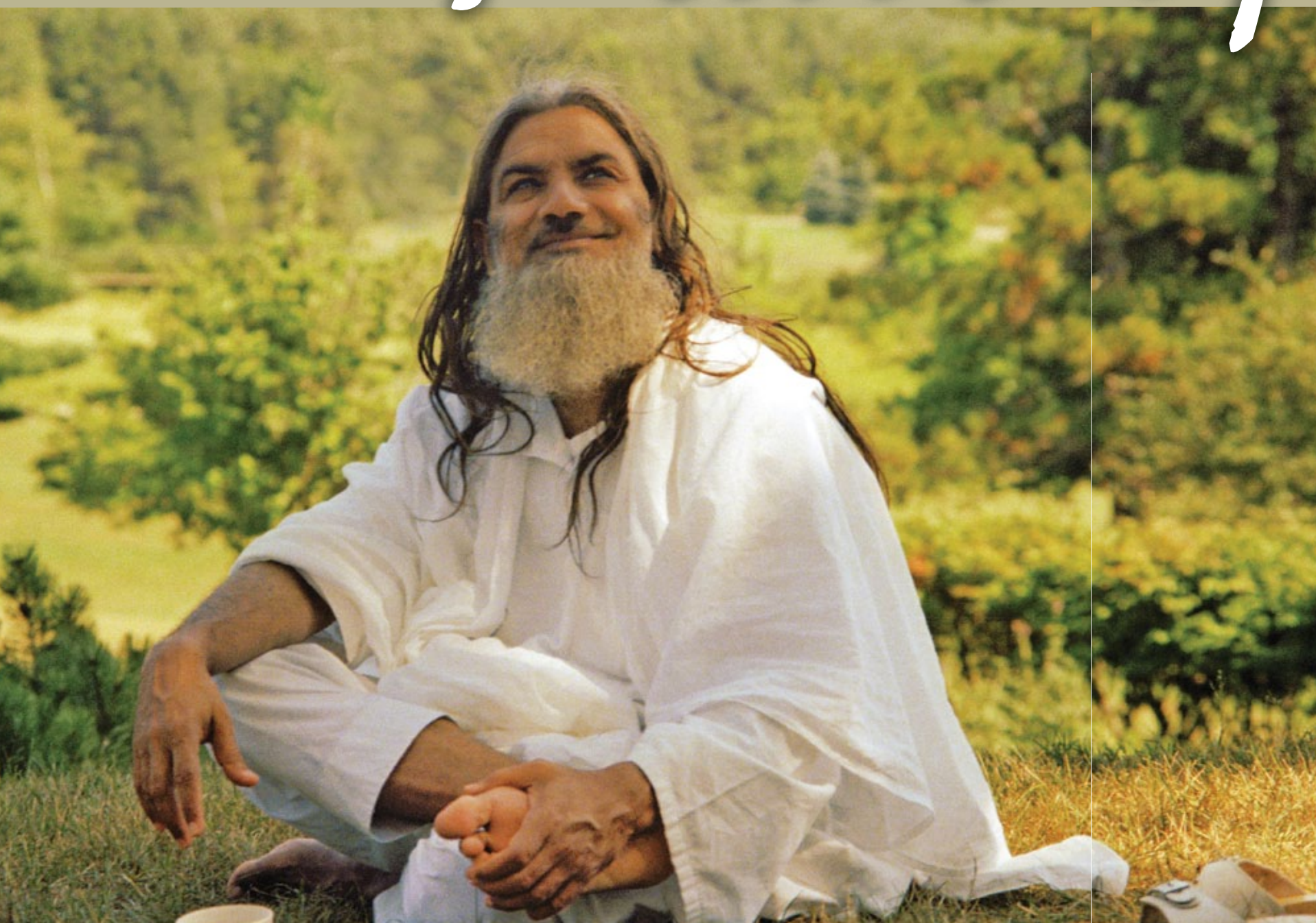


Satsang by Swami Amar Jyoti

How to Attain

Peace of Mind



Let me give you a secret: to know God's will we have to have peace. If we know His will, His motivation will be our motivation, and we will do accordingly.

Cosmic will is supreme. If we try to make our egotistic will supreme, we are bound to experience frustration, regret, failure and disappointment. Have you ever thought about why our wishes are often unfulfilled? We want things done our way, yet if everyone had their way it would be chaos. If things are not happening as we want, thank God! And if our will and actions are not being fulfilled as we want, that means we are weak. Therefore our first duty should be to become strong, to drive away weakness.

