

...

Yoga

And

Immortality

...

*Donatas Korolis*

...

# Holdings of the book:

1. Introduction.
2. The Holy story about the Monk with black cap.
3. The Holy story about the Enlightened Monk with white cap.
4. The Holy story about the Monk with black shoes.
5. The Holy story about the Monk with white shoes.
6. The Holy story about the Monk with green jumper.

7. The world and his suffering.
8. The world's real nature.
9. Individual and his sufferings.
10. Ego.
11. The world as the Divine consciousness.
12. The Holy story about a boy with T-shirts.

## Introduction:

Hello there, this book is to everyone who want to dive inside oneself and to discover oneself from inside and more you are welcome to go further in to discovering of oneself...

# **The holy story about the Monk with black cap.**

Once was living young Monk  
and he had black cap. He had a  
teacher as well. The name of  
the teacher was Bert. They  
were talking on the street:

- Monk, do you achieve it  
the Enlightenment?
- Do you conquer it, Ego?

They were good friends as well. And The Monk after question started to cry.

Teacher understood and started to teach him:

- Do you feel yourself from others separated?
- You cried and I decided that yes.
- Listen you are everybody and you think that you nobody.

- You are all.
- And you are not separated from others.
- Thoughts come and goes, and you are untacked to them in real existence.
- You are a Divine immortal being, but you think that you are mortal from the shadow of ego who giving to you delusion that you are mortal.

- You are the Real existence itself.
- You are in others as Formless divine and not out of united understanding with others.
- Do you get this?  
He the Monk answered:
- No.

Master started to teach again:



- You are a Divine formless inspiration itself, why you foolish yourself?
- You are not a fool, but Divine formless supreme itself.
- You are that who are Boundless supreme wisdom itself, you are not other than Supreme formless nameless Absolute, you should stop concentrating on others

and return to yourself as  
Divine formless nameless  
consciousness, do you  
understand?

The Monk answered:

- No.

The Master started to  
teach:

- You ever were a Supreme immortal being and you are now don't go down.
- Give to yourself a question, Who am I?

The Master sed:

- Do that because you don't understand what I was saying, for a wail, I am going to the shop for products.

The young Monk started to inquire as the Master sed to him because he was with all good qualities and had a respect to His Master words. He did inquiry many as he can.

Inquiry is a question to the Self about Self nature or the mind nature.

The Monk known that and did everything good. The Master returned with products they were in the bag. The Monk putted black cap on the place there he was sitting and sited on it because the ground was wet, the rain was going, he was under the roof that period.

Master started to teach:

- What do you understand?
- Do you still remember the Inquiry?

The Monk answered to the questions:

- I understood that I am not a real mental construct.
- I understood that the world is not a real mental construct.

- And I remembered everything what you were saying before and with the help of inquiry understood.

Master sed:

- Good.

And Master started to teach:

- The world is not real like burning wood in the woodfire machine.
- The world is not real like bubbles in used and opened bath.
- The world is not real like a fire of the best fire litter.

Master asked the Monk:

- Do you understand?



The Monk answered:

- Yes.

The Teacher said:

- You are in progress, you are supported, don't worry.
- What do you think about yourself?
- You can't think.?

The Monk answered:

- Yes, I can't think.

The Teacher interrupted:

- If you are in peace, try to understand that you are that Formless peace itself.
- That do you think about yourself?

The Monk answered:

- I think I am Formless  
untouched peace.
- Do you, the Teacher can  
please teach my more?
- I know that you are the  
God, the Teacher.
- That we are is Bliss and we  
are in unity with Universe

we are one and we are as  
we are as Gods.

- We live in unity with  
others as one we live in  
ours Goodness divine free  
from sorrow Divine nature.
- I am all.
- I now at last my Divine  
nature, I am not separated  
from my mind.

The Teacher falls to extasy  
and gives to him from his  
bag an apple.

This is the end of the story  
about the Monk with black  
cap.

## The holy story about The Enlightened Monk with white cap.

Ones were living Monk in small house with his business. In the forest, in his journey to deep forest, he recognized the Master before him. And he falls to the tiers, because Master this Master were deep in his heart, he falls in happiness

after the tiers were a tier of happiness.

Master:

- In truth you are Unlimited immortal consciousness, stop and accept yourself as you really are Immortal unlimited consciousness.

Monk with white cap:

- How?

The Master:

- You are it right now.
- Reject yourself and wait.
- From another side do you have what to reject, you are that you are?
- Yes?
- What I can tell you, you should reject the world as well.



The Monk:

- How?
- I am part of the world.

The Master:

- Reject the world together with yourself in your inner understanding.
- That understanding is your awareness.

- If you were in another world with microscope and you discovered that world, what you were sed to me then you came back?

The Monk:

- That the world where I was discovering is made of Energy spheres.

