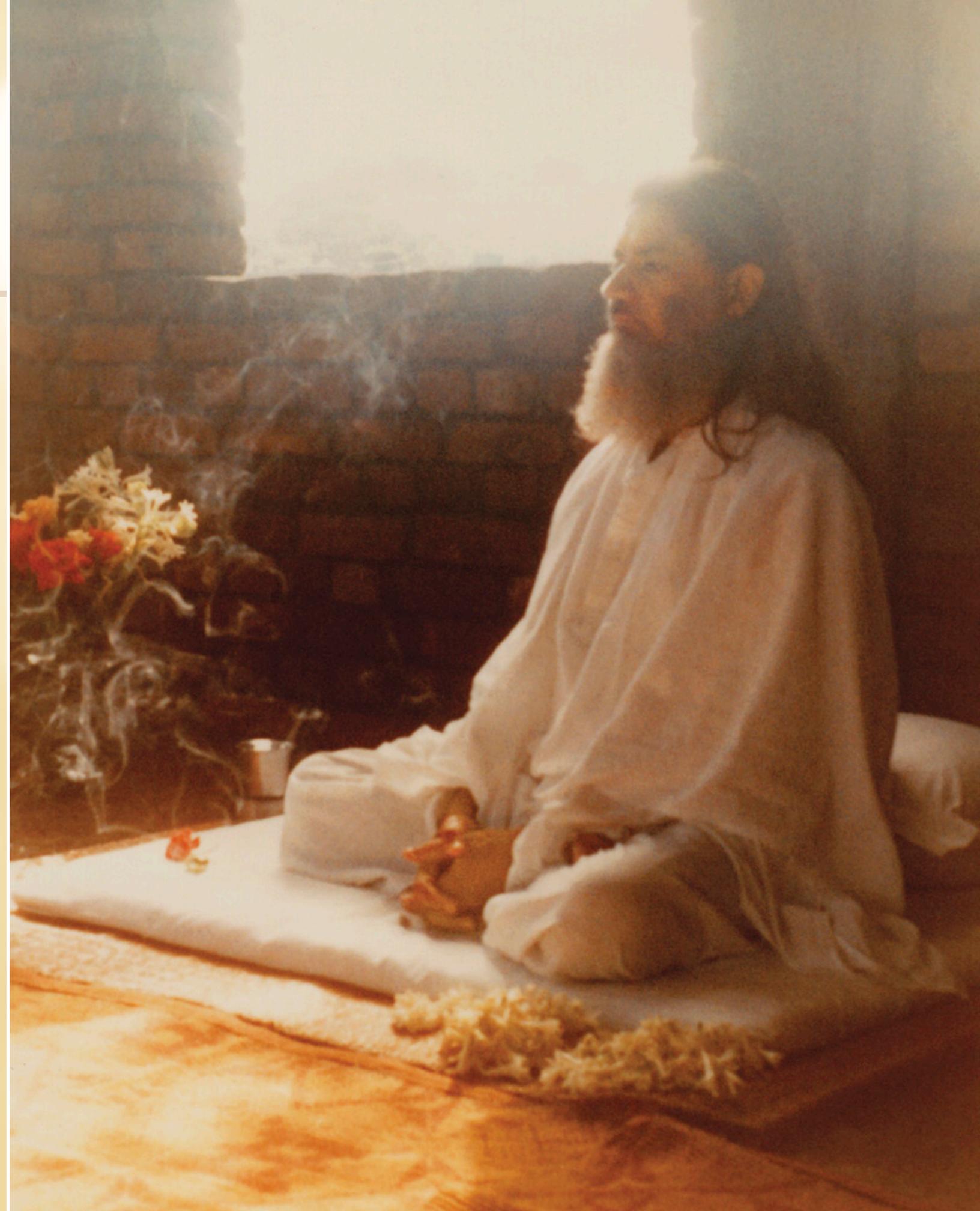


Satsang by Swami Amar Jyoti

Meditate Upon Light

When you meditate upon Light you are becoming Light. You are becoming Enlightened. There is no higher path to knowing the mysteries of the universe.

LIGHT IS THE MOST fundamental as well as the highest subject. It has three stages: the gross, the subtle, and the causal or fundamental. The gross is the light we see from the sun, moon, stars, candles, electric light and fire. Subtle light is the light of understanding, intelligence, the faculty of comprehension. The causal or fundamental is the all-pervading Reality. This is the Light of Consciousness, the light by which we see through our eyes, through the mind as intellect, and when we are awakened, all-pervading omniscience. Whichever level of light we identify with, accordingly we express or act.





