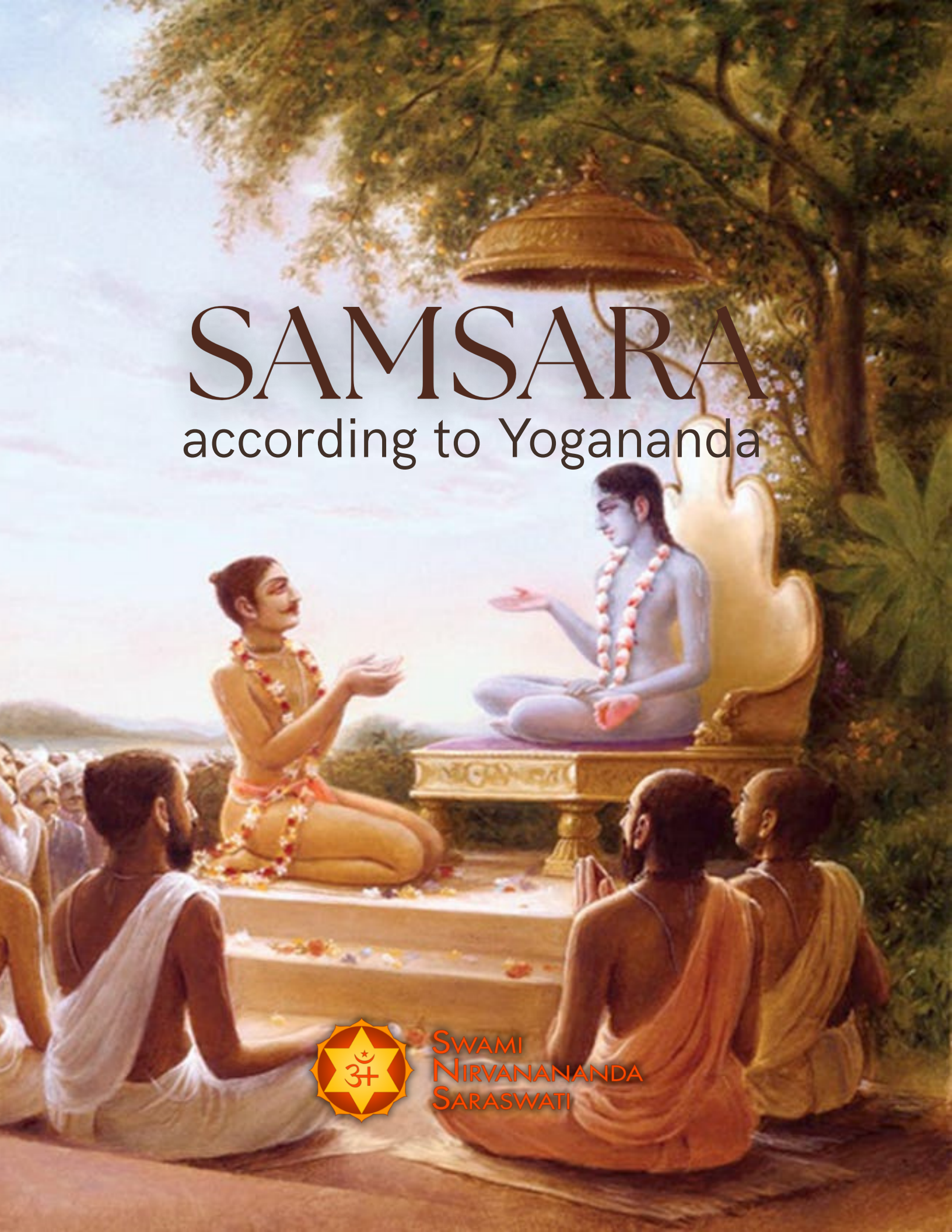


SAMSARA

according to Yogananda



SWAMI
NIRVANANANDA
SARASWATI

HOW TO ESCAPE SAMSARA IN THIS LIFETIME

– According to Yoganda

Samsara is a Sanskrit term that indicates the “cycle of life, death and rebirth”, and for this reason it is often depicted as a wheel, called the Wheel of Existence. Samsara refers to the cycle of rebirths and deaths, which has Karma as its engine, determined by every action we perform. In fact, it represents the baggage of an individual’s existence, both good and bad, related to the conduct held in life.

