

Satsang by Swami Amar Jyoti

# The Goal of All Seeking

**The joy you seek, the satisfaction you seek, the peace you seek, the love you seek are all attributes of Oneness. Those who wisely accept this relax and become sober, and common sense is born.**

What is the role of prayer on the yoga path?

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SI WROTE in *Retreat Into Eternity*, "Prayer is for your *own* opening rather than to make God hear. He already knows." In other words: prayer is for self-purification rather than asking for things. The fundamental need in prayer is that we lack something, or to know something, so we pray to God because He knows. Prayer implies either your nothingness or at least that you are incomplete. Therefore the cornerstone of prayer is humility. This is not just a



gesture of body, but an inner attitude of humility that must be inseparable from prayer. Even if you are asking for spiritual things, prayer has no meaning if it is not coupled with real humility. Another purpose of prayer is that it opens your heart, which means that you are coming out of ego.

This is where the whole science of prayer starts: that you begin to contact that which is Cosmic, the Unknown, God, or whatever you call it. When you touch That, you begin to receive. Prayer makes this kind of connection. Then when some contact is made—from being humble, from not knowing or having, and establishing the existence of God who could help you—I feel at that point the function of prayer is over. Prayer with heartfelt humility brings you to contact the fringe of that Unknown or God; then mind and ego begin to melt. This will happen automatically if it is a genuine prayer, so much so that after some time, maybe minutes, hours or days, you automatically go within. Rightly done, prayer should lead you to meditation.

When you pray humbly, your heart is purified. You begin to be absorbed, to relax, to go within. Then ultimately you enter into silence where prayer just stops. Prayer will not directly give you the highest vision, but it will lead you to silence and absorption such that you will forget you are praying. That silence or God is the whole fruit of your aspiration. So prayer is a very important factor. There are some yogis, such as in raja yoga, who feel that there is no place for prayer. Technically, prayer has no place there, but you could still pray if you want to. It will not clash with the path. But orthodoxy and dogmatism are everywhere, even in science, raja yoga, or the path of devotion. I have met quite a number of yogis who were well meaning, but if they heard that I or someone else prayed while being a yogi, they would tease or taunt. I remember when it happened with a few, and I stopped telling them anything. Better to keep quiet and just do what I wanted to do. As long as prayer helped me, whether I was a raja yogi, a hatha yogi, a Christ yogi or whatever it was, it did not matter to me what they thought.

I do believe, therefore, in integral yoga: that many paths and many views together can help without being on one path only, but you have to be sincere in everything you do. There are many things that lead you somewhere until you reach something else, so I do not take prayer as the last word in full God Realization. Jesus knelt and prayed, as you have

seen in paintings. After all, it is vibratory. It reaches you to touch the fringe of something else, but beyond that prayer cannot go. There it ends. This is how I see that prayer works, spiritually and scientifically. There is no doubt that prayer is the most purifying factor because you are surrendering your ego. You are asking something from God that you do not know; you are affirming that you are nothing. But if you lack true humility, genuinely being nothing before Him, prayer will not be effective. One more thing I think I should say about prayer: you have to be sufficiently pure-hearted for it to be effective. Of course, you can pray anytime, with whatever condition of mind and soul, but it may not bring the intended results if your heart is not reasonably pure.

We consider the ultimate goal as being one with Pure Consciousness or God. Until we attain that oneness, our seeking will not end. This is not only intellectual but Realization, where *me* is lost. That is the goal, whether we achieve it today or a million years hence. Non-dualistic Oneness is *the* answer. Without that we will be seeking always, consciously or unconsciously. It is not assertion of the philosophy of Oneness that makes us one. On the contrary, that could actually be scholarly ego or even spiritual ego. It is a matter of non-dualistic Realization, where you and That become one. Even Jesus said: "I and my father in heaven are one." He also said that the kingdom of God is within you and everyone.

Until you attain Oneness, you will always be seeking, whether spiritually, materially or humanly. Therefore you see that the material world is insatiable. This is not because it is bad but just the very nature of things. You cannot expect perennial satisfaction from changeable material phenomena. We can hope eternally, but it does not satisfy us. Therefore seeking will never end until we become one. Sobriety teaches us to take things appropriately, which is what I call common sense. Some call it renunciation, dispassion or detachment, but it is simply common sense. We cannot be one in the body or in the mind, as they are relative and dualistic by their own nature. What constitutes Oneness is the same substance in all: Spirit, Light, God, Consciousness. In that, we are already One, always were and always will be.