What causes us to be weak-minded or weak-willed? Selfishness and fear cause weakness; therefore we are not able to do what we want. Secondly, perhaps we are trying to do our own will, not what God wants us to do. Somewhere we have to modify our desires, to become stronger by avoiding selfishness and fear. Ego is very limited consciousness; it has been called ignorance. Even the desires we have that are fulfilled often give us problems, confusion, headaches and suffering.

Attain peace of mind so that you come in tune with your Lord and know His will. This is the surest remedy. How to know God's will is very easy if you tune up your mind in peace first. With a desirous mind you cannot be in tune, try as you may. That is why making your mind peaceful should be foremost. And when you get in tune you will see, amazingly, that all your desires are fulfilled. You will have no failures, no frustrations.

Tune in with the Lord’s will through peace and He will do all things through you. This is a perfectly practical formula, not philosophy or asceticism. Otherwise you may inherit the whole earth but you will not be fulfilled.

Life is not just to take care of the body. Gross, physical life is called *sthula* in Sanskrit. Beyond this material dimension there is your mind. What is the food of the mind? Normally we would say desires but that is not the food, that is the expense. The food of the mind is peace. Problems begin when you have more desires than peace; you are spending more than you have. Weigh your peace against your desires. Which is more? If you have more desires you will have more headaches. If you have more peace you will have more relaxation.

Man is not supposed to live for desires only. A few legitimate desires are fine—eat, drink, sleep, some work, some enjoyment—but beyond that, what else will you get? When you say you are not getting what you want, what are you really saying? You are not able to have what you want because of ignorance, because you don’t know. And to truly *know*, you have to attain peace of mind. It opens up that potentiality within you. When you attain peace of mind you enter another region, another universe, the astral world. But as long as you have restlessness, ambitions and desires you cannot enter there. No wonder we are all hungry for peace! Somehow in our subconscious we know that peace is there to be achieved, even if it is only an instinctive feeling.

If you judge yourself you will see how much time and energy you spend on the gross, physical level. Even at times when you pray, meditate or do hatha yoga, which is admirable, how much is your mind genuinely there? Attain peace of mind and you will be nearest to the door of God, leave aside the bounties of this world. I’m sure that those who have peace of mind will not starve; they will always get what they need. Attain peace first, not only unconsciously but seek it consciously. That will help you transcend laziness, incapacities, weaknesses and all suffering. With a restless mind you are ignorant of many things. The mind gets blurred, disturbed. Reason is covered up. Peace is a doorway to higher regions and higher capacities.

What is the foundation for peace? Isn’t it stillness and quietude of mind? If that is the case, do you not see how wanting things disturbs your peace? You might ask: if there is no excitement or ambition, how will anything get done? This is the answer: you renounce not from the outside but in the mind. Avoid desires. Get to peace

first. At that stage of stillness, relaxation and quietude of mind, you will know what to do. Until then, you want to get things done, but due to ignorance you do not actually know what you want or where it will lead. If you had peace you would not have to think in terms of how things are to be done; they would just be done.

Renouncing your internal desires in order to attain peace is the age-old answer. The physicists of tomorrow will say the same thing. Particles do not move in the fabric of the universe according to your desires. They have their own speed, their own directions. Just watch and allow them to unfold as they will. You also are a particle in the cosmos, finding your own ways and means to accelerate to those speeds. You don’t have to desire more than that.

First you must let go in order to come to peace: let go and let God. Put in your efforts, but if things do not happen, then let go. Don’t fight with things or your mind. Gradually you will relax and come to desirelessness and peace. Can you do that? Pray to God for courage to change the things that should be changed, and the serenity to accept the things that cannot be changed. This will give you peace, guaranteed. Not a one-year warranty, a whole *lifetime* warranty.

If you truly let go and relax, fear will leave you. Inwardly you are holding on and outwardly you are saying you are letting go. Fear makes you weak. Let go and you will relax and get peace. Then strength will come to you and God will tell you what to do. In peace you get answers properly; you do not have to confuse yourself. Confusion is there because of ignorance, because the mind is disturbed. With a disturbed mind you get many answers, and they are enough to put you in hell. With a peaceful mind you get only one answer.

How much do you care for God, Reality, the Truth, the Light within you? Your conscience will tell you. We have gone too far from the Reality and are too involved in gross, material things. Your consciousness must rise above gross thinking to come to its pure state. Superconsciousness, God, Light is your heritage. The time and energy we spend on what we want—is it not laughable? It is as if we are carrying around boulders, whereas we could simply put them down and sit on them. We carry too much in our brains, one thousand and one things. Have you thought about how many mansions you have built in your brain for nothing?