At the moment of death, each of us is destined to be reborn again in a different condition, whose characteristics will depend on the karmic baggage accumulated. Life is like a school that starts from kindergarten to the highest degree and realization is the goal of our divine education. It is a continuous cycle that will continue until the extinction of one’s karmic debt, which will therefore lead to the definitive exit from Samsara,

For thousands of generations people have been trapped in the endless spiral of life and death without realizing that the way out is always right in front of them. We reincarnate again and again living countless lifetimes, suffering countless joys and sorrows only to return to the beginning. But why? What keeps us trapped forever in the wheel of reincarnation and more importantly how to break it in this lifetime?

P. Yogananda’s teachings not only help us understand Samsara but also show us how to break free from it permanently. If you truly desire absolute freedom, be ready to embrace a truth that can change your destiny forever. Therefore, think that liberation is not something far-fetched. If you can achieve it in thousands of lifetimes, why can’t you achieve it in this lifetime?

Samsara. Why are we trapped in the cycle of birth and death? Most people believe that reincarnation is an inevitable law, an inevitable cycle. But the truth is that there is no force that forces us to return to earth. We bind ourselves. We are born again and again not because God wants it or because the universe has arranged it, but because we are not ready to leave. Invisible bonds from Karma to cravings and fears to self-destructive illusions are the cause of our inability to escape the cycle of birth and death.

Here are the main reasons why people are forever trapped in the will of reincarnation.

1. Reincarnation is not a punishment, but an opportunity.

Many religions describe reincarnation as a punishment whereby if you make a mistake in this life, you will suffer the consequences in the next life. But Yogananda teaches that reincarnation is not a punishment from God but an opportunity for the soul to mature. Look at your life right now: everything you love, hate, desire, fear, is the rope that brings you back to this world.

Do you love someone but cannot go to him? You will be reborn to see him again.

Do you crave fame and money? You will come back to get it.

Do you have unresolved grudges? You will come back to confront.

Every experience in this life is just a part of a bigger lesson. Reincarnation is not a nightmare with no way out, but a journey for the soul to realize what is unfinished. At some point, however, you will want to stop when you have finished your lesson, when you have released your bonds, but if you are not ready, you will continue to return life after life.

2. Karma, the chain that binds the soul.

Every action, every thought, every emotion leaves a mark in the universe. This is Karma. Yogananda says: "Karma is not a punishment, but simply a law of cause and effect that operates in the universe. Imagine this: if you throw a stone into the lake, the water will ripple. In the same way, all your thoughts and actions create vibrations in the universe and will return to you in one way or another.

Do you hurt someone? You will have to pay for that Karma.

Do you live with greed and selfishness? You will continue to be reborn to learn to let go.

Do you love and serve? You are creating good Karma to liberate yourself. Every thought and action you take creates the seeds for the future. If you are still holding on to the results of the past, Karma will continue to drag you to the earth to complete them.

Reincarnation ends only when you no longer create new Karma. But how to achieve it?"

3. Lust and Desire. The Fire That Holds Us Back.

Desire is the invisible chain that holds you back in the cycle of life and death. Let it go and you will see the door of liberation open.

Lust and desire are the most powerful driving forces that bring people back to Samsara. Do you still desire worldly pleasures? Do you still desire love, power and status? Are you still afraid of loss or suffering?

If the answer is yes, it means that you still have a reason to return to this world. What we pursue in this life will determine where we will be reborn in the next life. People who are greedy for money will return to be rich but will live in anxiety. People who aspire for power will return to be a king but will suffer many Karmas. A person full of envy and hatred will be reborn in a miserable situation to learn to forgive. Lust is like fire; it burns us and drags us into the cycle of life and death. Only when you learn to let go of everything can you get out of the wheel of reincarnation.