Falling short of that, we are wallowing in dualistic patterns and relativity, expecting the same results as being one in Consciousness. The joy you seek, the

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Him”—as if God could be troubled! These are ego tricks. Ego depends upon itself in many things, so why humble itself before the Lord? But when something critical happens, we begin to pray, “Lord what are you doing? I’m really heartfelt praying to you, genuinely—believe me. Please listen. This is not what I wanted.” I am trying to expose the tricks of mind behind prayer. Otherwise I maintain as a principle that genuine prayer and the prayerful life should work. Go deeply into this.

Wisdom, Consciousness and God’s vision are not born with a restless mind. It has to be very peaceful, quiet, as if coming to nothingness. The point where “me” is lost is where wisdom is born. Wisdom is a principle; consciousness is a principle; God is a principle that is already there. If you say you are wise, you are implying that there are times when you are a fool too. Consciousness is not a dualistic objective realization that you could attain and come back and tell your honey about. It is Oneness. You are fully satisfied. You are perfectly relaxed. You are perfectly awake. You will have no questions.

True wisdom has no “ism” or dogma or denomination. When we give it a name and form it becomes a denomination or religion. Suppose there are some beings on another planet who do not speak or hear but have inner communication like clairvoyance or clairaudience. There would be less confusion and therefore no problems of semantics, dogma or denomination because the communication is on a higher level. There could be a few other problems, but not the way we experience them. Language, or any dualistic instrument, is paradoxical, which creates differentiations of dogma, religion, isms, systems, and so on.

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satisfaction you seek, the peace you seek, the love you seek are all attributes of Oneness, not relativity. Those who wisely accept and see this relax and become sober, and common sense is born. “This simple thing I didn’t understand for so long. I read all these books. I exercised my legs and arms for all these years. I banged on doors. I searched and asked and did so many rituals, but it is such a simple matter.” When you arrive at that understanding, at that relaxed point, it is simple. We do say that truth is simple and God is simple. This is not a great philosophy or a special way of thinking; it is just common sense.

Desire is insatiable. Why do you not accept it? Why is your mind such a stubborn monkey? And then in trying to justify that monkey, you get lost in complexities. That is where confusion and restlessness start. It dissipates your energy and then you begin to form your own answers, a kind of philosophy to justify

whatever it is. Truth remains elusive through your own thinking, justifying, feelings, actions and desires. Do you feel satisfied? Do you feel happy about it? If you are honest you will say no. If you are stubborn or egotistical you may not, but stubbornness does not make us peaceful. Those who spend their time and energy being simple are wise. Those who have even the slightest pride about knowledge will not reach the kingdom of God. You never know who is accepted at the feet of the Lord.

It is not a matter of speculation; it is a matter of *knowing*. This comes when the mind relaxes and tumbles down. Then you see clearly what you were justifying. Without exception you will see that your previous justifications were based upon desires, wishful thinking or imagination. That is where repentance comes in: seeing where you were wrong. Up to that point you will go on arguing, discussing, trying to

prove you are right. That is complexity. All of this is just restlessness of mind. The best thing is to just relax, go within, and come to some relative awareness or common sense. Then you will see more clearly.

You may think that you have prayed to God, now it is up to Him, but that is a puny way of thinking. Someone comes to me and says, “Swamiji, I prayed very fervently, very genuinely, about such and such thing last night but it didn’t happen.” I say, “Is your life prayerful in the sense that you do not ask out of selfishness? Is your life prayerful in the sense that you look to God or your Master for guidance for what you should do, not only for what you want? Are there not many things in your life that you do not pray for at all but just believe ego and act?” If we employ prayer only when our boat gets stuck, it mostly will not work. Life has to be *prayerful*. You may say, “Oh, I didn’t want to trouble

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life, or life after death I should say, until you reach or realize the Goal. Then you are free from death and birth. Then you live eternally. How? I have always said that words cannot explain this. You have to get there and see. If I tell you, you will agree that it is a nice thing, but it will not give you more than that. You have to realize this within you. If I eat an apple you are not going to taste it. You have to eat it yourself.

Guidance and help can take you to a point. Beyond that you have to enter the shrine. An often-repeated example is that, according to Indian custom, the mother-in-law, after the marriage takes place, can only bring her daughter-in-law to the groom's door. She cannot accompany her inside. The Guru can lead or guide you to that shrine; beyond that you have to enter in. And you cannot go within unless you are peaceful and relaxed. If you have tension, restlessness, imaginations, confusions, desires and wishful thinking, every time you want to go within it will push you out. You may try for years and years. This is called delusion. Strong word? No, it is a very correct word. We are self-deluded and at the same time seeking peace. We may not seek Realization consciously, but at least we are all seeking peace.