Since ages each of us has been trying to find this fundamental Light. All our efforts in life, including confusion, struggles and misunderstandings, are nothing else but trying to find this Light. That which is the clearest, most distinct and forever bright wants to come out from behind the inner clouds. To the extent that you are able to do this, you will see clearly and have

no problems or confusion. But whenever your seeing faculty becomes blocked, you feel restless, excited, struggling, and so on. The Light of Consciousness is not only outside us but also within us.

Because it is an accepted norm to attribute light to certain centers in our bodies, therefore meditation starts at one of these centers. We say, "Meditate upon the

In that shoreless ocean of Light, in that oneness, you are instantly everywhere. Light is not only within us—it is seeking Itself through us.

candle flame in the center of your forehead. Meditate upon the lotus shining in your heart." These are given to make meditation easy to grasp. Otherwise you could meditate upon a stone or a piece of wood and make the light shine through it. But it is difficult for the mind to concentrate so completely. When we become Enlightened we see that Light everywhere, not only through our eyes but also in our consciousness. The entire meaning of Light changes.

What we have been talking, hearing, reading, and even meditating upon Light, are simply symbolic ways to arrest and focus our minds. That fundamental Light, when it shines, is something we have never conceived of or imagined. The highest description I have come across is in the Mundaka Upanishad: "There the sun does not shine, nor the moon, nor the stars, nor does the lightning flash. What to speak of fire! Because of Thy Light, all is illuminated. With His Shining, everything shines."

Normally when we hear words such as, "meditate upon Light," "seek the Light," or "Enlightenment," we feel or believe that Light will shine all of a sudden like a halo around our head. While this may be true, it is actually a very gross conception. The ultimate Light is that which awakens you permanently and eternally. Do not conceive or try to formulate the indescribable, the formless and nameless. It is impossible. Enlightenment is something that you somehow know is there but you do not know how to find it; therefore you are seeking. We are naming it Light, that which shines but has no shadow, no cross, no resistance and no darkness. In that shoreless ocean of Light, in that oneness, you are instantly everywhere. Light is not only within us—it is seeking Itself through us.

Let us go into the more subtle meaning. When you feel, "I am meditating upon the Light that is pervading, that is beyond mind and senses, that is beyond gross conceptions," you are still meditating upon Light objectively. You are still missing the point.

The clearest language would be, "I am the Light." Prophets say, "I am the light, I am the way, I am the truth," because there is no other objective truth. You are the embodiment of Light. You *are* Light. Meditate upon *that*.

This cancels at least seventy-five percent of all techniques. Not that techniques are wrong, they do help, but this is a direct approach: "God is Light, I am Light, my Master is Light." Meditate upon that indescribable Light—Light searching Light. Have faith that this is possible. All your pain, confusion, lethargy, negligence and carelessness will leave you. It is this genuine restlessness of seeking that creates the friction into which the Light shines. Each pore, each thought, movement and vibration within your body-mind complex is a form of Light. The gross light is part of that Light. You are shining Light. It is because of that Light that you exist. Because of that Light you are talking, walking, hearing, eating and enjoying life. Light is the source that makes life possible.

We are habituated to thinking objectively, behaving objectively and meditating objectively—thus we perpetuate the ignorance of duality. This habit of objective meditation is what I want you to come out of. It is not wrong but it will not give you emancipation. As long as you are meditating upon something inside or outside, you are doing that as a technique, which is a block in itself. God is Light, so I meditate upon God. I am Light—therefore I meditate upon what? Me? That will be a myth. As long as you are saying, "within me" you are missing it. Try to catch the precision. As long as you are meditating upon the Light *within*, it will be only an exercise. Do not characterize it as within or without. Just meditate upon Light. That is faith, where there are no further questions. Just remember Light. If anything else comes in, remember the Light. If no conception of Light comes to you, then visualize a candle, the sun, or a shining lotus.

There is no Liberation other than oneness, and oneness is where there is no conception or relativity. If that is sure and certain, why should we waste time and energy on anything else? The only question that could arise: am I qualified? It depends upon how you think. If you think you are disqualified, you are disqualified. If you say you are weak, you are going to prove that way. But if you believe you are qualified, you will do it. And once you do it there is no further question. I am not saying that techniques are wrong, or that objectivity or



One very beautiful point about meditating upon Light: it is never boring. Light is the source from which joy comes.

relativity are wrong, but when there is a simple, direct method, let us try that. This is the easiest and most direct remedy for all ills. Forgetting the Light, anything else is darkness, ignorance.

