abcdefg and again abcdefg h there is no newness to thinking, there is no newness to seeing reality or life.

So intelligence is present only when you're free of suffering and set in mind. Practice has the ability to cut through, that repetitive, obsessive suffering state.

How does one know if they're operating from a suffering or an enlightened state? Suffering state is, it is it is downright a very uncomfortable and a disturbing experience.

But many times it is a very unconscious experience. But if you are able to bring greater attention to your inner state, to what you're feeling, to your inner experience, and if you feel there is something disturbing, then it is a suffering state and the no suffering state can start off with an experience of a beautiful state.

Calm, love. Joy. Connection. Peace. These are all long suffering, beautiful state. And then it can it can like, you know, it can go into experiencing the transcendence, causeless lull, costless bliss, limitless joy.

These are the transcendental experience. And then you move on to experiencing the enlightened states, an enlightened state. They there is no separation between you or the other, you experi and being one you feel that you are all or the entire universe is you depends on the state that you experience.

Indeed the you know, I I've recently had the experience of the in Chinese medicine. The seeing as you are the universe, the universe is you or you are in the universe.

The universe is in you. To actually wake up to that in real time is it was had a profound effect on me and this aspect of the oneness consciousness or unity consciousness or principle of we're returning to the one.

I love that you have a center dedicated to enlightenment.

From Suffering to Enlightened Consciousness

Can you speak into what, inspired you and your husband to create that center via the second generation people who are, who are holding this vision of enlightenment, of humanity, of 80,000 enlightened beings or 80,000 Buddhas, the experiences which my father in law had, the experiences of my husband, the experiences that I have

had, all these experiences has left us, given us a clear vision of enlightenment, of humanity, because we believe that only when human beings are enlightened, at least 80,000 human beings are enlightened, then there would be a phase transition in human consciousness.

Right now, humanity, the consciousness of humanity is tilted toward separation, division and conflict and suffering that needs to tilt towards oneness and connection, where separation ceases to exist, because only in this total revolution in humanity's consciousness, only in that we will be able to find solutions to the world, because all the crises that we are seeing in the world, we should know that it is not independent of humanity.

We are somehow responsible for every crisis in this world, beat political crises, or be it the climate climate crisis or the environmental crisis. Human beings have been responsible for, human suffering has been responsible.

Humanity's separation driven thinking has been responsible. So that is why our vision to create 80,000 Buddhas, you know what it is to do with 80,000 Buddhas.

It will be a new world. With that. So that would be creating from that enlightened state consciousness really wants to support in that unity, in the oneness.

We are pretending to be separate in this reality. So to get enough humans into that enlightened state that will be able to create solutions not from the consciousness that created them, but from a higher level of consciousness, that's the goal.

Absolutely. Great. Because we are we are creating a trying to find solutions to the problems that we have. We are trying to find, we are trying to advance in every field new, technological advancement.

Everything is happening. No trying to go to Mars, but we are taking the same consciousness to Mars. We have created metaverse, but it is the same greed driven consciousness, that of competition driven consciousness that is entering the metaverse.

How different life would feel if we are living in the same consciousness and every solution that we are trying to create from a separation driven consciousness, that very solution is becoming problems for future.

That is why, as you said, we need to get of that consciousness that created the problem. And then find the solutions. Do you see when when folks experience the more beautiful state and start creating from their, do they experience more ease and grace or things just spontaneously appearing for them?

Or is it more of the kind of what they're used to in, in in the separation, when people live in a state free of suffering from the consciousness perspective, from a different realm, when a person experiences life from a beautiful state, they experience a powerful connection with the world around them.

It is from that state of consciousness, living becomes effortless. When I say living becomes effortless, it is not a constant struggle, constant struggle against life.

Enlightenment, Oneness, and the Ecam Vision

But you are so tuned that you see that the entire universe comes to support you, and you end up in a suffering state. You are sending out signals to this vast fabric of consciousness that you are open to problems.

You are open to chaos to flow into your life in a no suffering state that it can start off. When you are in a beautiful state or you experience seeing the transcendence, or you are established in an enlightened state, you are sending out that signal to the universe that you are open to.

Order your open to harmony to flow into your lives. And then living becomes effortless, to love becomes effortless, to heal, becomes effortless. Because you are you can think of your life as being entered into a miracle.

So your body is entered into a medical zone. Your relationship would have entered into a miracle zone. That means your heart will flowered and your relationship enters into a medical zone.

And life situations and opportunities and people who come into your life bring auspiciousness and wealth and joy into your life. That is a deep, secret Greek.

You and the world around you, you and the universe are not separate and your state is getting communicated to this vast fabric of consciousness. Your state is the signal that is being sent out to this universe.

So that being said, what is this? What is the signal you are sending out? I would like every participant in this, every audience over here to ask this question.

What is the signal I'm sending out? This will probably give an answer to many of the questions that you asked yourself. Why is this happening to me? I have been a generous person.

I've been a kind person. Why is this happening to me in my life? Why is life unfair to me? Why is why am I not being treated well? Why is not God being just to me?

You have these questions come up again and again. The answer lies in your state of being. If you are in a state of suffering for the reasons that is surrounding you, that state of suffering destroys everything that is beautiful in your life.

You make it simple, which is very nice that that component to people when they're unconscious to their state, that is the component of what you're out teaching people to become aware. Yes.

To be first conscious, to become first conscious that, you know, this is a state in you in which you are living in. And then we move into the next step of becoming aware of the intricacies of all the details of that state.

