

Brahman - self Beneath every fleeting worry and joy – a calm, limitless 'I' is always here – untouched, aware, home. Whole universe is appearing in you. 68	**Śiva - auspiciousness** Something heavy has lifted from your heart. That clearing away of confusion and darkness is the most auspicious gift of all. This is Śiva's blessing upon you. 67	**Ānanda - fullness** This is not a mood that comes and goes. It's the quiet understanding – born of self-knowledge – that you are already full, complete, lacking nothing. 66	**Uranta - vastness** You have stopped merely knowing and started truly seeing. One presence shines through all things, as gold shines through every ornament. Your understanding has become vast. 65	**Prakṛti - nature** You're appreciating one Reality manifesting as two natures – the changeless (Awareness), and the changing (world). **Eg:** I see one gold in many ornaments. 64
Satya-loka - authenticity You've stopped pretending – no masks for the world, no lies to yourself. You own your flaws honestly, without denial. 59	**Subuddhi - clear thinking** Living thoughtfully, disciplined and alert – you stopped drifting. You know your role now and meet each day with purpose. You know your self-worth and don't need others to validate it. 60	**Durbuddhi - clouded thinking** Finding fault with people (except yourself), you forgot the same divinity lives in all. Each opinion built a wall between you and them – robbing you of peace. 61	**Sukha - contentment** You found your place in the world. You're steady in your spiritual practices, directing attention toward what's meaningful and useful. You see every situation, good or bad, as an opportunity to grow. 62	**Tamaḥ - idleness** You got too comfortable, stopped your practices, and the mind quietly slipped from clarity into dullness. It happens fast, to anyone. This darkness that swallows your motivation is called tamas. 63