

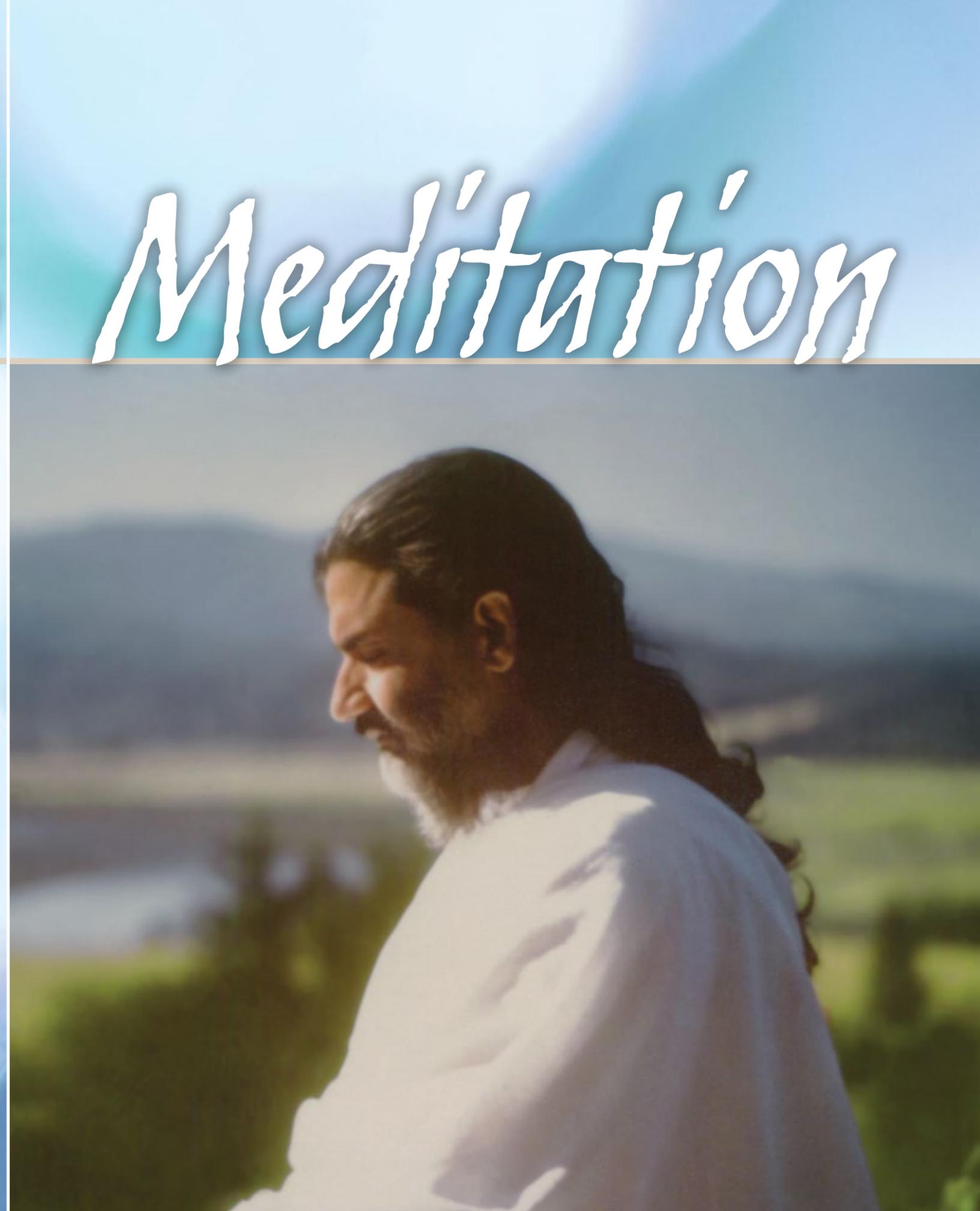
Satsang by Swami Amar Jyoti

# Conscious

# Meditation

**Letting go and relaxing is the key to meditation. All the mysteries will be revealed to you when you merge unto your Source.**

**W**HATEVER WE DO, it makes a big difference if we do it consciously. If you are doing the same thing without knowing why you are doing it, it will not produce the same results. Being conscious of what we are doing and why we are doing it solves all our problems. The difference is between consciousness and unconsciousness. That is why so many who meditate do not get results—they do not know what they are meditating upon.



We have seen aspirants who do very elaborate, technically superb worship but the results are not great; it is more mechanical than conscious. Even something seemingly non-religious, if you do it consciously it is more releasing than doing something religious unconsciously. Try it in your own life: if you are cooking or answering the phone, just be with it so that your mind is not elsewhere. Habitually we do many things at once, but none of it consciously. Consciousness makes the whole difference. It is releasing, comforting and joyful. Your energy surges up when you act consciously.