The Master:

- So, is the same with this world?
- You understood correctly.
- So, what is made of this world, is it not the same, why do you foolish yourself?

The Monk:

- Because I am from this world.

The Master:

- Just imagine that you were with the cosmic ship with microscope in the pocket.

The Monk:

- This world is made up of energy and forms are not

real like other worlds  
forms, they are just energy  
spheres.

The Master:

- Good.
- Whose worlds are rolling  
around themselves  
together with their energy  
what we were talking  
about before that means

- there are no worlds at all,  
the same is with the stars.
- The stars moving front  
back from their center with  
their energy as well that  
means they are not real.
  - You can check that with  
Inquiry of the mind, do  
that.
  - You are the Formless  
untouched God.

- Don't think just be in  
Divine essence of your  
Beingness.

The Monk sed:

- I don't understand.
- How I can be in silence is  
all that I need.

The Master answered:

- If you want to be in Silence, it's Enlightenment and you must understand the nature of the World and all Universe only after you are in silence, that's why listen to what I am telling you and try to understand.
- The world is just imagination, understand?

The Monk sed:



- Yes.

Master sed:

- Good.

The Monk asked:

- But why the world is an illusion?

The Master answered:

- Because he is going around himself, the same is with all Universe.
- I meant that before, but you forgot.
- You are the Infinite God in this moment can you recognize that?
- You are Immortal pure consciousness can you recognize that?

- You are the Pure infinite awareness can you recognize that?

The Monk falls to thinking, he was thinking while clouds gone, and he decided to give question to the Master.

The Monk asked:

- That is, I?

- That is the world?

The Master answered:

- I is yours enemy the root of suffering the ego, and I is just not real conception.
- About the world I was telling you before he is just same as clouds, he is passing to another form one day that's why he is not real he is going around

himself, he is just holy energy, but you see the forms and the names yes?

The Monk sed:

- No, now I understood what you were teaching me, I understood everything, and I am everything myself at last, I am Pure infinite

god as you were telling me.

- You are good Teacher thank you.
- Thank you.

Like that ends the story about Enlightened Monk with white cap, he realized himself and became Enlightened in the presence of the Holy Teacher.

## The Holy story about Monk with black shoes.

Ones was Monk lived in Boat and he had a conversation with Guru in ocean. The guru was resting in another boat, near him. They started a conversation. The Guru boat was green.

Guru said:

- Hello, regards to you, you are Infinite immortal consciousness.
- Do you ever wonder about purpose of your life?

The Monk answered:

- Yes.



- My mission in the world is to solve people's problems.
- But sometimes all gone.

Guru answered:

- All gone because there is no world nor you, there is no object no subject.
- You are the subject of your objective perception.

- Turn your attention inward and solve your mind struggles first, then you will realize your mind nature, only then, were Pure energy box with in and out, don't hold yours struggles in the mind like bag with broken glasses, throw them away they are useless end they giving to your mind limitations,

solve them together with limited identification.

- Yours mind going around himself like a dog to his tail just you can't recognize this from struggles in your Mind, that's why solve them.
- Use Inquiry.
- You did that?

Monk answered:

- Yes.
- I can see now what you said before my mind is gone.
- That mind stuff was disturbing me to tears.
- No mind, no problem.
- No mind, Immortality.

The Guru commented:

- Your mind was imagined container with things now you are free from him.

The Monk:

- Yes Guru, now I know that the mind is imagination.
- The mind is imagination because he is imagination in his essence.

- The mind is not separated from me, yes?

The Guru answered:

- Yes.

The Monk sed:

- Now I am not anymore in fear about mind absence because I know I am one with it.

- Then I was with no mind I was feeling immortality and bliss, I was in thoughtless state with no thoughts.
- Yes?

The Guru:

- Yes, you were in thoughtless state with no thoughts because there no one to think.

- Your mind was gone, and you were thoughtless and immortal, because you had glim of your True nature, your mind was not hiding anymore True nature of your Divine formless being.
- You are Immortal wraith now.
- Just stop imagining and be.
- You are not autonomous, individual being, but Absolute formless



nameless immortal who  
are in unity with  
everybody, who are one  
with every.

- So, stop and accept Unity  
who are not other than  
yourself, Unity of yourself  
and unity with others.
- Ask, who am I?
- And if your ego dissolved  
stay there, wait for Unity.
- Spread your mind to all  
what is and realize unity

with it, you are not  
separated from others,  
your mind telling you that  
you are ego.

- Try to understand that ego  
is -I and we-.
- And after you dissolve your  
ego Unity will come.
- Do that with Inquiry.
- Dissolve I, we and the  
mind.
- And wait.
- Ok?

The Monk started to practice and after he succeed, he sed to The Guru:

- Guru thank you for yours advises they made me Enlightened.

