

Satsang by Swami Amar Jyoti

Unveiling the Secrets of the Universe

Underneath every craving, every search, you are trying to find your Self. Therefore go within. You will know the secret of galaxies, universes. You will be the embodiment of Light moving around with full Consciousness. That heritage is within everyone.

THEY SAY THAT in the universe, stars are like the grains of sand on the beaches of the world; there are so many. Even if you were to travel at the speed of light for one year and return, at the end of that year where will you be? According to Einstein, an infinite amount of time would have passed. That means if you travel in space just one year at the speed of light, you will have to say a permanent good-bye to your family.

**When all your searches end,
you will find fulfillment.
When all your desires end,
you will be satisfied. It is
not in restlessness but in
settling your mind that you
find everything.**

When you come back, things will be totally different. Timothy Ferris said this in his book, *Galaxies*.¹ He did not use the words detachment and renunciation, which are the same thing. But if you achieve the speed of light within, you *become* light.

When you become light, you transcend space and time, yet you are still in the relative plane, dealing with whatever you want to. You have conquered speed but at the same time movement is there. You are Enlightened as well as living in relativity. This you can achieve, but you forget. Then ego tries to justify many things. What do you get when you want to justify your ego? I do not think you get anything. Even despair is a kind of luxury that you cannot afford. If you go on condemning yourself, you are not going to go up. Somewhere you have to go upward or inward. Just relax and see the Light.

Nothing will give you true satisfaction when you forget the center of your existence. And for this, we should not blame things; the blame is for each of us. How much do you remember and long for the Light within you? We weep so much for sons and daughters, wives, husbands and sweethearts. All the time we are busy forgetting the main thing: longing and remembrance of the Light. That Light is within us, God is within us. What else do we need?

Then if you still want to go to another galaxy, you can. But probably you won't need to. When you are here you want to go there; if you were there you would want to come here. When you go there you say, "We have progressed." What have you done? When there are so many suns in the universe, like grains of sand, by going from one grain to another, where is the progress? There is nothing wrong in doing those things, but if you are doing them to realize your True Self, that is already within you. You *are* the universe. You are not just blood and bones and nerves. There is Light within you, be sure, and when you are still, you will see the Light.



When we say, "Make God number one for you," that number one is within your other half too—your partner or child or father or friend. Attempt other things: money, position, talent, but keep your mind on number one. You have lost nothing and gained nothing. When you are restless you do not see it. When water is restless, it does not reflect properly. You think you have lost something. Humanly, that may be so, but truthfully, nothing belongs to you. You think things belong to you and therefore when you lose them you feel pain. If you remember the main point, the Light within you, you will see that life is continuously blissful. Forget that and try to make your life happy and pleasurable, you will always miss it. This is scientific, not just spiritual. Go within to see the Light first—you will have conquered all movements and accomplished all achievements. What magic it is!