Great yogis can do two, three, four or five things at the same time with full awareness, but ordinarily we can do only one thing at a time. You may feel that you can do several things at once, but if you observe precisely you will see that you are conscious of only one thing at a time; you are doing the rest mechanically or habitually. In whatever you do consciously you are alive. God sees what you are doing consciously, not how many things you are doing. There is a famous adage: We are not known by what we do but by what we *are*. Only with that aliveness, that life force, do we truly exist.

Truth is *Existence*—*Asti* in Sanskrit. Truth is what is alive and conscious. That is God. Those who have found Truth are few among millions, and they have given us scriptures and shared their realizations. You may think that if everyone went to seek God, society and the world would fall apart, but ignorance is no solution either. Even in everyday life, ignorance creates suffering, pain and misery. We do many things without knowing the end result. And when they end in something that makes us suffer, we think, “Had I known, I would not have done this.” We create both our pleasure and our suffering in ignorance. *I don't know* is not a solution. The answer is to be conscious and aware.

When we become conscious and aware, then we *know*; and when we *know*, our pain and suffering are over. We see what God is, and we understand our own ignorance. Wisdom has to come from you as a vision, a revelation, Enlightenment. The Realization we are seeking is the goal of life. Without this we will never be satisfied. We are born of the Spirit called God, Light, Consciousness. We meditate upon That to get back to our Source. Life has become tedious or boring or painful only because we have lost touch with our Source. When we link ourselves consciously and fully, our duties and responsibilities will be performed perfectly, without thinking and planning. As God would do, so will you.

## **Meditation is not something we achieve. We meditate to merge with what we are meditating upon. The ray of light becomes the whole light. Your soul in meditation becomes one with your Creator.**

Your own wisdom and consciousness cannot awaken unless you keep aside—*you* meaning “ego.” Ego does not get enlightened; it is a block that has to keep aside in order to, as if, let God reveal. This is an awakening, not a rational or intellectual understanding. We need rationality to live in the world, but not to realize God. Take any path of philosophy or doctrine and if you are honest you will arrive at this end: *I don't know*. Then we say, “Go within, meditate, and you will see that your block is *you*.” Therefore your ego has to give up its separate identity.

When you meditate, be conscious: It's not *me* who is meditating. I am meditating upon the Truth, upon God. That is the Reality from which I have come. I am meditating upon my sweet home, my Source, my Ultimate. Ego has to merge unto that Source. The existence is of That, not me. Letting go of ego is the main purpose of meditation. Meditation is not achieving something; we meditate to merge with what we are meditating upon. This will give you divine vision, not by sitting and thinking or planning or worrying. The human being has to merge unto God, unto our true Existence. We are not lost—we *become* That. When a drop of water falls into the ocean, it is not lost; it becomes one with the whole ocean. A ray of light becomes the whole light. Your soul in meditation becomes one with your Creator. Oneness is the ultimate Totality. If you want to give it shape, it takes shape. As you will, so you become.

This goes beyond all philosophies, traditions and doctrines. Once you have that spiritual vision, all differences are transcended. You are one with everything. You are universal. At no cost will your oneness be divided. Once you come to this unity of creation, you will not find any difference among religions, nationalities, races, old, young, rich, poor, man or woman. That is the beauty—you see the whole cosmic view, how the Creator

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is creating, and you are one with it. And since everything is known to you, you will no longer suffer or worry. This knowing is the answer. *Be still and know.*

Knowledge liberates you; truth liberates you. When you merge your ego the Light will shine. This *me* is the block to true knowledge. Wherever *me* comes in, we stop there and “What about me?” becomes our aim or focus. When we release that, soften it, melt it, then the real truth shines out. That is the goal. If you are living consciously, it does not matter which pattern of life you are living. Millions go every year to the Himalayas. That does not mean they come back with a halo. Pilgrimages and holy places help us, no doubt, but you can be released right where you are if you are conscious.

Meditate upon that which you want to *be*, which you want to realize. That is proper meditation, and it will never make you feel exhausted. Anything else will be an exercise, to just keep your mind controlled and focused. It is not wrong to do that, but it is really tedious to try to control your unruly mind. When you honestly want to concentrate, the mind has a hundred things it wants to solve before it relaxes. And by the time the mind relaxes, you feel sleepy. Your meditation time is over. And so it goes, year after year, decade after decade, birth after birth. If you are *aware* while meditating, it is easy. Then you won't have to control or fight with your mind.

Whom are you controlling? In order to control your mind, you have to transfuse your own energy and force to do it. It's impossible. So what should we do? We have to give ourselves up unto the Source; our minds have to merge there. There is no need to control the mind. The more you fight with your mind, the more agitated, excited or disturbed you become. If you just stop fighting with your mind and relax, you will see that everything is fine. God has already created everything perfectly. We have to tune in to know that perfection. Letting go and relaxing is the key to meditation. If something evil or disturbing comes up, relax that also. All the mysteries will be revealed to you when you merge unto your Source.

