



HA-HA MEDITATION MASTER PROGRAM



Your light is your freedom.

Be prepared for the greatest experience in your life!

*Human, Non-Duality, Absolute Supreme Being
for All...*



HA-HA MEDITATION

To live in Peace, Joy and love is the Reason!



*What is the One Real Solution
that can transform your life the most?*

Within us is an inner silence that conquers all thoughts.

That silence is our Joy, our Light.

It is satisfied all the time, and needs nothing.

Here you live in Joy – Already There, where you always want to Be.

What you want to manifest, discover and experience is Already Given,
when you can be your Absolute State Here, It Is Already There.



One day, at any moment, it could be right now...

You find your light, always glowing, just waiting to be seen.

The light we speak of is the lightness of living – the radiance of existence shining for absolutely no reason, all the time. Because what is reason, when it comes to creation? Does beauty need a reason? Does happiness? Does love?

From this viewpoint, it seems like life is continuously satisfying – a natural, effortless, spontaneous perfection. It simply feels boundless, infinitely valuable, and full of truth, because it is, always was, and always will be.

The brilliant wonder of this light never seems to dim, regardless of life's shadows or brightness, the world's state, my physical condition, or the well-being of my beloved children and family. It transcends all states and conditions; it's free from them. It's all alone, yet everything at once.

Even long-time practitioners of spiritual disciplines may struggle to grasp this concept of the absolute. When sought, it is constantly fleeting. The key is not to seek, but to be as you are.

I wish you a life living in Joy – already there.

Rune Heivang



After over 25 years, I've explored meditation methods, yogic exercises, and healing modalities worldwide, levels of consciousness, shaktipat, shivapat... Now, I've created a master meditation program that's simple yet liberating. After 200+ retreats meeting thousands of people, I wanted to offer friends a powerful program to expand into light and let enduring peace and bliss find you at home.



THE HA-HA MEDITATION MASTER PROGRAM:

SPEND A DAY IN BLISS. SPEND 2 DAYS. SPEND 5 DAYS OR MORE.
NO MATTER HOW LONG YOU LIVE IN THE EXPANSION OF BLISS,
ITS ONLY PURPOSE IS TO MAKE YOU REALISE THAT IT CAN
ALWAYS CONTINUE...

*When you can see what always was, you are already there. When you
can be what you always were, you are already you.*

No practice can Enlighten you, as your true nature is already enlightened. But
a simple, effortless Meditation Practice can help you realise your true nature,
always.

In this Meditation Master Program, you will learn very simple methods to reach
the deepest levels of meditation, where the calm of acceptance is not a state of
mind, nor is it any state at all.

Rather, it is a stateless state of divinity, where, once and for all, we become free of
the impostor self and realise that the body is a divine instrument to reach *the
deepest rest possible in life.*

Our bodies exist on a plane of being that we can define as movement and action,
or vibration. Even our thoughts are the movement of electricity and chemicals in
our brains. Nothing happens without the movement of something, but here,
divinity reveals itself as the core of all being through this simple, brilliant
realisation:

*Everything is already in place to permit self-discovery, at any moment,
in any place, by any one.*



Learning how to meditate makes it possible to see your true form, which is light, at any time. It is the state you seek without even knowing it.

We practice gratitude, movement, breathing, and mantra to help us recognise that our desired state is already given.

Together, we breathe light, move as light, think as light, and expand light through our movements and words. From deep rest, we explore well-being, bliss, and love-bliss to its infinite ends.

Through deep rest, we can easily let go of whatever thought occurs in any state without stopping or analysing it.

Through deep rest, we become observers of that thought. Here, we can watch its very nature. The coming and going of the thought does not hide its absolute nature — everything comes from one place, and that place does not belong to us. Instead, we are all part of that place. We *are* that place.

In this place, we realise that True Being (or what we can playfully call well-being!) is the witness of all manifestations. It is a restful state of observance, where our divine light is detached from the shackles of identity.

But yet, there is a witness to this state of 'beingness' still. It's where consciousness itself becomes the eternal principle — the Absolute. This is the home of light, and it calls us back — right here in life!



**The HA-HA Meditation Master Program
ONLINE LIVE is available during almost
every month of the year, with the
following schedule:**

- 1. Friday evening, Saturday 6 hours, Sunday 6 hours.*
- 2. The first Tuesday and Thursday of the month, 1 hour 15 minutes each day.*
- 3. Also the next week, Tuesday and Thursday, 1 hour 15 minutes each day.*

You also have the option to continue the program for a much smaller fee.

It also includes:

Access to the recordings of 7 meditations,
they are created specific for you with a choir and musicians.

Access to recording of Ribhu Gita chapter 26

Access to other materials

*We look forward to the light of your presence
as we explore the continuous flow of bliss, intelligence,
and creativity that is our mutual being.*



LIVE IN JOY - ALREADY THERE

You are here now to explore the Pure Joy of being a divine spirit as a human.

Your absolute nature is Joy, and it is satisfied all the time!