You learn awareness. And then you heal in, in that, in that awareness and in the healing our people as a, I'm a natural path, a doctor. So I have a health bent.

Are people able to have spontaneous healings when they get into that enlightened state? Definitely. Yes. Greg, let me share with you what happened. I mean, I lead retreats all around the world.

And, just a couple of I mean, I just finished the retreat, and I just finished the retreat in India, and I'm here. But few months ago, I did a retreat in Mumbai.

And the lady, she was sharing on the final day of the retreat, she was sharing her experience of, awakening to a very profound state of witness to what?

She was a witness to everything that was arising. She was a witness to her breath. She was witness to own emotions. And it was a very profound awakened state.

And then she's continuing to narrate her experience to a thousand people in the hall. She's sharing, sharing with everybody. She said, I got married when I was very early.

Healing, Miracles, and Consciousness

I was forced to getting do. I was forced to be married to this person. It was not my interest at that point. I was she was a university topper. She was brilliant in what she was doing.

But her father was very, very tough father. Just a few Indian fathers were like that now, and she was forced into marriage. The husband was not a bad person, but just, somebody who really cannot connect very, very, very easily.

So this lady, she had a child. She had two children. In one of the pregnancy, she develops facial paralysis. She has this profound awakening experience on the day three, the day two of the retreat.

And then on on the day three, she goes back home and there's a lot of, a lot of, arguments with the children and the husband and, you know, but internally she is very much unperturbed.

She's quiet within herself. She's also shocked at a state because, you know, with so much happening around her, she would move into a place of anxiety.

She would move into anger and frustration. But she was totally calm. Then she went to sleep that night. And, when she woke up the next morning, she went and went into the bathroom and she wanted to wash her face, and, she was brushing her teeth, and she looked into the mirror.

And for the first time in 24 years, she felt, oh, my God, I'm looking so beautiful. So she continued to look at herself in the mirror, and she felt there was a very strong difference in what she has seen of herself that so many years.

And she smiled. She saw her, that her face, she smiled on both sides as she was not eating this experience to me, in to me, in front of the entire audience, she said pretty and she was mean.

Tears were rolling down her eyes because, I mean, it is a beautiful experience for her. And she was she was sharing it. She said, I'm so thrilled today because, you know, filled with gratitude for this experience and this healing.

And as she said, as, as tears are rolling down my eyes, no, pretty this is happening for the first time in 24 years, even when I cry tears only from one eye.

So that is a profound healing that has happened in her body. Definitely the healing started in her heart. The healing happened because she was she was in that profound or weakened state.

When you move into witnessing consciousness, when you move into that awakened state, when you move into those profound enlightened states of consciousness, a healing happens.

Healing of the body happens. Healing of the heart happens. Healing of the life happens. And many such miracles of, you want to call it a miracle, yet a miracle.

Many such instances of healing happens. Not only healing. That's what that is. Why? That's why I want people to understand how important consciousness is and how important status.

When people do move into such profound states and they have a longing or a desire for something, it happens. I know of another lady who was separated from her husband for one full year in in one of the processes, as she moves into a place of deep love and connection, and her husband, who has not spoken to her for a year, calls up that evening as a transformation happens in her heart.

Your heart is connected and the other person's heart also awakens. Healing happens in relationship. No matter how far you are or if you're separated by distance, it doesn't matter because in the realm of consciousness, we are connected.

Manifest Programs and Closing Reflections

It is one life. It is one organism. And an awakening to these powerful states makes one. It makes one incredibly powerful. What is the best way to connect with the meditations that you teach?

What do you mean by connect with the meditation? Well, you have you have. Some people can come to study with you in India at the Icom. Yes. And if they're not able to come to India to study, you also have some offerings online of your manifest on Sundays.

Can you manifest happens once a month, once a month through your long, I would call it as the mystic process. And each month of the man. If each month, the manifest would focus on one particular aspect or one particular dimension of life, that is the last one focused on achievement, the next manifest is going to focus on purpose.

Then you have focusing on a manifest, focusing on health manifest, focusing on healing on generational healing, and awaken to and awakened parenting. So there are different dimensions of life.

And each month the manifest, the three are it is a Sunday, three are mystic process covers one dimension of life. So what manifest does is manifest leads you to mystic process, where I lead you into one particular state of consciousness and immersing in that state of consciousness, you manifest a particular reality.

So it is mystical, it is deep. It is easy for you to participate because it's unlike it. You can do it at your home and you can connect via zoom. Lovely.

That will be an incredible journey for everybody to begin with. The manifest journey. Shri prodigy. So forever grateful for you and blessings. So anything else that you'd like to share with our listeners and viewers here?

I want every one of you to ask this question. What is the state in which you are living your life from? Because your state is going to determine the quality of your life.

It is not the car that you're traveling in or the home that you're living in, or your bank balance that is going to determine your inner experience. I want every one of you listening to hold a spiritual vision for your inner state, to walk out of suffering as and when it arises.

We have created a path, a path that will help you out of suffering and that will establish you in enlightened state. I would, I would say that the world needs Buddha's 80,000 Buddhas.

Thank you so much. And here's to 80,000 Buddhas happening. Much love to you. Thank you, thank you, thank you. So wonderful to connect with you, Greg, and also with your audience.

And we definitely look forward to seeing you again. Great for you to come to India someday. It's on. We're we're it's on our list already. Wonderful. Thank you. Well, thank you so much.

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