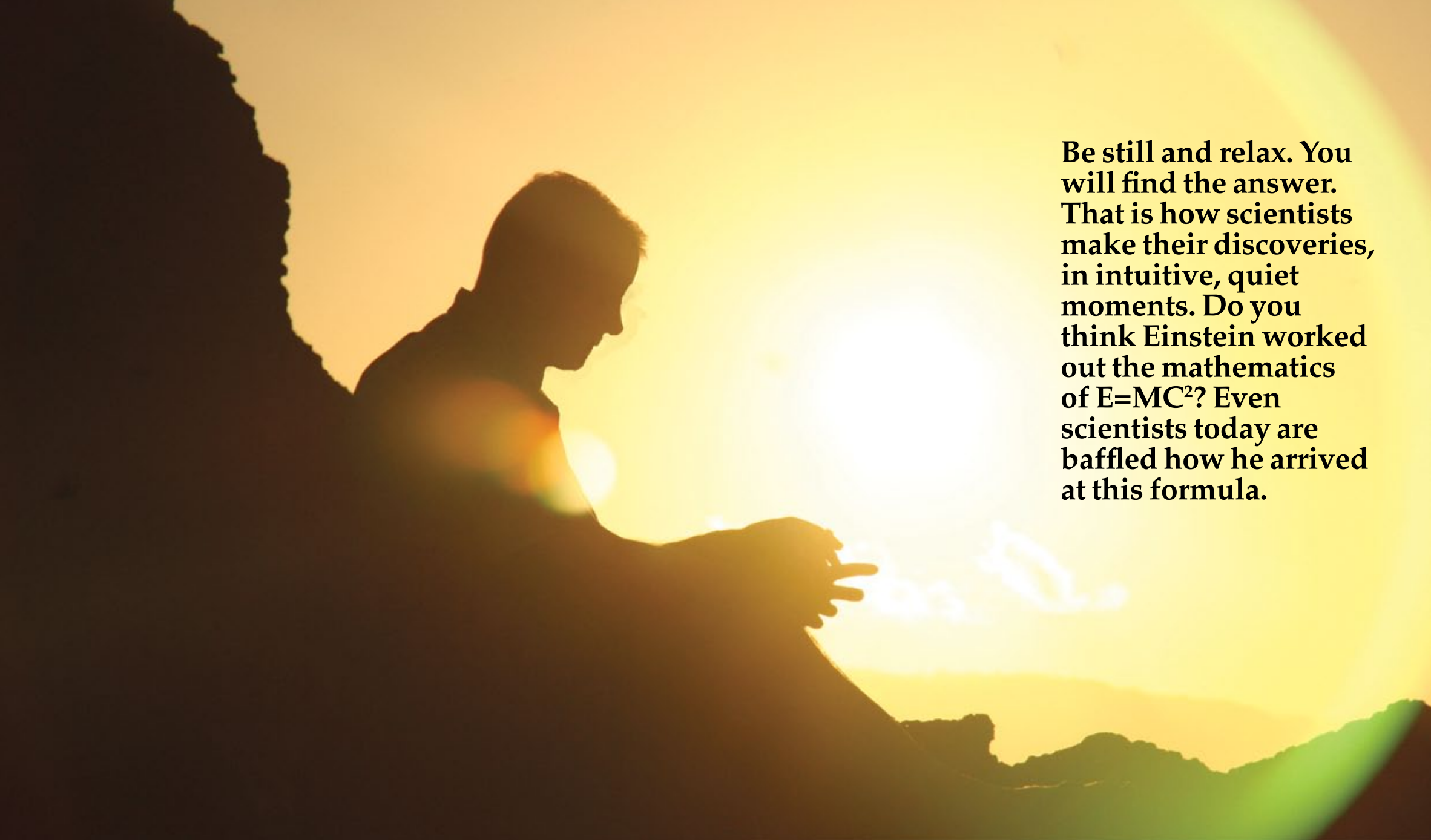
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Whatever you want to achieve, just be still and know. This is a fundamental point. The ambition to achieve is itself a block in achieving results, at least spiritually. Of course, you put efforts to achieve material things, but the goal, the Light within you, does not need efforts. It is by ceasing to put efforts that you realize. Just be still, relax, go within and see the Light. Then you conquer the speed of light. You do not have to travel one hundred eighty-six thousand miles per second. That itself is another limitation. And even at the speed of light, it is a never-ending journey. But look at the beauty: it ends perfectly when you attain complete stillness. In that ending, all knowledge is inherent.

Knowledge is not achieved by going *there* but by going within what you *are*. What is within you is not *yours*—it is everywhere. This seems to be an enigma but is a simple truth: the essence of "you" and "there"

is the same. Wisdom lies in knowing the here and now. "There" is relative to "here," but when you are "there," that is "here" for you. Try to catch this. You may study the menus of ten restaurants but you will have to sit down and eat at one restaurant. At that spot it will be here and now for you. Likewise, the present moment and present spot will be the place and time in which you search within.