Love God and everything else will be taken care of. If you do not love God, whatever else you do will not be a lasting solution. Firm faith must arise in us. When you wait upon God you don't know that you are becoming God. A sincerely devoted disciple who waits upon his Master is becoming like him. Likewise when you meditate upon Light you are becoming Light. You are becoming Enlightened. There is no higher path to knowing the mysteries of the universe. Let us avoid the sophistication of the mind. Just be simple like a child and cry for Light. There is a natural primitiveness in purity. Sophisticated purity is not purity. What is childlike simplicity? Children are innocent, natural.

Meditation upon Light has no sophistication. It is virgin wilderness. Long before cultures came into being there was the Source. That is the Light. When you have direct love of God then you will realize. As long as you are explaining the Light, trying to understand the Light or describing the Light, you are missing it. When you love God, you do not try to describe or explain Him. You just love Him. Then your brain is awakened. You will see that room after room goes on opening as you go on energizing and purifying your brain, heart and nervous system. Your consciousness will flow in such a way that all of a sudden Light will shine. If you ever successfully meditate in this way you will see the light shine from your own body. You are the embodiment of Light.

It is very simple. When a child wants her mother, which characteristics does she think about? She just calls her mother. When a devotee wants God, which description will he give? As long as you are describing, analyzing, trying to understand or explain, you are missing it. Do not put any mental or conceptual qualifications upon it: "I am meditating on a blue light, a white light, translucent light." That is your

mind speaking. Go on meditating upon *I am Light. Let me realize that.* If any questions arise in between, wait. When you realize the Light you become Enlightened. All your questions will be answered, without exception. Enlightenment is where all your questions cease. Without that light of knowledge, wisdom, consciousness, nothing would be known.

And one very beautiful point about meditating upon Light: it is never boring. Light is the source from which joy comes. Millions of people have no joy, only because light is not awakened in them. If you see a very joyful person, even if the joy is short-lived, you will see light beaming from that person. It is a reflection, a glimpse that joy and light are together. Even physical seeing is associated with light and therefore with joy. We go on a picnic, sightseeing, to a forest or national park and feel joyful. Our ultimate cry, our inner thrust, is always that the Light shine.

As long as you meditate upon anything based upon *me* you are keeping your ego intact. Do you love God for your sake or for His sake? If you meditate upon God within you (though I have used this phrase myself, hundreds of times, to make a point), you are persisting as *you*. Psychologically or subconsciously, meditating upon *God within me* gives a sense of pleasure based upon *me*. Try to catch the point. If we surrender to God so that we may be fulfilled, gratified or successful, we are perpetuating ego. Don't we do for me all the time, even in meditation? Therefore that meditation does not solve our problems, because we are not doing for Him.

Unconditional surrender unto That means *me* does not exist; it is not even there. For example, as long as we are conscious of doing good to anyone, we are not truly doing good. You can "do good" decade after decade and still be a frustrated soul. Goodness is not an attribute of ego; it is a natural attribute. A child falls down and his mother comforts him. Would you say the mother was "doing good" to her child? If a friend helps a friend, would you say she is doing good? Isn't that a part of being a friend? Now magnify this. Isn't it a part of being human to care for others? Selflessness is an intrinsic part of our being. When we understand this we will be liberated. When we are selfless and unconditional we are egoless. Let's see from where this selflessness springs.

Have you ever wondered why, after having meditated for years or decades, you are not seeing the Light? It is because you are meditating for you, not



for the Light. The day you will meditate on the Light you will shine. That is complete surrender. There is no paradox in this surrender; it is unconditional, where there is no trace of me. It is short and direct. God takes care of all your burdens, confusions and problems. It is no longer, "I'm *trying* to meditate." When you meditate upon something, that's *it*. Then you will see that your meditation is very deep.

Try to understand the point. Eat because there is hunger, not for *you*. Come to the retreat, but not for *you*. Go somewhere to see a beautiful spot, but not for *you*. When you reach this stage your ego will drop. You will still eat, meditate and come to retreats but you will see the difference in these two approaches. One is selfish; the other is selfless. Do the simplest things selflessly and you will get realized then and there. Do the greatest things selfishly, with all the platitudes, and you will still be ignorant. If fundamentally everyone is Light, why should there be any trace of selfishness or ego? This thinking process—me, my claims, my rights,

my privileges, my prestige—is wrong. The day you understand this you will find the secret of life.