Make it simple. Focusing and concentrating are not as difficult as we might think. Follow His word. Try to do His will. Then you are making the best use of your fortune. Whatever deficiencies you have, He will fill in. He has to send just one rain shower and all the ditches are filled. You cannot hold on to your will and ask to know His will. And as long as we are not doing His will, we will have problems. We may hypnotize ourselves into believing that we are doing His will, but critical

analysis is necessary. The way of wisdom goes through self-inquiry, and self-inquiry has to be based upon truthfulness. Focusing on the Lord has to be conjoined with conscious living.

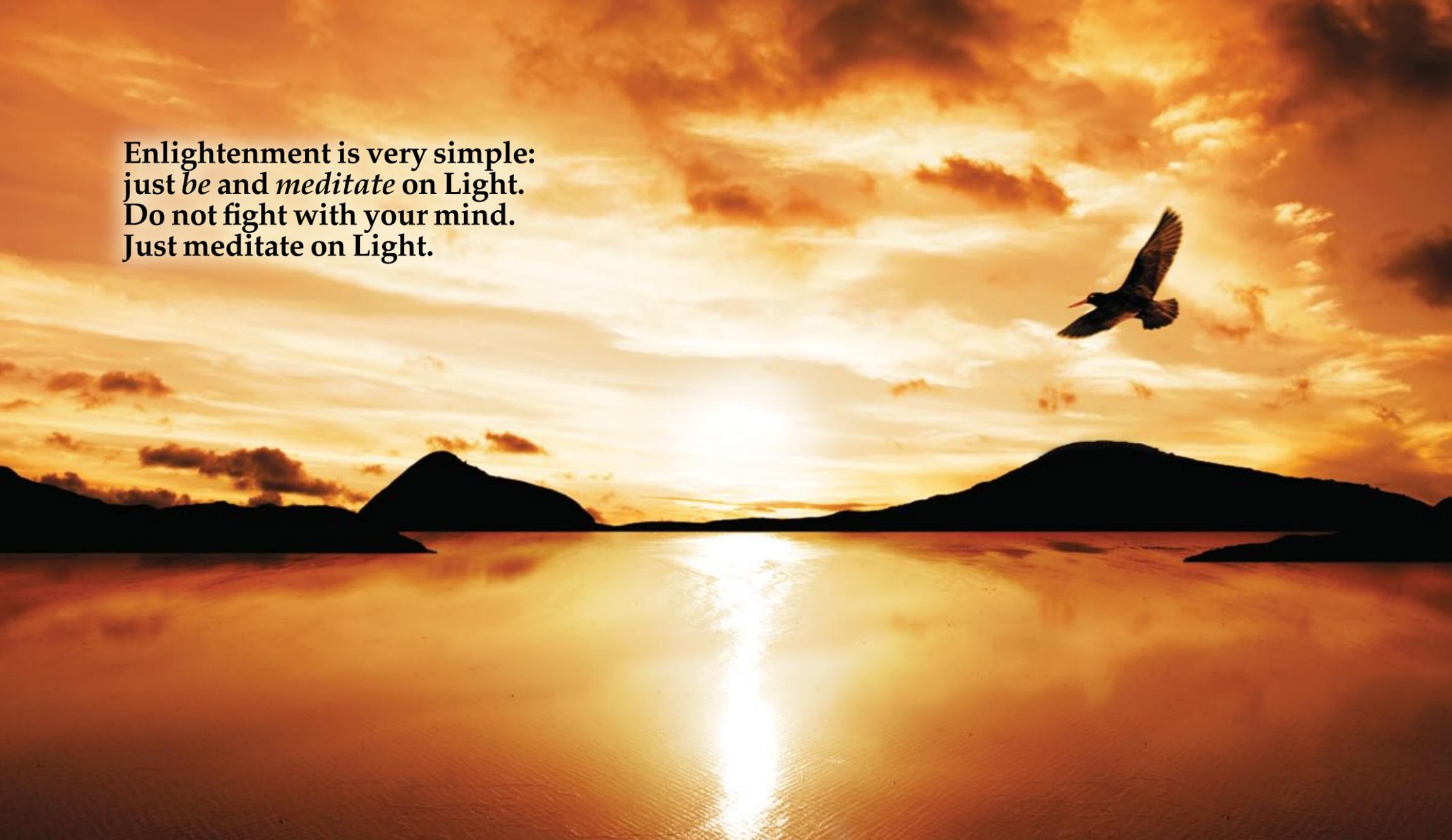
When you are worshipping the Lord, doing for Him, meditating upon Him, be conscious of doing it. Do you mean it? Otherwise you are not doing it. This conscious seeking, conscious meditation, conscious karma yoga, conscious worship is what is necessary. It is not alone the flowers, incense, rituals and ceremonies that make you reach the Lord, but when you are conscious. You feel joy there and then, and you understand why the means are as important as the end. Therefore whatever you do, feel, think, walk, eat—be conscious. This will open your inner eye.