4. Fear. The invisible bonds.

Fear is the greatest illusion. When you realize that you are an immortal soul, nothing can scare you anymore. Another reason why people keep reincarnating is fear. We are afraid of death, we are afraid of losing our bodies, we are afraid of not existing. But this is just an illusion of the mind. Have you ever wondered what happens after you die? Will I disappear forever? Where am I going?

These fears keep us away from the world, making us cling to life even when we are tired of it. But the truth is that you are not this body. You are the eternal soul. When you realize that you cannot die, fear will dissipate, and you will no longer be bound to Samsara.

5. Illusion of ego. The last barrier.

Ego is a prison. When you break that prison, you will see that you have been free for a long time. Why do we keep coming back to this world? Because we think we are a separate individual. But the truth is that you are not your name, you are not your job, you are not your thoughts and feelings. It is the ego that makes you think that you are an individual separate from the universe and that keeps you in the cycle of Samsara. When you realize that you are not different from God, the universe and everything around you, then you will be free.

How can we get out of Samsara in this life? There is a way out right in this life. P. Yogananda and the enlightened masters have shown us that

liberation is not something far-fetched, it is not a goal that can be achieved only after thousands of lifetimes of punishment, but it can be achieved right now in this life. But how? Here are the most profound and powerful methods that will help you end some pain already in this lifetime.

1. Liberation does not come from death but from awakening.

Dying does not make you free. If your mind remains full of attachments, you will be reborn with those attachments. Yogananda said: "Many people think that dying is the end, that dying is liberation, but this is an illusion. Death cannot free you from Karma and some pain, because your mind still carries the old attachments."

Imagine this: If you are sleeping, you may dream that you are a king or a beggar. But when you wake up, you realize that the dream is not you. Likewise, when you reach awakening you realize that this whole world is just a dream, and you are no longer bound to it. To free yourself from Samsara you must awaken as soon as you are alive, not wait to die."

How to awaken?

2. Meditation. The fastest path to liberation.

Meditation is the most direct way to break the cycle of Samsara. When your mind becomes still you will see the truth. P. Yogananda said: "Why is meditation the key to liberation? Because Karma is not only in action, but more importantly: it is in the mind. If your mind is still turbulent, full of desire, anger, fear, you will still create Karma and Karma will bring you back to this world. But when you meditate you purify the mind. Do not create new Karma. Watch the ego disintegrate. Realize that you are not fleeting thoughts and feelings. Unite with God with the cosmic consciousness that transcends all the limitations of Samsara."

P. Yogananda taught the powerful meditation method called Kriya Yoga, which helps to purify Karma and achieve liberation. When you can enter a state of complete stillness you will experience oneness with the universe and reincarnation will no longer be a reality for you.

3. Let go of Karma. Don't create any more ties.

You cannot free yourself from Samsara if you keep creating new Karma. One of the main reasons we are reborn is because we keep creating

Karma with our thoughts, actions and emotions. How not to create new Karma? By living with awareness, recognizing every thought, word and action. Before you say or do anything, ask yourself: does this create Karma? If it hurts others, stop. If there are moments of greed, anger or ignorance, let go by accepting all the circumstances and without reacting negatively. If someone hurts you, don't hold on to grudges, because resentment will bind you to that person in the next life. If you lose something, don't cling to it because clinging will pull you back to get it back.

The key to liberation is to accept everything with a calm mind, without attachment and without opposition.

4. Selfless Service Dissolves All Bonds.

The key to dissolving Karma as quickly as possible is to love and serve. One of the most powerful ways to free yourself from Samsara is to give without expecting anything in return. Why??

Because when you give with pure love, you are erasing the old Karma that bound you. Serve others as if you were serving the Lord Himself. When you help someone, think of it as helping your soul to be free. Do not expect a reward because even expectation is a form of commitment.

Practice compassion and forgiveness for all. Do you have a grudge against someone? Be forgiving. Do you have enemies? Love them. Are you hurt? Let go and continue your path. Compassion and forgiveness are the fire that burns Karma and frees you from Samsara.

5. Let go of the ego. Realize your true nature.

The ego is the last wall that prevents you from achieving liberation. You are bound to this world because you think you are a separate individual. You think you are your name, your body, your emotions and your thoughts, but the truth is that you are none of them. You are an immortal and infinite soul, a part of God and the universe that practices altruism in everything.

When someone compliments you, remember that it is not you. When someone criticizes you, remember that it is not you. When you succeed or fail, remember that it is not you.

When you completely let go of the ego, you will return to your true nature and be liberated immediately.

6. Practice awareness in every moment.

Live as if you were enlightened. Live as if you were liberated, when you are no longer influenced by the world. The pain will disappear by itself. Yogananda said: "Most people live in unconsciousness, caught in the flow of life without realizing that they are creating Karma every second, every minute. Awareness is a powerful method to not create more Karma and break some pain."

"How to practice mindfulness? Recognize every action, every thought, every emotion. If you are eating, be aware of every bite. Are you walking? Feel every step. Are you thinking? Observe the flow of thought without identifying with it. Everything can become meditation if you live fully in the present. When you practice mindfulness, you will no longer react habitually, you will not create new Karma and gradually you will free yourself from Samsara."

7. Transform desire into enlightened energy.

Every untransformed desire is a thread that ties you to Samsara. Most of us are tied to this world because of unfulfilled desires. Desires for love, money, fame, power, even spiritual desires. It is not about having no desire, but about not being controlled by it. So how can you not be bound by desire?

Observe desire without being seduced by it. When you desire something, observe it. When you find yourself drawn to lust, be aware, but do not act immediately. When you feel dissatisfied, do not react, but look deeply into your inner reasoning. When you can observe every desire without being trapped by it, you are free. Transform the energy of desire into spiritual power. Transform lust into pure love. Lust for power is translated into wisdom and compassionate leadership. Material desire? Use it to serve others. When you are no longer bound by any desire, you will have no reason to return to this world.

8. Connect with a true master.

Receive guidance from a guru. No one can free themselves from Samsara alone. Find an enlightened master who will lead you through the sea of Samsara. P. Yogananda said: "One of the most powerful methods to free yourself from Samsara is to receive guidance from a true guru. Someone who has escaped the cycle of Samsara and can guide you along that path."

Why do you need a Guru? Because your mind has too many illusions. A master will help you see the truth. Because the path to liberation has many

pitfalls. A guru will help you not to get lost. Because a guru can help you by directly communicating the energy of enlightenment to you. Something you can hardly achieve alone. If you really want to free yourself from Samsara, find a true master, practice his teachings and let them lead you to freedom.”

9. Live with pure love.

Dissolve all Karma. Unconditional love is the fastest way to liberation from Samsara. One of the reasons we keep being reborn is because we have unfinished relationships, unresolved Karma. How to reconcile all Karma and conditions?

Love everyone as yourself. See the Divine Spirit in everyone, even those who have hurt you. Forgive all those who have caused you pain, because resentment will bind you to them. Open your heart with unconditional compassion, because love is the key to reconciling all Karma. When you love everyone as yourself, no longer distinguishing between friends and enemies, you will be free.

10. Become an observer no longer attached to the world.

Live in the world, but not of the world. Most people are tied to some pain, because they are too attached to this world. They suffer from loss, they rejoice in success, but both are the ropes that bind them. How not to get stuck? Look at things as an outsider. When you encounter difficulties, look at them as if they were not your concern. When you achieve success, look at it without letting it control you. When someone compliments you or criticizes you, look at it as if it were a breath of wind. When you live as an observer you are no longer trapped in the vortex of the world, so reincarnation will no longer have any reason to pull you back.

Conclusion. Are you ready to free yourself from Samsara? Liberation is not a distant thing; it is right in your daily choices. You can put an end to a lot of pain right in this life, if you are truly determined.

Deep meditation means to directly experience oneness with the universe. Live with awareness so that you don't create new Karma. Break every bond by loving and forgiving. Find a true master to be led to liberation. Let go of the ego to realize your true nature. Are you ready to escape the cycle of reincarnation right now? Yes, you can do it.