Guru answered, he was waiting 3 months at home the Monk were at home as well and they met again:

- Listen, you are Enlightened really.
- I understood that from your speaking, what you said before, I gave the practice to you just for your welfare so that you don't lose it.
- The Enlightenment, and that you started to teach others.

- You are Formless divine absolute.
- Teach others, that they came to the life from sufferings and became Self realized like you.
- You with your divine essence are in Every body essence like metal are in metal spoons.
- You live in everybody like metal lives in the metal rings.

- You are all.

The Monk interrupted:

- That you said is very nice, can you teach me?
- But really, I think that I can learn that myself.

The Guru:

- You are in connection with all, and you are all.

- You are in Everybody  
divine essences as Divine  
formless untouched self  
like wood are in wood  
pens.
- Like in wood table are  
wood in your roots are  
Divinity and you are not  
separated from that  
Divinity in others.
- Like in metal wall are metal  
in your Being essence are

Consciousness who are in  
ever think.

- Do you get that?

The Monk:

- Yes, I am not separated  
from you.

- Yes?

The Guru:



- Yes, Awakened being.
- Like in the plastic bags are plastic in you are Divine awareness who are in Everyone.
- You are Infinite All.
- Like the dish is with ceramic in it you are inseparable from Immortal consciousness awareness.
- You are Immortal God.

The Monk:

- I think that I got that.
- We are with you  
Inseparable.

The Guru:

- Yes. But you stop thinking,  
just be.

- You are Inseparable from me like plastic from the plastic cup.

The Monk:

- Yes.
- You are Me.

The Guru:

- You are inseparable from others like wood from the commode.
- You are not separated from others like the water from lake.
- You are inseparable with others like the smoke are in air.
- You are one with Everybody.

- You are not separated from others like the river is not separated from water.
- You are Immortal unlimited consciousness.
- That you are is Immortal beingness.
- You are one with Heaven like in wood knife is wood.
- You are one with the sky.
- You are one with other people like in meat sandwich is meat.

- You are in Everyone, but you foolish yourself that you are separated person.
- You are inseparable from Earth.
- That separateness comes from imagination that the world is material, but he - the world- is just energy and you are That, because he – the world- is moving around himself.

- You are inseparable from the Sky birds like cold water are inseparable from coolness.
- Like the clouds are together and inseparable from the sky you are one with Everyone.
- Do you understand?

The Monk falls to extasy.  
And he -The Monk-  
answered:

- Yes.

And he gave to The Guru  
present the black shoes.

The story of the Monk with  
black shoes comes to an  
end.



# The Holy story about The Monk with white shoes.

Ones the Monk met  
Master in the Mountains  
and they started they took.  
Monk asked:

- Can you teach me  
knowledge?

Master replied:

- Yes, listen.
- You are God itself in your essence but stop to listen your mind who hiding real knowledge be It.
- You are the Pure infinite formless beingness and you are not separated from others and the Infinite sky bodies.

- You are the Pure immortal goddess god.

After these words the Monk asked again:

- That is purpose of the life?

The Master answered:

- First you were asking for knowledge, now you are

asking about purpose of the Life, your mind is not stable, but I will tell you that as well.

- The purpose of the Life is getting Realization.
- Realize yours mind real nature The Monk, because now you are not controlling your mind.
- Give power to the striving to Realization.

- You are in others like in the glass window are glass.
- You are one with the Moon like in the wood floor are wood.
- You are one with your parents like in wood doors are wood.
- You are one with Holy animals like metal wire is with metal.

- You are in others essence like in plastic plate are plastic.
- Do you are one with others?

The Monk with white shoes answered:

- Yes.
- But what is the Time?

Master answered:

- Just a not real thought.
- Be sensitive, and understood you are Futuristic formless god, not just e men.
- Like in metal lock are metal you are one with Holy trees.
- Like in plastic toy are plastic you are one with Holy persons.

- You are one with everybody like fire are in flame.
- You are inseparable with Stars like in plastic glass are plastic.
- You are one with Mars like in plastic tape are plastic.
- Like the metal door switcher is from metal in his essence you are in unity with the Holy cows.



- Like in metal cable are metal in his essence you are in unity with Holy ponies.
- Like in Metal necklace is metal you are united with Holy Elephants.
- Like metal are in metal folks you are united in infinity with Holy giraffes.

The Monk with white shoes asked the Master:

- Am I Holy?
- That, am I really?

The Master answered:

- Yes, you are a Holy infinite being, but you are identifying and Ego -I and we- and that identification giving you are suffering, stop it.

The Monk with white shoes made the Salutations to the Master. After gave him the present the white shoes and they didn't meet anymore. After 60 days the Monk with white shoes became Awakened.

End of the Holy story about the Monk with white shoes.