When we start from wrong assumptions we cannot arrive at right conclusions. We have to begin with right assumptions. Because there is Light within everyone we should realize, "Who am I to really help anyone? Who am I to judge anyone? Who am I to be superior to anyone?" That humble assumption is the starting point of Enlightenment. And this humility gradually melts the ego. Try it in any field, whether you are a housewife, doctor, professor, businessman, accountant or retired. "I am Light. Let me meditate upon Light. Light is liberation." You can transcend all methods. Again, it is very simple. A child can do it. A devotee of God can do it. Any other way will bring failure, because any other way will be a wrong assumption. We forgive others, not because we are better than them, not because they are pitiable, but because Light and God is within everyone. Being merciful, benevolent and compassionate is not helping others; it is just part of being one. Then you could not do otherwise.

NAZREEN | ISTOCKPHOTO.COM

We forgive others, not because we are better than them, not because they are pitiable, but because Light and God is within everyone.

All misery is due to unnatural living. Being compassionate and forgiving is just natural. Any other way would be unnatural and therefore breed strife, quarrels and unhappiness. Who am I to take revenge? If I am Light, you are Light, he is Light, then no matter what happens, just walk on your way. Anything else diverts you from the Light that you are. Wherever there is *me*, there is darkness. Where there is no me, there is Light. This is the whole mystery of consciousness and unconsciousness. Just *be* Light.

When you love God completely, do you doubt that He will respond? Do you doubt, feeling that He will take advantage of your love? Do you doubt, thinking that He may not understand your love? Do you fear Him? At the stage of pure love, these questions are futile, no? But we do think of all these questions now. We calculate the aftermath of Realization. "What will become of my family? What will become of my business?" We preplan for after we attain Enlightenment, which is nonsense. Let us be Enlightened first and then, as Jesus said, "everything else shall be added unto you."

To meditate upon light relieves all insecurities. Those who do not worry about tomorrow are never insecure. You think God does not take care of them? Insecurity is a modern epidemic in our society. How many have taken the attitude that "God is my security, my insurance, my only source, my true home"? Those who have done this have been the most secure. Mentally, security is a myth, not a practicality. When you do not worry about tomorrow you are truly living.

You may justify anything, but justifications are only intellectual satisfaction. When you have justified a point, do you see the Light? Excuses do not give Light. Rights and claims and worries do not give Light. Books and temples do not give Light. What enkindles the Light? When you dwell upon That alone. As the Gayatri Mantra proclaims, *Dhi yo yo naha prachodayaat*—"I shall meditate upon That and That alone." The

mantra begins, *Om bhur bhuvah swaha*, "In all the three worlds, the netherlands, this world, and the heavens," *Tat savitur varenyam*, "that Light which is worshipped by everything, I shall meditate on That and That alone." Light is the *summum bonum* of everything. Your unconditional, unreserved commitment to that Light shall make you Enlightened.

There is no technique to attain the Light. You are either focused on That or not. If you are not, you remain in darkness and ignorance. In spite of all our securities, excuses, experiences, justifications, claims, rights, privileges, prestige, attachments, whatever—how many can say they are free from anxieties, doubts and fears? What is the solution? Start this way: meditate upon the Light and see the results. See if your anxieties, fears and insecurities do not fly away. Give it a fair and honest trial. I am not teaching asceticism. Let the Light guide you and everything else shall be added.

When we say that God is within you, do you think that means He is in part of your body? Where is He located? Within your eyes? Within your heart? This is a very precise question that we do not ask ourselves. If I were to define where God is within you I would say: God is you, you *are* God, interwoven like the warp and weft of fabric. When you love God with your entire being that is God within you.

Ultimately it comes to one primary focus: you are That. You and God are not separate. Separation is a wrong assumption that we have perpetuated for thousands of years. The kingdom of God is within you. You are Christ, you are Buddha, you are Light. This is why we say, "Be egoless." It is hard to understand how to do it, but you can do it easily if you meditate upon it. This is called one-pointedness. It is also called, "Love thy God with all thy heart and soul, mind and might." 🌸

© 2014 by Truth Consciousness. Teaching from the basis of eternal Truth, the message of Swami Amar Jyoti's Satsangs (Sanskrit: communion with Truth) is one of deep spiritual unity. His way is not to espouse a particular creed but to impart a spiritual way of life. During His work for four decades (1961-2001), He awakened and uplifted countless souls around the world to God Consciousness, disseminating the timeless Truth underlying all traditions and faiths. Swami Amar Jyoti is the author of several books. These and over 700 audio Wisdom Teachings illuminating the classical path for modern times are available on compact disc and MP3. This Satsang was edited from *You Are the Light* (R-34), given in January 1981 at Desert Ashram. A catalog of Satsangs by Swami Amar Jyoti, recorded live, is available at truthconsciousness.org. Please see page 54 of this issue for further information. Photo on Page 3: Swami Amar Jyoti at Jyoti Ashram, Pune, India, December 1979.