Unless you conquer speed, you cannot hope to reach anywhere, even other galaxies. Even then, when and where are you going to end? We already have so much on this earth. If we have exhausted everything of this Earth, we may go there to plunder, but I don't think we have exhausted everything yet. Just one example: scientists say that if only we knew how to convert one kilogram of matter into energy, it would give electricity to the entire United States continuously for two



Be still and relax. You will find the answer. That is how scientists make their discoveries, in intuitive, quiet moments. Do you think Einstein worked out the mathematics of $E=MC^2$? Even scientists today are baffled how he arrived at this formula.

miss it also. This is what we call confusion. “Then what should I do to avoid my confusion?” This is one of the most often-asked questions. There is only one reply: come back to that one point, here and now: Light is within you; everything lies within you.

The Light, Consciousness, Divine, God is never boring. It is inexhaustible. That is the beauty of Oneness: in that pervadedness there is no monotony. It is always refreshing, fulfilling and ever new, because everywhere you go, that is *you*. You may see that you are searching for ten things but actually you are not. Under the garb of those ten things, what you actually need and want is *you*. And when that *you* is all-pervading, you are living spontaneously.

If you could do one thing only and keep your mind on it, everything else shall follow. If you are lost in the carnival, you have to at least start searching for the exit. It is difficult to put two feet in two boats, but if someone tells you put both the feet in one boat, what is difficult about it? That is what we are trying to do. However, everyone is busy trying to travel in four or five boats at a time, and with only two legs, meaning relativity: pros and cons, left and right, up and down, right and wrong, good and bad, friend and enemy. That two-legged relativity trying to be in four or five boats at a time is confusion confounded. And while we are busy traveling in several boats at a time, which is mathematically impossible, we are trying to meditate upon God!

Gather all your fingers and toes, arms and legs and put them in one boat. That will give you the secret. To get one-pointed you have to relax and be still. And to relax and be still, you have to make the decision to keep your mind on one thing. It needs your will. Start deciding on the one-pointedness of your soul. Your decision is paramount: Light is within you. You are the embodiment of Light. This is a very simple, natural method. You will see that things are easy if you could realize that here and now, not tomorrow or ten years hence, or when you will retire to the Himalayas, or when you will meet your Guru. These are helps, but as long as you are thinking there and then, you are keeping it pending. The day and time you will decide to be here and now, wherever you are, whatever you are, you will relax. Your nervousness, depression, disappointments, confusions and heartaches will be over, just by coming back to your Self, the center of your Being.

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months—just one kilogram. How many kilograms does each of us weigh? For the convenience of calculation, let’s say we each weigh fifty kilograms. That means that the energy within each of our bodies can supply electricity to the USA for a hundred months.

This is what we are talking about: how to convert our ignorance into Light, correct? That Light is within you. The higher you go in physics or any science, the more mathematics loses its meaning. You then come to laws and principles, not calculations. Once you convert one kilogram *within you* to Light, you are totally transformed. You will be all-pervading—instantly appearing and disappearing throughout the galaxies. That capacity is within you, can you believe it?

When they speak of one kilogram of matter, scientists are referring to wood or iron or steel or stone, but the human body is also matter. Therefore sages of ancient times said: *Light is within you*. You cannot deny it. The more you try to evade or deny it, the more you get exposed to the Light. Truth has to be first understood, then accepted, then realized. Whether you go through faith or science, if you pursue truth honestly, you will arrive at the same conclusion: Truth is one. Not only the matter outside you but your own body is a treasure house of light. As the sun gives light and energy and life, you as one being can enlighten the whole universe. This may sound unbelievable but it is true. When you settle within and relax you will find peace. Everything

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that was impeding you—anxiety, restlessness, fear, insecurity or confusion—will vanish like a dream.