Glimpses do come to us, twinkling stars sometimes show us the light, but then we go back to the same daily

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habits. Somebody says, “Let’s go to the bar.” If you have a tendency to drink, you will go. Then you say, “This friend of mine corrupted me. Without him I wouldn’t

have gone.” We find excuses to blame others: parents, friends, surroundings, countrymen, leaders. As a matter of fact, we are only caught up in desires according to our own tendencies, not otherwise. From past births, our desires and tendencies, we create our new life, and this is how *samsara*, the cycle of birth, death and rebirth, carries on. All the time we are groping in the darkness. Fundamental Reality is beyond our limited consciousness.

Ninety-nine if not one hundred percent of our waking time is spent on material things. Just divide your time and see if any time is left beyond these. If one third or one fourth of our time were spent on material things, that would be sufficient. In this *Kali Yuga*, Iron Age, even if you spend fifty percent of your time on the gross level, you can save time and energy for higher things. But even while you are meditating, just watch and see how much your mind is there. We have taken this gross level as the total life. How much longing do you have for spiritual practices? How much longing do you have for God? How much longing do you have for peace?

We have to clear the mind of gross thinking. This is called detachment or renunciation, “God, not my will but Thy Will be done. Let my limited will be surrendered unto the Divine Will.” With the limited power of ego, how much can you do, even if you desire? Ego has to be renounced because it is actually obstructing your power, your joy and your peace. It is the basis of all disturbances. If you want to attain peace you have to first *let go*. Then you will have no regrets.

Let’s say you are gardening and you plant eggplant seeds. Every day you water, weed, and watch for the plants to sprout. After some days someone tells you, “It takes a few weeks for the plants to come up.” “So many days?” you ask impatiently. “I have been weeding and watering daily. I planted the best quality seeds. I even played music for the plants, and sometimes I prayed, but nothing has come up.” Weeks pass, eventually the plants grow, and eggplants begin to appear. Some are straight, some are crooked, some are thick, some are thin, some are bent, and some dry up. The results are quite varied and again you get discontented. “I did so much labor—they

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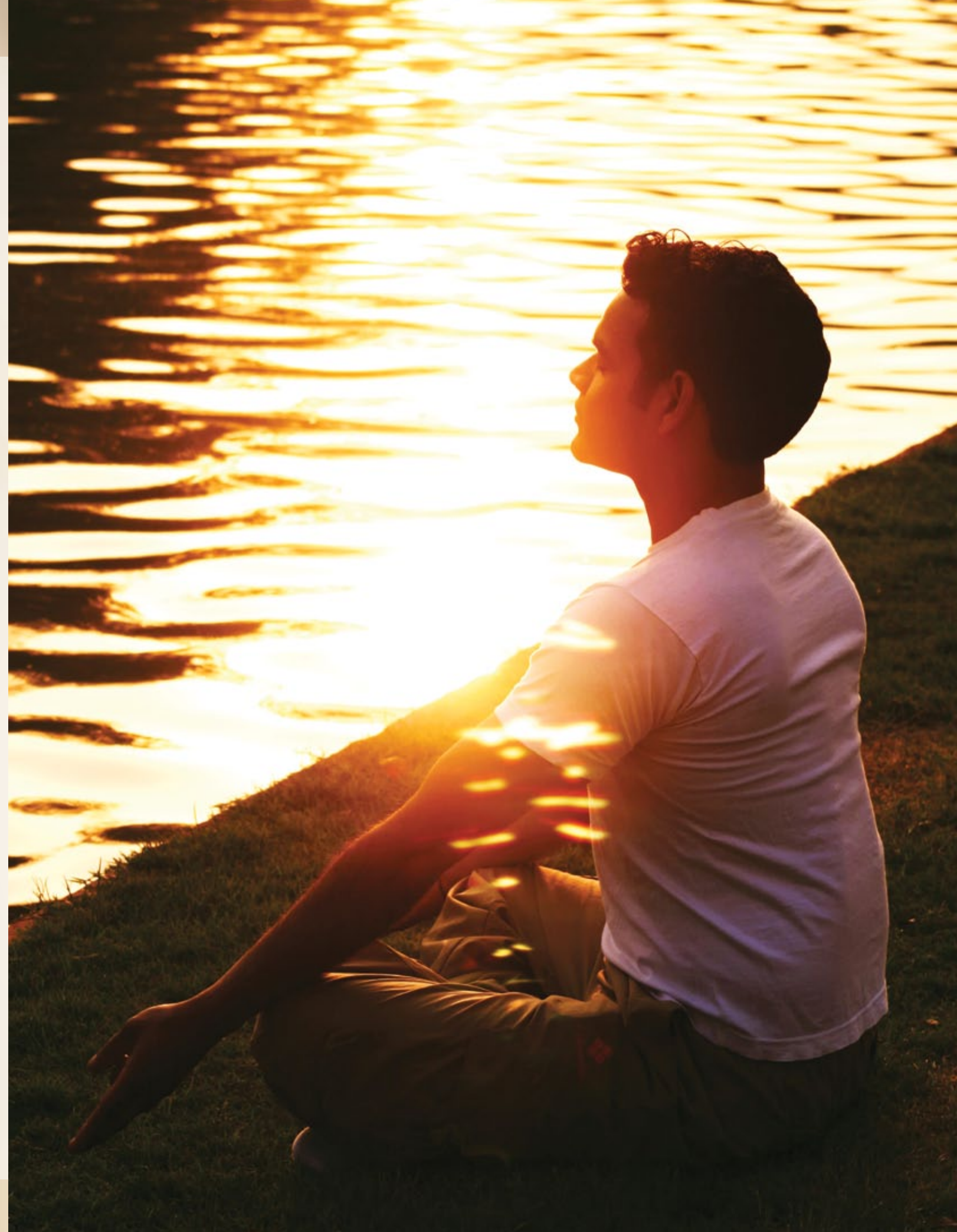
didn’t come out as I wanted them to. What is wrong? I put my efforts sincerely. You have told us, ‘when you sincerely do things, they happen,’ and look at these eggplants!” Ego has many excuses and justifications.