Your whole perspective of the world changes when you live consciously. When you are unconscious, confused and ignorant, whatever you do is going to end in frustration, disappointment and eventually lack of fulfillment. People say: “Money is low, economics have gone down, politics is dirty, commerce is selfish, politicians are vote-catchers”—we all say these things. It is only because we are trying to avoid the main issue. The human endeavors of commerce, economics, politics and so on are *not* fulfilling. When we are unconscious of the goal, we fall back on these lower ideas to save us, and they do not. Or put it in theological terms: separation from God causes pain and frustration rather than the things themselves. Therefore we have read in various scriptures, “Worship not false gods.” To me this means forgetting the chosen Ideal, being unconscious of the main goal. That will always be frustrating. Being conscious is simply being on the path. When we give up the hand of God, nothing is satisfying. Spiritual laws, followed rightly, fulfill life in all its aspects. I am not against fulfilling life itself, but not without Him.

The greatest need for every human being is to be *consciously* human. Man does many inhuman things on the world scale. If we say, “You are a human being—why are you doing inhuman things?” it is to make you aware, because you are unconscious of your humanity. If you are conscious, you will not do anything instinctive, primitive or uncivilized. If you are conscious, you will not be confused, feel insecure, or lose your peace. If you are unconscious, you will fall into animal instincts often and do many things in ignorance that you should not do. That is exactly what the newspapers are full of each day. Why do we deviate from our humanity? We

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want to do our own will, so we avoid listening to God. This is how we are led into instinctive living, which is called ignorance. Man is not born to be ignorant; we are supposed to be conscious beings relative to the stone and the animal. If you can just be conscious, your focus will be automatic. You will love the Lord automatically.

The joy we are seeking to have always is our heritage. Unconsciousness causes us to lose our joy, love, peace and wisdom. When we understand this and the simple meaning of being human, we will understand why the mind was given to us: it is a great laboratory, a universe within to explore. Therefore I have said, "The greatest journey is through your own mind." Whatever is in the universe is in your mind, and whatever is in

your mind is in the universe. If you explore your mind thoroughly, you will find innumerable treasures. You will be able to see that God has given you such capacity, that you are potentially Divine.

We are too engrossed with and dependent upon heavy, gross things: money, possessions, and so on. We have projected our material needs too much. That has wasted our time and energy so that we do not explore within. We do not go beyond this material existence much of the time, whereas one million times more treasure lies within us. Purify your heart, do your karma yoga, think in His way according to His will, and He will take you through your own mind, through unknown, indescribable vistas. Just open your third eye.

Whatever you want to achieve, if you are doing it consciously, you will achieve it. But if you are unconsciously determining, making promises, or taking some kind of vow, mostly it will fail. If you focus on your Lord and your motive is clean and honest, I am sure nothing can keep you away. All the problems and confusions that have come in our lives are due to this basic ignorance—that we are not yet living consciously. The very things that excite us are those that, in a later stage, numb our senses and cause depression.

Whenever we experience joy, pleasure, peace or love, that is proof that we have this capacity within us. Ask yourself, "What were the causes or the terms on which my peace, love, joy, strength and progress

existed?" You will see that you were truthful, simple, straight and honest; you were peaceful, joyful, giving, helpful and relatively wise. And as soon as you deviated from those very causes, your peace, joy and love vanished. These are spiritual laws that we cannot change.

All our thinking, feeling and actions have to travel in the same direction. In traditional language this is termed, "with heart and soul, mind and might." This makes you whole. Give up selfishness and you will come back to your basic peace. Through selfishness we become bound in unconsciousness, only wishing for peace. Enlightenment, therefore, is very simple: just *be* and *meditate* on Light. Do not fight with your mind. Just meditate on Light. You will be Enlightened. If Light is what you want, everything else should be non-existent for you. If God is what you want, He will take care of everything else. You have to have faith in Him that He will take care of you.

Fulfillment is within you. You can travel within as much as you like, one thousand light years in a moment. And you will not find an end. This is a very beautiful point. When I say, "travel within you," you may be thinking that your individuality ends somewhere, beyond which the greater cosmos starts. It is not really so. This is how you perceive it intellectually, a division between your individual self and the cosmos. But when you travel within, there is no distinction or barrier that you pass through out of individuality. You will not find any place where your individuality ends and the cosmos begins. It is an endless journey. That is the meaning of perfection. The Reality is so infinite that when you go to find it, it loses all boundaries. This is Superconsciousness. It is not touchable or tangible. It is *being*. You become cosmic Being. 🌸

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