



Q: What does a heart-led life look or feel like?

A heart-led life is not a life of sentiment. It is not about emotional expression or following what feels good in the moment. A heart-led life is a life lived in alignment with truth.

When the mind becomes quiet and the sense of “I” is no longer chasing, calculating, or defending, what remains is the heart — not as emotion, but as intelligence. Not as feeling, but as pure openness.

The heart, in this context, is the center of being — where clarity arises without confusion, where love arises without wanting, where action arises without resistance.

A heart-led life feels simple. Not necessarily easy — but honest, grounded, and unburdened. You are no longer living to become something. You are living from what already is.

In such a life, choices come not from fear or ambition, but from stillness. Relationships deepen, not because you try harder, but because you are no longer trying to be anyone. You begin to walk lighter. Speak less. Listen more. Act without noise.

This is not something to achieve. It is something that unfolds when you stop living in the mind and begin resting in being.

The heart does not ask for outcomes. It lives in truth, breath by breath, with nothing in reserve.

- Sri Ashish



Q: How do you achieve inner strength — both physically and mentally?

Strength is not something we accumulate. True strength — inner strength — arises when there is clarity, not effort.

Physically, the body becomes strong through sensitivity, not domination. When we move with awareness, breathe with fullness, rest with integrity — the body responds. It doesn't need to be pushed. It needs to be respected.

Mentally, strength is not about control or endurance. It is the strength of stillness — of a mind that is not constantly pulled by desires, fears, or opinions. A strong mind is a quiet mind. Not passive, but clear. Not reactive but rooted.

How do we support this?

1. **Right Understanding** — when you begin to see clearly, you no longer waste energy resisting what is. Much of our weakness comes from inner conflict. Clarity ends conflict.
2. **Right Practice** — gentle, consistent remembrance. A few moments each day of simple presence, breathing, or still observation. Not for results. But to return to yourself.
3. **Right Experience** — when body and mind are no longer in battle, what arises is a natural vitality. Not forced. Not fragile. But real.

Strength is not what we add to ourselves. It is what is uncovered when all that is false begins to fall away.

The strong one is not the one who wins. It is the one who is at peace — with joy, with loss, with change, with life.

- Sri Ashish



Q: How do I explore Self-awareness?

Self-awareness is not something to be explored like a subject. It is not a destination. It is not a technique. The Self — your true nature — is already aware.

What needs exploration is not the Self, but the veil that seems to hide it. Begin not with effort, but with attention.

Notice what is always present in you. Not the thoughts. They change. Not the emotions. They come and go. Not the body. It moves, shifts, grows old.

What is always here? That which is aware of all these changes — quietly, without commentary. That awareness is not an object. It is you.

To explore Self-awareness is to **stop searching outward** and begin to rest in that which sees. You may sit quietly, close your eyes, and ask, “Who is aware right now?” Not to find an answer — but to turn the light of attention inward.

This is **Right Understanding** — seeing the nature of Self as formless, silent presence. **Right Practice** — resting in that seeing, again and again, without struggle. And when both deepen, **Right Experience** arises on its own — a quiet joy, a natural peace, a soft clarity that was never far away.

Self-awareness is not created. It is discovered — when the noise stops being fed, and silence begins to be trusted.

- Sri Ashish



Q: Freedom — What brings it, and from what?

Freedom is not freedom to do what we want. It is freedom from the illusion that we are the one doing. What truly binds us is not life — but the mind's belief about life. Not events, but our attachment to how they should be.

Freedom is not liberation from the world. It is liberation from the idea of ourselves as separate from it. What brings freedom? Not more doing. Not even more knowing. But **Right Understanding** — the clear seeing that you are not the body, not the thought, not the story. You are the awareness in which all these appear.

When you realize this directly — not conceptually, but deeply — you are free. Even if circumstances remain the same, the sense of “I” that was entangled... dissolves.

And from what are you free? From the burden of becoming. From the grasping of the ego. From the endless identification with what comes and goes.

True freedom does not look dramatic. It is quiet. It is the space in which everything is allowed to be, just as it is.

- Sri Ashish



Q: Anxiety and Fear — How can Advaita help us avoid or overcome them?

Advaita does not offer comfort. It offers truth.