In the Gita, Krishna tells Arjuna that deluded souls always meet with chaos and frustration. There is no other way unless you come out of these undivine qualities and get to lighter, brighter, divine virtues,

openness and non-resistance. The more you resent, the more you resist, the more you defend or protect egotism, the more you delay. You are pushing it off, and as long as you push away that which you *really* need, you remain in misery. And ultimately you meet with chaos and frustration. At that point you have to be very sober, genuine, and accept common sense. But by that time, how much misery might have taken place? To save you from this, Prophets and Masters were created. They show you the way. Why else would Krishna or Jesus come? They do not come here for fun or to go on a picnic. They have better enjoyments elsewhere. They come for you and me. Their guidance therefore is imperative and we call it blessed. Those who have a Master are fortunate. They are shown the way if they follow, if they have faith and devotion, if they have humility to listen, if they are not stubborn about their egotistical assertions. As Saint Kabir sang: "Those are fools who sit on the bank of the river and cry for water and remain thirsty."

We must evolve harmoniously rather than clashing or resisting or reacting to each other. In spite of differences and different levels of consciousness, the Goal is the same. Let everyone expand in his and her own evolutionary process. Therefore the common morality of "live and let live" came up in western psychology. Let everyone grow. That is harmony. Do

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not clash with anyone. If you are clashing with someone, you are interfering with their evolution. Therefore you will always arrive at misery. It is very scientific. As soon as you interfere with someone's evolution, even with a good motive, you are bound to have troubles. Let everyone evolve. If they *seek* guidance, give it. Otherwise keep quiet; do not force guidance down their throat. Do not interfere in the growth of anyone. Let them grow harmoniously, whether it is your family, ashram, an individual or society. Let all grow cooperatively, not competitively.

Competition has created so many wars and battles, yet it has never given us fulfillment, satisfaction or peace. It may make things better at first, but eventually it leads to hostilities and wars. Therefore competition has never been preached in the spiritual field. Live and let live. Do your *sadhana*, your meditation, and let others grow, individually and peacefully, each in one's own way. Therefore Jesus said, "Resist not evil." Do not harm. Have self control. Grow peacefully within you and allow others to as well. If anybody is attacking you, you can defend yourself, but mostly do not react. Do not clash with others even psychologically, because that psychological warfare will disturb your meditation. Do not gossip and do not be nosy.

Grow in a peaceful, relaxed attitude and raise your consciousness through your spinal column. The Sanskrit word is *merudanda*: *meru* is the golden peak; *danda* is a staff. At the top of the staff is a golden peak, meaning when you raise your consciousness to your crown chakra. Not by forcing but with a very peaceful, releasing and relieving attitude. When you reach there the Light shines. In that crowning Realization you will see that everything is one. You can learn from a

master or adept, although the capacity to accept or reject their counsel is also yours. When that Light travels up the spinal column, Consciousness shines. It is indescribable. They have called it Illumination, Liberation, the thousand-petalled lotus. Not only does it radiate from your body, when you reach there you will see that it is everywhere. The Light, Consciousness, is pervading, within you and around you, in every particle and space. That Consciousness, the Source, is the energy that sustains you.

Lord Buddha was lost for forty days in that Illumination. It began to open up all the mysteries of the universe, and he knew everything. He himself was now the Lord, Buddha, the Enlightened One. He slowly walked, with no destination, no plans, no tickets, no reservations and no money. From village to village he walked and eventually reached Sarnath, which is about seven miles from Benares, India. That was the first place where he gave a sermon. He said, "You are also Buddha. Buddha is within you." Jesus said, "The Kingdom of God is within you." A Vedantist would say, "Brahman is not only within you, you *are* Brahman. Thou art That." Oneness is the culmination of all philosophies, where we all have to reach.

That is the mission of life, whether you do it today or not is up to you. It has to be your own will, your own devotion and dedication. If you make excuses that means you are lacking in dedication and devotion. In that first sermon of Buddha, people gazed at him. Probably he wasn't saying anything new, but coming from an Enlightened soul it made more sense. His first five disciples were initiated there. They had met him earlier, before his Enlightenment, but had abandoned him due to their arrogance. At Sarnath the Buddha said: "Grieve no more. Be a *bhikshu*, a wanderer, and seek Enlightenment." 🌸

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