The secret of knowing is to be here and now. There is no greater wisdom than that. It may be hard to stay on this, but that is because your mind is on other things, not because it is hard to be one-pointed on one thing. On the contrary, the easiest and only legitimate fact is: you can be only one-pointed on one point. If I were to tell you to be one-pointed on two things or four things, it would be difficult. Because your mind is focusing on many things, therefore it is hard to focus on one thing. So you are dangling nowhere: neither the Reality nor the phenomena. Phenomena are illusive; the Reality is tangible but by not being one-pointed on the Reality, we

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satisfied. It is not in restlessness but in settling your mind that you find everything. I am not talking about renunciation of desires. On the contrary, when you have gone to the basis of all your desires, you will find fulfillment. Remember these words. Underneath every craving, every search, you are trying to find your *Self*. Therefore go within. You will know the secret of galaxies, universes. You will be the embodiment of Light moving around with full Consciousness. That heritage is within everyone.

We call it Light, Consciousness, God, the Divine. Keep your mind on That. Don't try to practice to be on That. Don't fight with your mind. Be patient. Allow time to lapse. Everything else will subside if your mind is on one point. The Light is within you. Somehow you have become unconscious of it. You began to believe, *I'm flesh and bones and other things inside*. Therefore you do not see beyond it. When you believe the apple must fall on the ground from the tree, naturally it falls down. But if you had full, unflinching faith with not one percent of doubt that the apple will go up, it will go up.

It may sound crazy but it is not scientific laws that determine the creation. The creation has its own laws to safeguard it. The way we create makes the laws. Scientists may disagree but I stand on this. Laws do not create the creation. Change the laws; creation will change. We make justifications for the way we live, for our mundane values, but when we decide to live some other way, our philosophy changes. When you will believe this you will believe in the freedom of the soul. Ultimate freedom is beyond space and time conceptions and laws. We are bound by the laws to the extent we have created that pattern. Change the pattern—the laws change. There is a creation where you do not have to go through doors; in the fourth dimension you could go through the walls. Which laws are absolute except on their own level?

Therefore to know the *Self* is the highest secret. When concentration becomes your natural behavior, you create your own laws. How? When your longing and intensity for your Goal is whole-hearted, concentration is not a thing of practice; it is your nature. And that is what creates. As desire creates on the material plane, on the spiritual level your whole-hearted decision creates or makes it possible. Therefore, I would not advise you to practice concentration. I will stress more upon making your whole-hearted decision, because that is your *Self*. If you go deep within, you will see what is fragmenting your will. You will see the ten things that are holding

you, the things you have nourished and cherished. They are distracting your concentration.

Stop searching. Be still and relax. You will find the answer. That is how scientists make their discoveries, in intuitive, quiet moments. Do you think Einstein worked out the mathematics of $E=MC^2$? Even scientists today are baffled how he arrived at this formula. Einstein said he got it somewhere within him. Maybe it was intuition, maybe a dream. These very high secrets are always realized in moments of quietude and stillness.

It is weakness that makes us value things that have no value. And the secret of all values, our own *Self*, we are missing all the time.

If you could ever, by the grace of God, see your body as a dazzling inferno of Light, you would believe it. But that does not happen without your preparation. Then you could see not only your body but all other bodies as walking flames of Light. When you *will*, one-hundred-percent, to know the secret of your own life, you shall arrive at the highest discovery: the Light, the Divine within you. The sages, Enlightened Beings and Prophets are telling us that this is possible for everyone. They show the way because potentially everyone is Divine, everyone is Light. We are made of that Consciousness.

Make a decision whole-heartedly. Ask your heart: have you made that unconditional decision? And if you do, I am sure that all disturbances will leave you. Those who seek God, He protects. Those who follow the Truth, the Truth protects. Follow the Light. You do not have to fight against darkness or untruth. You do not have to curb your mind to remove your disturbances. Make this one unconditional decision, and see the results. 🌸

¹ Sierra Club Books, 1980.

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