Anxiety and fear arise from identification — from believing you are the mind, the body, the story, the imagined future. When you think you are a wave, the ocean feels dangerous. When you know you are the ocean, every wave becomes movement in yourself.

Advaita helps not by calming the mind, but by showing you that you are not the mind. You are the one aware of it. Fear arises in thought — but awareness is never afraid. Anxiety arises from time — but awareness is timeless.

This is the gift of **Right Understanding** - It dissolves the one who fears. This is the practice of **Right Remembrance** - staying with what is, without resisting or indulging the emotion. And **Right Experience** comes when fear no longer controls the center. You remain. Silent. Unshaken.

Freedom from fear does not mean fear never comes. It means you are no longer its prisoner.

- Sri Ashish



Q: What is the roadmap for using consciousness to solve real-life problems?

Consciousness is not a tool to solve problems. It is the space in which problems are seen clearly for what they are — projections, patterns, appearances. Real-life problems, as we call them, are often born from misperception — from the mind's attempt to control, define, or resist what is unfolding.

The more we try to “use” consciousness as a means to an end, the more we remain trapped in the old framework of the ego — which says: “I must fix this, achieve that, change the other.” Consciousness does not solve problems. It dissolves confusion. And what remains is clarity, simplicity, and natural right response.

So, what is the roadmap?

1. Right Understanding: Begin with seeing clearly. You are not the problem-solver. You are the space in which the situation appears. This doesn't make you passive — it frees you from panic. From here, true discernment begins.

2. Right Practice: Remain steady in awareness. Don't rush to react. Observe without immediately identifying or judging. Let the problem breathe. Often, it is not as urgent or

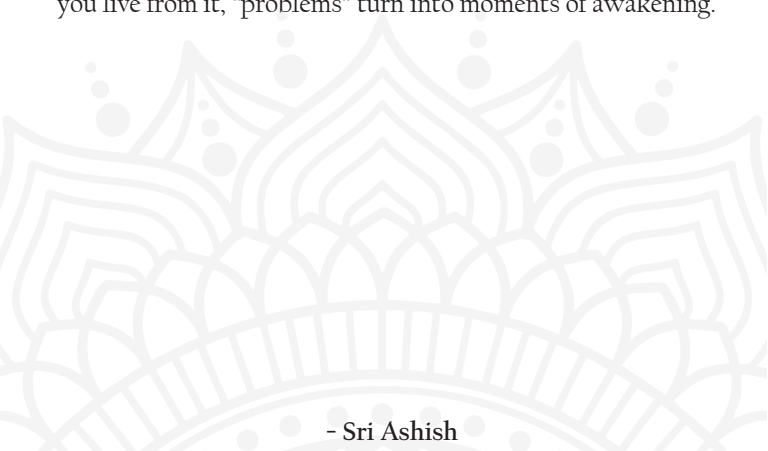


personal as it first seems. Right Practice grounds you in presence. From presence, action may arise — not as reaction, but as expression.

3. Right Experience: When clarity and alignment replace confusion, life unfolds with ease. What looked like a problem may resolve, transform, or reveal its irrelevance. The shift is not in the outer world — it is in your relation to it. And that shift comes not from thinking better, but from being clearer.

Consciousness is not a tactic. It is your true nature. When you live from it, “problems” turn into moments of awakening.

- Sri Ashish





Q: How to be happy and successful in life?

Happiness and success are not wrong to seek — but the way we seek them often ensures they remain just out of reach. We think happiness is a feeling, and success is an outcome. So, we chase feelings, and we chase results. And we live in constant comparison, measurement, and restlessness.

But what if happiness is not something to attain, and success is not something to prove? Happiness is the natural fragrance of being, when you stop becoming. Success is the natural rhythm of life, when you stop resisting.

From the view of the **Three-Fold Path**, the question is not “How can I be happy?” The question becomes: “Who is this ‘I’ that is not yet content?”

Right Understanding: Shows you that the idea of “me” — the one chasing goals and happiness — is not your real self. When that identification begins to fall away, a deeper happiness emerges. Not the emotional kind. The unshakable kind.

Right Practice: Is not about achieving. It is about aligning. When you live in presence, your actions become simple, sincere, and appropriate. This brings a natural order — which the world may even call “success.”

Right Experience: Is not about what happens in life. It is about how life is seen. And when seen from truth, even pain becomes sacred. Even failure becomes learning. Even silence becomes joy.

True happiness is not what you gain — it is what remains when you no longer need anything. And true success? To be at peace with yourself, without needing the world to agree.

- Sri Ashish



Q: Real and practical examples of practices to use while still being actively engaged in work?

The most powerful practice is not what you do in isolation — but how you live in the middle of life, without forgetting who you are. You don't need to leave your work. You need to leave the one who is constantly trying to control, achieve, and prove.

Practice is not separate from action. It is the quality of awareness within action. Here are some real, quiet practices that can be woven into any workday:

1. Pause Before Action:

Before starting a task, speaking in a meeting, or replying to a message — pause. Take one breath. Feel the body. Let awareness settle. Then move. This one-second pause brings you out of reaction and into remembrance.

2. Witness While Doing:

While typing, walking, speaking — notice: Who is aware of this? You're not trying to stop. You're simply noticing from the background. This is **Right Practice** — staying connected to “I AM” even while the body and mind function.

3. Speak from Stillness:

Before you speak — soften. Let your words rise not from thought alone, but from still awareness. They will carry less tension and more truth.



4. Use Breaks for Presence, Not Escape:

Instead of checking your phone, use lunch or tea breaks to return to silence. Look at the sky. Feel the breath. Sit with a question, not to solve it, but to let it dissolve.

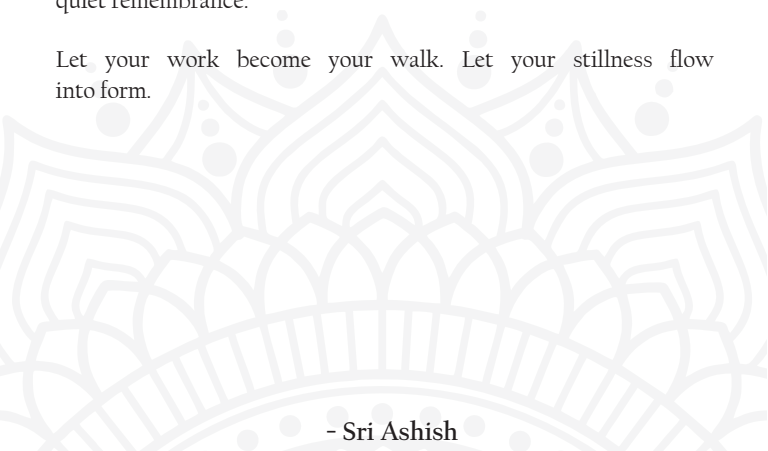
5. End the Day in Awareness:

Before bed, close your eyes. Without judgment, look back at the day. Not what you did — but who did it. Let go of identity. Let go of doing. Return to presence.

These are not techniques. They are gentle invitations to live from awareness, even in motion. This is how the **Three-Fold Path** comes alive in the world —not in escape, but in quiet remembrance.

Let your work become your walk. Let your stillness flow into form.

- Sri Ashish





Q: How do I have better focus and concentration — and live in peace?

You ask about focus. You ask about peace. But look more closely — what scatters focus? What disturbs peace? It is not life. It is identification with thought. When the mind is caught in past and future, trying to fix, prove, or protect — it fragments. And in that fragmentation, both attention and peace are lost.

So, the answer is not to train the mind like a muscle. It is to see the mind clearly — and rest in that which is aware of it. **Right Understanding** reveals that you are not your mind. Focus arises not when you force attention, but when there is no interference from thought.

Try this: Don't fight distraction. Simply notice it — and ask, "To whom is this appearing?" The moment you return to awareness itself, the need to control fades — and clarity returns.

Right Practice supports this. When you pause often, breathe deeply, and observe without judgment, you naturally become more centered. You begin to function from stillness, not tension. Peace is not something you live "in." It is what you are, when you no longer live as the imagined "I."

The key is not concentration. It is abidance. When you abide in awareness, clarity comes. When you rest in truth, peace is no longer something to create — it is something to uncover.



Simple Practices for Focus and Peace:

- Begin the day with 10 minutes of silent stillness before any task
- Before each new activity, pause — breathe — remember
- Observe the body while working (this keeps attention grounded)
- End the day with a short moment of witnessing the breath or asking: What remains when thought rests?

Peace is not the result of a quiet world. It is the recognition of your quiet nature.

- Sri Ashish