Human destiny is to become Joy.

To become Joy, you must understand one thing: you were never anything else!

A thought can tell you otherwise, but remember, you are more than your thoughts.

Within us is an inner silence that conquers all thoughts.

That silence is our Joy, our Light.

It is satisfied all the time, and needs nothing.

Here you live in Joy – Already There, where you always want to Be.

*What you want to manifest, discover and experience is Already Given,
when you can be your Absolute State Here, it is Already There.*

When you contact your inner silence, you change your perception of life into harmony and peace, flow and creative bliss, and existence without thought.

Pure consciousness is:

Pure Love.

Pure Peace.

Pure Joy.

Always.





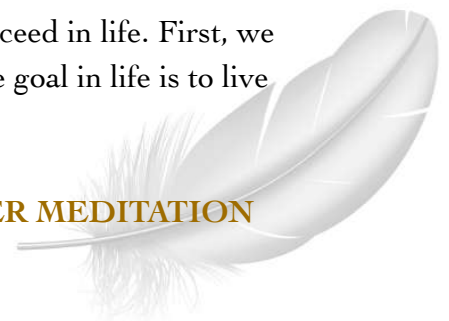
YOUR STILL POINT

- *The Song of Joy*

WHY DO WE MEDITATE?

- **THE REAL REASON** we want to master meditation is to find the one real solution that can transform our lives the most – Real Silence also called our **Your Still Point**. There is a place inside us that is always satisfied. *When we find that, we find joy.* “Ramana Maharshi says: “If you observe Awareness steadily, this Awareness, Itself as Guru will reveal The Truth”
- **Your Still Point** enables us to achieve well-being, awaken our Life Force Energy, this flow of intelligence and creativity, let us live in joy. This magic flow let us be in harmony on all levels of life. *First, we meditate on spirit, then spirit meditates on us.*
- **Your Still Point** provides us with a deep understanding that will benefit our lives the most, more than any meditation, knowledge, book, or lecture. Understanding and becoming joy is the greatest achievement in life. Joy is the only destiny of mankind. We are not our thoughts! Beyond them, we are happy. *Understanding this keeps the flow of intelligence and joy.*
- **Your Still Point** shows us ways to unite, feel, and see love and so we can live in harmony with All. *We can be, see, and be seen without a story, true intimacy with life.*
- **Your Still Point** teaches us how to let go of the old life, the old story; *to live the new life that is always here, never there.*
- **Your Still Point** sets us free from seeking freedom. The state we desire is already given; it endures when we can See it. *The secret is: we are already there.*
- **Your Still Point** shows us how to reach our goals and succeed in life. First, we must remember the most important thing: our number one goal in life is to live here without effort; *then, it will always be there – forever.*

THIS IS THE REAL REASON WE WANT TO MASTER MEDITATION





THE HA-HA MEDITATION MASTER PROGRAM IS TAILOR MADE TO FIND YOUR STILL POINT

- The Song of Joy

I met with a composer, choir, and some musicians, and we recorded the specific mantras we use in Ha-Ha Meditation. These will be used together with breath, words, visualisation and simple movements. We will do these meditations in combinations.

You will gain access to the audio files after you have been instructed on how to use them.

How to use them?

We will practice together when we meet, and then you will understand how amazing they are. It's so simple when you know how.





**ONLINE LIVE MEETINGS
WITH RUNE HEIVANG**



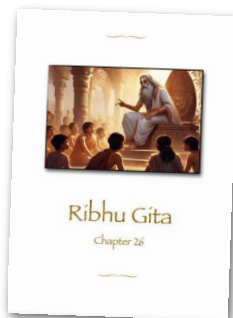
ACCESS TO 7+ AUDIO FILES HA-HA MEDITATIONS

Supreme meditations tailor made for peace, bliss and liberation. Your light is your freedom.



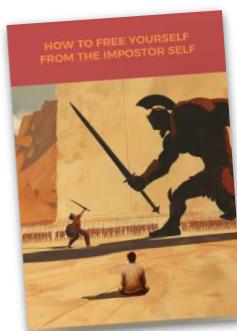
**MEDITATION MASTER PROGRAM
E-BOOK**

Your light is your freedom.



**RIBHU GITA CHAPTER 26
ACCESS TO AUDIO FILE
E-BOOK**

In the Meditation Master Program. It is our privilege to share whispers of the divine as told by: Ribhu Gita Chapter 26.



**HOW TO FREE YOURSELF
FROM THE IMPOSTOR SELF**

Beyond our thoughts we find peace and joy.
E-BOOK



HA HA HE
HE HE HO

FOLLOW WHAT
I SAY AND
BE HAPPY

HA HA HE
HE HE HO

OM

RITITITITI TI TI
RITITITITI TI TI
RITITITITI TI TI

OM

HA HA HE
HE HE HO

OM

THANK YOU
BLESS YOU

OM

WE ARE HERE
WE CARE

HA HA HE
HE HE HO

OM

OM



Become the Light through These Reviving Meditations

Ha-Ha Meditation is a collection of many meditations that can be used together or individually. An audio program has been created for the meditations.

When practicing the powerful HA HA Meditation, we align with the laws of nature, understand them, and experience the flow of divine intelligence, power, creative bliss, love, and joy, essential for genuine success in life. Through these meditations, we can discover that we are already where we want to be.

After practicing the Ha Ha Meditations for a short while, the nervous system stabilizes and remains connected to deeper levels of consciousness, which is pure bliss. This bliss begins to awaken in our lives, allowing us to maintain a peaceful state anywhere. The shared meditations help your brain and nervous system recalibrate in a caring and harmonious way.



YOUR STILL POINT

Let us practice the most rapid, effective, and direct method that brings the impostor self to its final end. We realise that when we are free from any traces of thought, we are happy. The silence we discover is your still point. It is the home of all light. It is the real you.

“Ramana Maharshi says:

“If you observe Awareness steadily, this Awareness, Itself as Guru will reveal The Truth”



GRATITUDE PRAYER/MEDITATION

It is always a bright new day. Through prayer, we express our gratitude for the light that surrounds us. We use the power of words, which directs energy, light and a flow that nothing can stop. Using the power of devotion let us understand the concept; giving is receiving.



OM - THE DIVINE VIBRATION MANTRA

Om represents the vibration of the Divine, a sacred light sound that we use to begin and end our meditation, infusing our practice with sacred power, light, and love.



THE MIRACLE OF SILENCE

*The song of Joy is sung in silence.
Let us meet and witness the miracle of silence, shared as one.*



THE ENERGY CENTERS - CHAKRAS

Every time we do the practice, we activate the energy centers in the body known as chakras, which are connected to the spine. The chakras are six primary extensions of the brain, and we awaken them by focusing our attention on them. When these centers are awakened, they emit plus and minus qualities; this “healing the light body” process cleanses, balances, and harmonizes all of our energy centers and light bodies. So our practice accelerates faster.



RITITITITI TI TI TI

The ‘Silence Speaks’ Meditation

“Bright light, for the first time, all the time.”

This Meditation has been used by The Great Sages and Yogis for thousands of years to “attain” Enlightenment.



HA HA HE HE HE HO

The Universal Mantra that is pure Joy.

A yogic mantra meditation involving breathing and visualisation.

It can also be done with movement to amplify physical rhythm.



THE FLYING YOGI

The supreme movement is a meditation of balance and harmony. It is a release of energy that suspends the thought in a field of silence.

This is an effortless flow meditation that works instantly for anyone.

In ancient tribes around the world, the deepest truths were considered beyond words. Such truths could only be danced, because only dance, or a meditative flow, could offer a small glimpse into the ineffable, mysterious, and unnameable that is truth.



MASTERING THOUGHTS WHO ARE WE BEYOND, BEYOND

Find the seer. Find the thinker. Who are you in the silence between your thoughts? When we look for our true Self, we see what we are not. We come to the deepest places of our Being, the deepest places of understanding. We find bliss, and our meditation can go even deeper to places we did not know existed — real silence. We set ourselves free from the I-thought or the Impostor Self. Only then can you be you. Only then can you be free of states.



RIBHU GITA CHAPTER 26 (audio) and more...

In this floating meditation, we lay down, into deep rest; you can also sit if you prefer this.

When we are free of the impostor self, our hearts can hear the whispers from the absolute and see clearly the teachings of the divine. It is our privilege to share whispers of the divine as told by: Ribhu Gita, Ramana Maharshi, Nisargadatta Maharaj, Anandamy Ma, and more.

It is truly mind-boggling that this profound, rare, and esoteric masterpiece of wisdom can now be shared so easily among us. Sharing is technology's great purpose.

An ancient proverb in Sanskrit says that the words of sages and enlightened ones are translated into experience immediately.

All mantras work!

Harvard Professor Herbert Benson M.D. tested this theory with Tibetan monks, who were all too happy to oblige.

You can use your own words, words from your tradition, or words from your religion to achieve the same effect: experience Joy.

Drawn to profound teachings of advanced meditation practices

In our pursuit of deeper insights, we are drawn to the profound teachings of advanced meditation practices. Through teachings from Tibetan monks and Yogis, we can uncover new dimensions of healing and self-discovery that inspire our journey towards greater well-being. By combining meditation with mantras and visualizations and also movements, we unlock the power of the mind to shape our well-being and experiences. *It can be done in a simple way.*

“There is no greater magic than meditation.

To transform the negative into the positive.

To transform darkness into light -

that is the miracle of meditation.”

- Rajneesh



JOY IS THE WAY!

Understanding and becoming Joy is the greatest achievement in life.

- *Joy is the only destiny of mankind*
- *The Joy of what you are is incomparable to any other states of bliss and happiness*
- *Joy is a freedom from all seeking, the understanding that you are what you seek. You are Joy, expressing Joy. You live in Joy already there.*

I welcome new meditators, advanced meditators, ultra-advanced meditators, and masters of peace, joy, and love to come, be, and see for yourself. *Joy is the Way!*

Contemplation of our highest purpose in life: JOY!