## The holy story about the Monk with green jumper.

One day where Monk  
meets the Master in the  
street, and they there  
started to speak, the Monk  
was with green jumper:

The Master:

- Like in plastic ball are plastic you are united with Holy sky ways.
- Like the Paper magazine is made of paper you are inseparable with the Holy chickens.
- Like plastic boats are from plastic you are one with Holy planets.
- Like wood flute are from wood you are inseparable from Uran.

- Like in nice wood pencil  
are wood in you are  
Infinity which unites you  
with Gods.
- Like in nice wood battle is  
wood you are one with  
Holy grass.
- Like in nice green glass  
sculpture is glass you are  
one with Holy tax dogs.
- Like in metal tubes are  
metal you are inseparable  
with Neptune.

- Like nice plastic guns have plastic inside in the same way you are one with Saturn and all other Holy Planets.
- Like nice Holy Canary birds have holiness inside each other and are united in the same way you are one with Holy all peoples and Holy all nice stars.

- Like in piece of wood is wood you are one with Holy Prosperity.
- Like in Ceramic ring is ceramic you are one with Holy cows and Holy bulls.
- Like Nice paper wallpapers have paper inside in same way you are one with Holy Sharks and Divine others.
- Like Nice plastic rings have plastic inside you are one with Holy cuckoo birds.



- Like the Holy sport metal inventor is metal you are one with the Holy Venera planet.
- Like the cacao are made of cacao in the same way you are one with the Holy Universes and Holy Galaxies.
- Like Metal box of sweets are made of metal you are one with Holy polar star.

- Like nice wood sandals are made of wood you are one with Holy Dolphins.
- Like plastic computer buttons are made of plastic you are one with Holy humans.
- Like the Nice cotton shorts have cotton and shortness inside you are one with Holy universes and Holy Heaven Gods.

- Like the nice cotton jumper have cotton inside you are one with Holy dragons.
- Like in plastic candle holder is plastic you are one with Divine Ocean treasures.
- Like glass loop are made of glass in same way you are in unity with others.
- Like Nice metal skeleton are made of metal in the

- same way you are in  
inseparable unity with  
Supreme divine gods.
- Like plastic soup battle are  
made of plastic in the  
same way you are one with  
others and God.
  - Like nice paper sticker are  
made of paper in same  
way you are one with Holy  
comets.
  - Like water strive are made  
of water in same way you

are inseparable with Holy  
other planets systems.

- Like Paper roll are made of paper in same way you are one with All immortal beings.

The Monk with green  
jumper gave a question:

- I don't understand what God is.

The Master answered:

- The God is you, and you are in inseparable unity with all Gods.

Like that ends this story about the Monk with green jumper

**The world and his sufferings.**

The world is full of sufferings and the root of sufferings is the -Ego- and -Spiritual Ego-.

**The world's real nature.**

The World real nature can be realized when you transmute yours -Ego- and -Spiritual ego-.

## The individual and his sufferings.

The individual is suffering from own his mind imperfections. To now it first you should now your mind.

Ego.

Ego is the thought -I- and -we-.



The World as Divine  
consciousness.

You can now this only in  
absence of Ego.

The story about a boy with  
T-shirts.

The boy ask's the Master:

- What is Divine  
consciousness?

Mater started to teach:

- You are one with all Divine Monks.
- Like Nice carbon flower holds carbon inside in same way you are one with all Divine Universes and Divine galaxies.
- Like Nice silver ring holds silver in it in same way you are in unity with Divine infinite creatures and All.

- Like the water molecule holds water inside in same way you are in unity with all Divine.
- Like nice ceramic bone holds ceramic inside in same way you are in unity with all Holy divine heavens.
- Like Nicest carton picture holds carton inside in same way you are one with Other Gods and all.

- You are one with All beings.
- You are one with Stars.
- You are one with God and His Devotees and artefacts.
- You are one with All magic beings and Cosmos objects.
- Like water clouds are made of water in same way you are one with All Divine creatures and The God.

- Like Metal roof is made of metal in same way you are one with all Divine frogs and Immortal divine beings.
- Like plastic electric plug is made of plastic in a same you are one with Others divine peoples and Universal god.
- You are one with Universal supreme god.

- You are one with Divine entities.
- You are one with All divine.
- You are one with All divine creatures and Holy Worlds.
- You are one with All Divine purpose beings.
- Like Glasses of house are made of glass in same way you are one with Supreme gods and Holy birds.

- Like the plastic nose rings are made of plastic you are one with All Beautiful.
- You are one with All.
- Do you understand?

The boy replied:

- Yes.

The boy asked the Master:

- What is Ego?

Master answered:

- The root of suffering.

The boy asked:

- What is Samsara?

Master answered:



- The sufferings then you live egoistic life.

This is the end of the story.

Bonus:









