

PENGUIN BOOKS  
THE MAGIC OF AWAKENING

Sirshree's spiritual quest, which began about 30 years ago, led him on a journey through various schools of thought and different practices of meditation. The overpowering desire to seek the truth made him relinquish his role of a college lecturer. After a long period of contemplation, his spiritual quest ended with the understanding that the missing link in all paths that lead to the truth is 'understanding' itself. Sirshree says, 'All paths that lead to the truth begin differently—but end in the same way—with understanding. Understanding is the whole thing. And, this understanding is complete in itself. Listening to this understanding is enough.'

Sirshree has delivered more than one thousand discourses and written over forty books on spirituality and self-help. He is the founder of Tej Gyan Foundation which disseminates a unique system for wisdom on subjects ranging from self help to self realization.

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THE MAGIC OF AWAKENING  
111 *Answers on Life and Living*

TEJGURU SIRSHREE TEJPARKHI

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*Dedicated to the real protectors of truth, without  
whom true spirituality will be lost*

## FOREWORD

Human beings have the ability to communicate their feelings and thoughts to others through speech. But some thoughts which are too esoteric to be spoken are communicated only through silence. Through these various expressions—feelings, thoughts, speech and silence—we learn about something extraordinary within us, that which makes us feel good when we hear about it, meditate on it and experience it. What is it? What is this truth that lies within us? We will learn about the truth within through this ‘Answer Upanishad’.

This book is presented in a question-and-answer format intended to awaken you. In this book every answer is intended to make you find yourself, know yourself and ultimately be yourself. The answers in this book will lead you to a state of pure consciousness, the existential experience of being—the source of silence.

The primary aim of man is to attain, and be established in this state and then share his experience with others. Only those answers which serve this purpose are of any value, no matter how many times they are heard or read. Even if you seemingly know the answer to a question in this book, go ahead and read the answer. Because the purpose of the book is not to impart intellectual knowledge, but to help you access the Self, the existential experience which Sirshree refers to in almost every answer.

The questions in this book range from existential dilemmas to essential spirituality. The questions include some that are specific to modern man and some that have been asked through the ages. The following four steps tell you how to read this book:

### **Step 1: Feel the space created by the question**

Read the question carefully. The moment you do that, the question will create a space within you for the answer.

**Step 2: Fill the space with the answer**

Fill that space with the right answer or the purpose of the question will be lost and mere words will remain. Read the answer given in the book. As you read, some insights will emerge. Some answers might transport you to a deeply spiritual state—a blank state. Initially, this experience of the no-mind state might confuse you. It is in this state that the answers begin unravelling intuitively.

**Step 3: Let the magic of awakening unfold**

Search for yourself inside the answers and learn about your true nature through them. Answers that have been understood while in the blank state will then manifest as actions in your life. Allow the awakening to unfold in your life. Read a few answers that you think were very important to you again after a time gap. Some answers are such that we need to wait for sometime before we can understand them. This is because it is essential to know, learn and experience some things before one is able to understand them. Waiting makes us worthy of the answer.

**Step 4: Park aside what you do not understand**

If there are answers or concepts that you do not understand, park them aside for a while and move on to a different question. After reading the entire book, revisit those questions. They may make more sense to you now.

Answers to all questions are available at the very place from where the questions originate. When this secret unfolds, you will be able to get to the core, the source or the centre of your being. Then you will say to yourself, 'No question has remained a question anymore. I can now get all the answers from within myself.' Hence, you access *Tejgyan*.

Tejgyan is that wisdom which is beyond knowledge and ignorance—the source of all knowledge. Knowing and understanding tejgyan leads to a perfectly integrated life. Tejgyan is that state of wisdom where nothing is concealed, everything can be seen clearly.

People assume that Meera sang the praises of the Lord and attained wisdom. But it was the attainment of wisdom that made

her sing with so much devotion. Jesus attained a particular wisdom and acts of kindness automatically followed. Not the other way around. This ‘particular wisdom’ is tejpgyan.

Many truth seekers get apprehensive about their quest: Am I on the right path or not? Often there is a feeling of vacuum inside; something that makes you think, ‘This path that I have chosen is inadequate, there has to be something more to it.’ At times you ask yourself, ‘Is it really necessary to make so much effort, put the body through so much pain? Isn’t there someone somewhere who can answer all my questions?... Something is wrong in all this, somewhere there is a missing link.’

The answer to all these doubts and questions is tejpgyan—the truth that is beyond knowledge and ignorance, the truth that can only be experienced. And the missing link is that of ‘understanding’. Understanding leads you to the final truth. It is this understanding that Sirshree imparts in the MA Retreat (Maha Aasmani/Magic of Awakening Retreat); understanding that leads to the experience of the truth—you may call it self-realization or enlightenment or God-realization or by whatever name. The direct experience of God or Self is possible provided the right method is followed. Tejpgyan is that method, that understanding. That understanding can be obtained just by listening alone—systematic listening.

This systematic listening curriculum is called ‘system for wisdom’. What you read in this book can be experienced at the MA Retreat organized by the Tej Gyan Foundation.

This book is a compilation of questions posed to Sirshree by seekers. Visit [www.magicofawakening.com](http://www.magicofawakening.com) to interact with other seekers. We look forward to receiving feedback and answering questions of our readers.

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