It's a wonder to believe we could be meant for anything else

Meditation should be effortless and bring instant peace, with the sense of peace expanding deeper and deeper into bliss each time you practice.



For Best Results in our Meetings in Joy, Please Consider the Following Guidelines:

- *Dive into this retreat with the same enthusiasm as you would an in-person gathering.*
- *Find a cosy, disturbance-free spot to enjoy your retreat.*
- *Keep distractions like TV, phones, and visitors at bay for a while.*
- *Don't hesitate to be yourself with fellow retreat-goers for deeper connections and fun.*
- *If hunger strikes during sessions, please snack discreetly with your video off and get back on video as soon as you can. While having your video on is optional, being able to see one another is an essential part of the shared experience.*
- *Dress comfortably.*
- *Make sure to get plenty of sleep so you may have a refreshed, open mind.*
- *Save the big decisions for post-retreat bliss.*
- *Craft your day around the scheduled meet-ups for a smooth flow and carefree time.*
- *Release all expectations and welcome surprises.*
- *Cherish the peaceful aura surrounding you with a playful spirit.*
- *There will be plenty of time between sessions for meals, relaxation, and pure joy. Focus on what is happening, and we promise it will bring you to the most amazing place of all.*



Retreats with Rune Heivang are intended to open the gates of awakening in the shared vibration of stillness.

By taking part, you will also meet a small group of people who have been to many retreats and in good company over the years. The union of familiar retreat-goers and open-minded newcomers creates a powerful space of pure stillness, which invites the essence of awakening to take place. Here, you will find that Real Silence is the only gate to real joy, and that awakening to higher states of Consciousness ultimately leads to the end of all seeking.

We kindly ask that you read the information here and find out if this retreat is right for you. We welcome anyone and everyone who wishes to benefit from the unique knowledge, experience, and awakening offered.

When you arrive with this genuine purpose, you are guaranteed to leave with a newfound understanding of who you really are. As in the teachings we offer, it is the attitude of the person that allows the retreat to serve them fully, and create a comfortable place to expand into light each moment and each day during their stay.

Please reach out with any questions and to learn more about Rune Heivang Retreats and how we can serve you.



Joy for your health

There is a proven, scientific, and undeniable connection between divinity and meditation...

...your health!

When looking for evidence that divinity is our ultimate calling, we need look no further than the medical powers of meditation!

Reconnecting with your Joy is an exercise in self-care and healing that has no equal. Stress has the power to destroy our bodies through quantifiable molecular processes, where our thoughts act like invisible power plants that generate energy for physiological stress!

Under the command of our thoughts, our bodies submit to the stress response, which takes a toll on our nervous and bodily systems, organs, and every cell in our bodies.

Self-discovery leads to a mind-body-spirit connection that serves as an anchor for relaxation, which combats stress on the spot — and leads to rejuvenation and fortified health.

There's no denying that a focused mind, sense of control, and tranquil energy results in enduring health and wellness. For this reason alone, meditation is an essential tool for good health!

But this is only the beginning...



My dear friends, let's talk about something truly remarkable today: Awakening, Enlightenment, The Absolute...



As we speak about it, as we imagine it, we arrive there, and See a moment of clarity.

So what is it?

In the first place, it helps to know that when we experience Awakening, we feel no need to question it.

The experience is as clear and undeniable as the sun in the sky.
But for guidance, let's make a concept in our minds.



Awakening is an experience that cannot be separated from Truth. Here, life becomes an understanding that exists beyond the senses. And as such, a separation from labels, conditioning, concepts, and beliefs must precede Awakening.

In this journey, there are obstacles, and they all exist in our minds. If our minds are too cluttered with knowledge, judgements, and concepts, there may be no room left for Truth.

The beauty of Awakening is that it can happen anytime, anywhere, always, and forever. It doesn't matter where you are in terms of spiritual purity or progress, because pure Awareness transcends all perception.

Awakening overcomes all doubt. It's as self-evident as the smile on your face when you are filled with joy. The only tools you'll ever need to find it are innocence and openness, like a child's wonder. Now imagine yourself the child, but you are also the world around you — not yet fully explored. Our perceptions of life are beautiful. We see, we think, we evaluate, we feel, we experience. Everything happens as naturally as the flow of time.

But here is the marvel of Awakening: You are not the body or the mind, you are their Observer. It is not the body or the mind that wakes up. It is Consciousness experiencing itself as different layers back to its own Divinity. All layers are Divine when you See it.

You are the pure sense of Being that cannot exist without the body. All is Being. Then you realise that you are the Awareness observing the being, body and mind, which are here today.

So let's embrace the journey of Awakening with open hearts. In it, there is something to be discovered, and in it is all of Us. It is you. It is I.



The destination is never far, because the Truth is already within us, just waiting to be Seen.

Thank you for sharing this timeless moment of clarity and joy.

*The universe was never born,
nor maintained, nor dissolved.
This is the plain truth!*

Ribhu Gita



One day, at any moment, it could be right now...



You hear Divine Silence, and True Consciousness makes itself known to you.

This moment is timeless. It is the realisation of Pure Joy.

You feel calm, safe, and in perfect harmony with all.

You realise that this moment always was, is, and will be.

It is the permanent and supreme reality of Consciousness.

You are that Consciousness.



Detached from the noise of existence, you find yourself in a silent space between thoughts.

Here, you experience pure awareness.

You are aware of your thoughts, but you are not your thoughts.

It is not a mood. It is not an emotion. It is not a thought.

It is a discovery.

You feel yourself separating from the illusion that you are a separate self.

You are consciousness awakening to its true being: pure, inseparable Divinity.

You have made the ultimate discovery.



One day, at any moment, it could be right now...



You begin to see the infinite landscapes of Joy: a divine flow of energy, clarity, creativity, and intelligence.

By being aware of the flow, you realise that you are part of the flow.

Not as body, not as mind, but as awareness.

Realisation is your transcendence.

Awareness separates you from your false self.

You are awakening to the endless peace that you are.



By being aware; The Divine Spirit within you removes the false notion that you are a separate being.

Your spiritual evolution is the realisation of what you truly are.

As you awaken to the Awareness within, it expands to reveal infinite perceptions of a Divine field.

The person you thought you were is just a tiny, sparkling glint in this boundless field of energy.

You are aware of yourself, and of the field.

The mind/body connection reveals a cosmic dimension of infinite depth.

You begin to understand that Awareness is a divine nature with finer perceptions.

They are all part of the One Awareness.

You are part of the One Awareness.

You are awakening to the true depth of Consciousness.



One day, at any moment, it could be right now...



In self-realisation, your ignorance is destroyed.

You see that your true self exists outside of body, thought, and inner voice.

Pure, enduring wellbeing is revealed - as your identity melts away.

You are Bliss.

That Bliss is Consciousness alive.

Everything exists in a field of Consciousness.

'I' am all there is.

There is no distinction in the Awareness of Consciousness.

Awareness is the Unity of all Consciousness.



You realise that you are unchanging, thought-free silence, always satisfied, and have always been.

You are not defined by this moment, the past, or the future.

Your nervous system becomes calm, and your body and mind connect to deeper levels of consciousness.

You feel the awakening of internal bliss. It has been in you the whole time.

The silence is always here, and never anywhere else.

If you look for it, you will not find it.

You don't look for it anymore.

Instead, you listen to the silence.

You have now the power to be the silence when you are doing things, thinking thoughts, and being active.

You now have the power to be, see, hear, taste, feel, smell, sense silence as long as you live.

The Sense of Being is Consciousness.

And you ask yourself, "How could it be more than this?"

"How could I not see this yesterday?"



One day, at any moment, it could be right now...



You see the vibration of bliss, love, and God in everything.

Having seen yourself as awareness, you now have the perception of Divine Intelligence.

Everything feels possible.

You live life aware of Divine energy.



Your mind and body are no longer the limitations of the self.

You understand that you are much more than 'you'.

You feel light on your feet, and can find joy in everything.

All is bliss.

Cosmic Consciousness is a blissful state.

But you realise that bliss changes all the time.

Bliss itself is a state within an infinite field.

You have seen bliss for yourself.

Now you must expand even further, into pure love.

Again, we think this is it. "How can there be more than this?"

"How could I not see this yesterday?"

"But what if I cannot see it still?"



One day, at any moment, it could be right now...



You explore the flow of pure love.

You disappear in a placeless place where the observer and the observed are one.

There is no more separation between the experience and the experiencer.

Everything Shines as Light.



There was never a you.

You did not experience anything.

Nothing can enter Oneness.

There is no distinction between inner and outer.

Pure love is the self, the other, and the connection in between.

You cannot know anything, because there is no you.

There is only Oneness.

There is only the clarity of Pure Love.

And you flow onward still.

This flow of love will lead you into the finer specter of love and to total freedom.

Lord Jesus said:

When you make the two one,

the inside like outside,

the outside like the inside,

The above like below,

The male and female the same,

Then will you enter the Kingdom.

Again, we ask, "How can there be more than this?"

"How could I not see this yesterday?"



One day, at any moment, it could be right now...



You realize you are beyond Consciousness itself.

There is an awareness that came before everything.

Pure nothingness, beyond all description.

It is self-evident, just as your awareness of time before creation.

It is complete wholeness.

It is Majestic Silence.



No words can explain, no thought can touch the purity of nothingness.

It is a constant wholeness, the very fabric of the Divine field.

Majestic Silence understands itself by being itself, where there is nothing to understand.

Yet there you are, as nothingness.

And you are whole still.

You exist as perfect clarity. In daily life.

The silent stillness has become the waking world.

There are no objects, mind, body, or energy.

This stage of awakening reflects the disappearance of objects.

The impostor thought / I thought cannot disturb you.

And here you are, in the waking world.

A state of Oneness has absorbed you.

Anytime, you can see the world, and you can see the nothingness.

You realise you are both, in One.

Again, we ask, "How can it be more than this?"

"How could I not see this yesterday?"



One day, at any moment, it could be right now...



In the depths of silent nothingness, you find and explore the true eternal self as pure Grace, the Divine, and the Absolute.

It is a Supreme Reality, Divinity in Nothingness, and the cause of all causes, where Nothingness Shines.

In Nothingness, the infinite layers of Joy can never end.



It is The Giver of Life, the supreme cause of it all.

Once this reality is clearly expressed, it is never lost.

This realisation is the absolute solution to all human problems and challenges.

It liberates every moment from all places and states.

Before the Absolute, even the purest light has a vibration.

But in the Absolute, there is no vibration at all.

It is Pure Stillness.

It is Divine Power.

It is Full of Love.

All you see and have seen is pure divinity radiating as All things.

And at the source of All vibrations, there is Pure Stillness.

**IT IS THE LIGHTLESS LIGHT
THE GIVER OF THE LIGHT
THAT LIGHTS ALL SOULS**



Our Absolute nature exists here, now, and always. However, just like the stress response of the body submits to the thought, our world itself submits to the power of I-thought. The arrival of the Absolute, the no-thought, the no-mind, is a state of transcendence akin to a vast open sky. It is always possible, now, and forever. Illusion is the only limitation to this transcendence. As long as we believe that we are our thoughts, the sky remains closed, and our Light shining by itself on the other side.

Ramana Maharshi once said, "There is no world. There is only the Shining Self." This is the perspective from a stateless state, where no other world exists, only the Self. Nothing can be given, nothing can be taken away, nothing needs purification. How do you purify nothing? There is only one "Universal I". Ramana referred to this as "I-I".

We call it our Light.



Consciousness and the Absolute

The Final talks of Sri Nisargadatta Maharaj.

Maharaj: Out of what is the body created?

Questioner: *It is an expression of consciousness.*

M: Is this body not composed of the five elements? You know that you exist; does not this knowledge depend on the five elements? The consciousness cannot be known without the body. It depends on the form.

Q: *Do you mean that without the body I do not know that I am?*

M: That is correct. From your own experience, not what you have heard or read, can you know that you exist without the body.

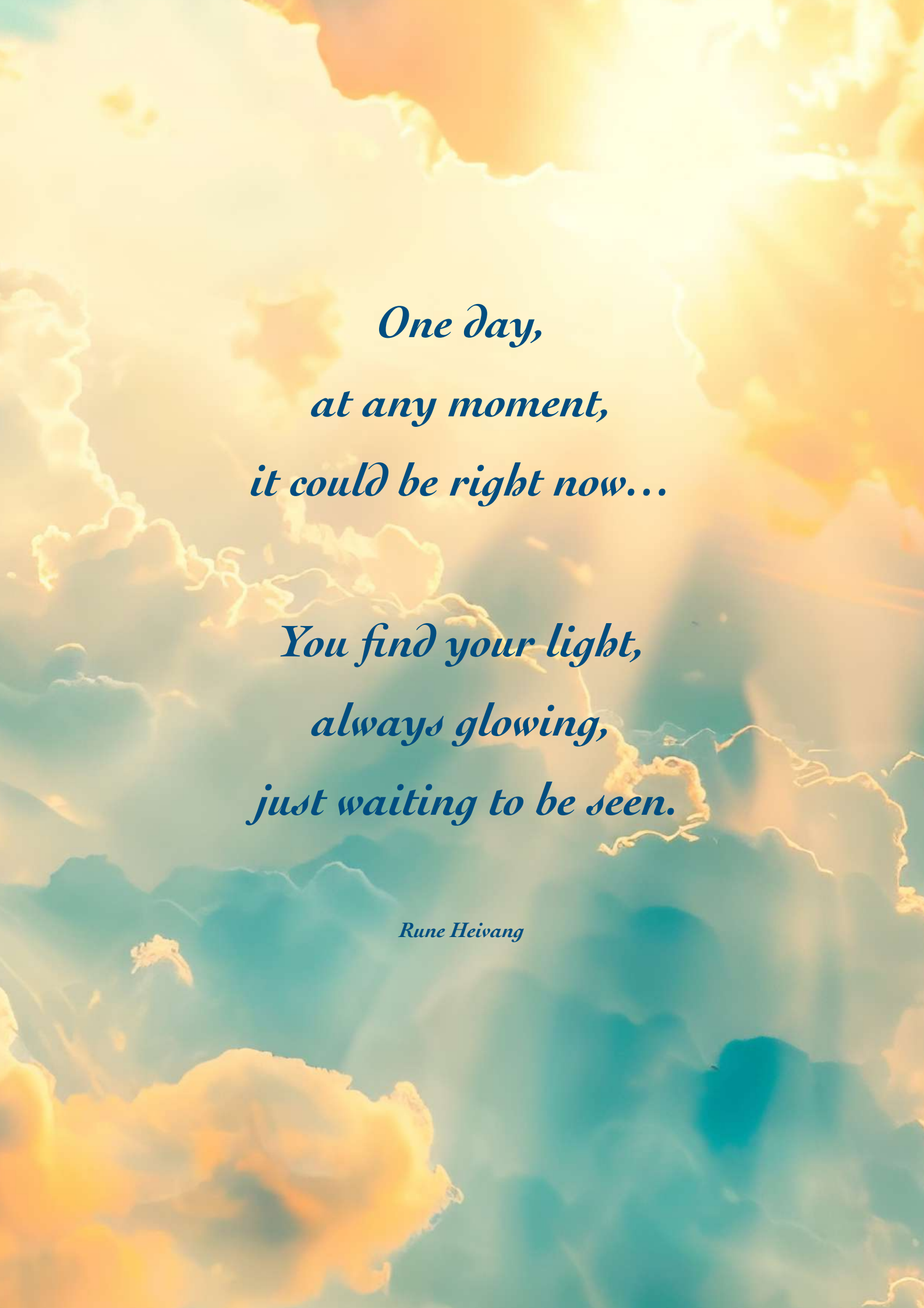
Q: *I exist without this body.*

M: Forget about what you have read. When you did not have the experience of this body, did you have the experience of being (I Amness)?

Q: Is the “I am” there all the time as long as my body is there?

M: The “I am” is absent only in the state of *samadhi*, when the self merges into the Self. Otherwise, it will be there. In the state of a realised person the “I am” is there; he/she just doesn’t give much importance to it. A jnani (realised person) is not guided by a concept.





*One day,
at any moment,
it could be right now...*

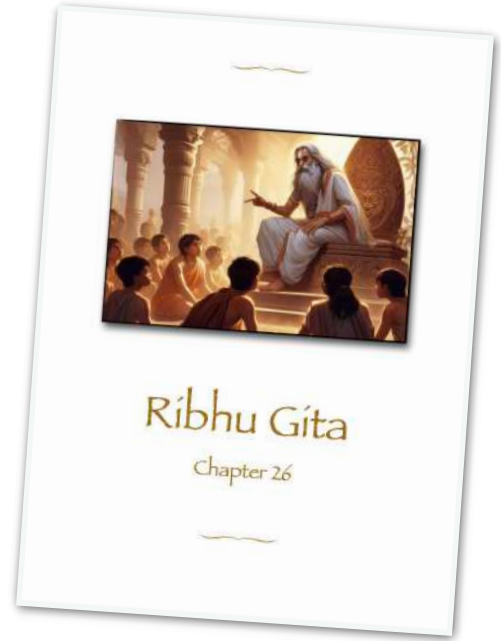
*You find your light,
always glowing,
just waiting to be seen.*

Rune Heivang

RIBHU GITA

Chapter 26

In the Meditation Master Program. It is our privilege to share whispers of the divine as told by: Ribhu Gita Chapter 26.



E-book and access to Audio.



Ribhu Gita - Chapter 26

Sri Ramana Maharshi, a great sage, had a favorite traditional spiritual work called the Ribhu Gita. This Gita is part of the Sanskrit work known as Siva Rahasya and is the sixth section of it. The Ribhu Gita contains the teachings of Lord Siva to His devotee Ribhu when they were at Mount Kailas and, hence, the Gita derives its name from Ribhu.

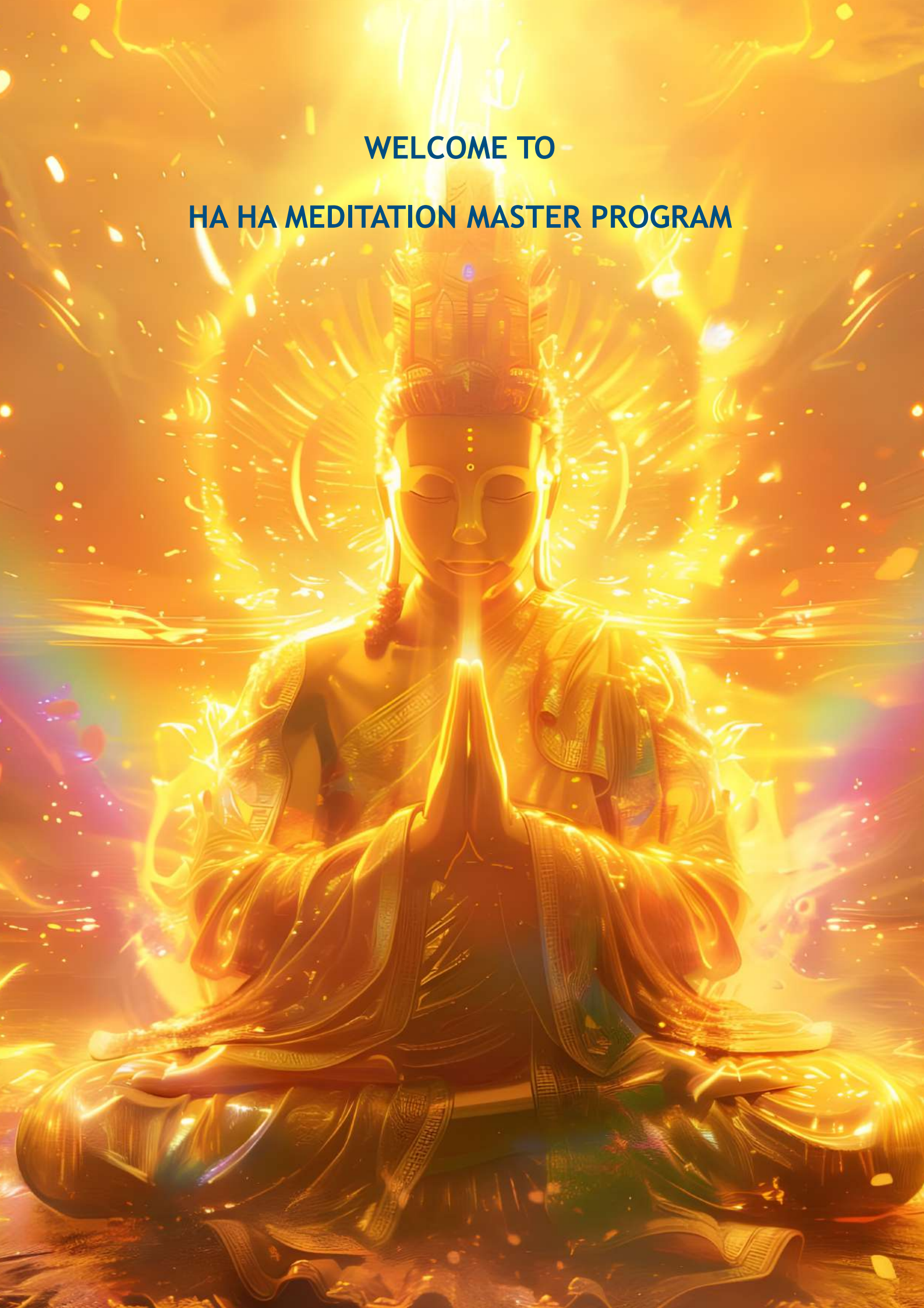
Ramana Maharshi, a renowned spiritual teacher, frequently mentioned the Ribhu Gita during his interactions with devotees and seekers. According to reports, he suggested that reading Chapter 26 of the Ribhu Gita repeatedly can lead one to spontaneously enter into Samadhi, which is the natural state of Self-realization.

Ramana's attendant, Palaniswami, introduced him to the Ribhu Gita. Later, Ramana was surprised to hear an accurate description of his own state in the text. He learned that others had experienced this state, which was the ultimate goal of all true seekers—the bliss of the Self.



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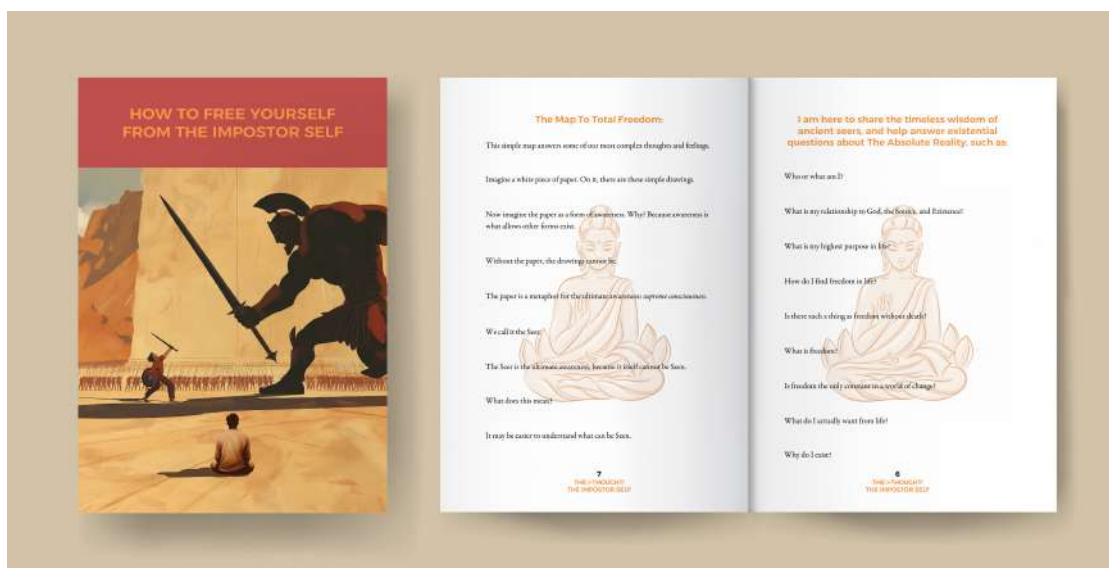
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