Yes, you planted the seeds and watered and weeded, but did you create the seeds? “Oh, it wasn’t in my hands.” There lies the whole answer: everything is not in your hands. Accept what has come out of your labor; the seeds are not by you. Did you ever think that things have come out as the seeds you put in? “Oh, I didn’t *know*. You acted out of ignorance, and ignorance is no excuse. Therefore you have the right to act, but not to the fruits thereof. That is karma yoga. When results come, accept them with equanimity. Be serene and accept the results of the efforts you put forth, not according to your wishes. But put your efforts well. Those who do not put efforts well are lazy, *tamasic*. Those who are impatient or excited are *rajasic*. Those who are serene are *sattvic*. When you have put forth your best efforts, accept the results with serenity. Bow down your head to God.

That is the way to live. If you are regretting all the time, is that the life you want to live? First seek that fundamental Reality. You didn’t create the rivers. You didn’t create oxygen. You didn’t create sunshine. If you did not create so many things essential to your life, why you are harping upon what you want? Do your best and accept the results, whatever they are, with serenity. Do not regret. That is the way it is supposed be. People do not put forth efforts and then say it is God’s will. I cannot buy it. With equanimity and peace, accept what comes to you. You will live the supreme life.

We are not making our minds free for the Lord in meditation, and this is where the trouble lies. Why do we not think, “The Cosmos is there, the Lord is there, He has created me and everything”? Let us do what we should do and let things happen as they should happen. This selfless way of being will lead you to peace. To believe that no work will be accomplished is wrong. On the contrary, I feel that we interfere with

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the cosmic working, therefore things don't happen. If ego stops interfering and we allow Him to do what He wants to do, everything will be accomplished perfectly. The day you stop thinking that things should happen according to your wishes you will be blessed. I would not be talking about something I have not done. The day I left everything unto Him, things began to happen as they should. When you have achieved true peace of mind it will open the door to higher consciousness. You are ready and qualified for deeper insight into the mysteries of nature, the inner workings of the universe. Your consciousness gets released. And when your consciousness gets released, your soul gets released.

In those higher regions you will have joy, wisdom, love and peace. No one can give it to you. Release your energy and consciousness; it will all come from within you. How to do it? See that your ego doesn't interfere with God's workings. Get in tune with that and you will get the answers. Your conscience will tell you what to do. And when you are in deep peace, you will be satisfied. When your mind is clear, you will know what is dear to you. You will know intuitively what is to be done.

You think these material things are dear to you because you are glued to them, involved in them, but actually they are not. In moments when you feel squeezed or suffocated, those things will not be dear to you. That shows that they are not fundamentally real, though they appear to be dear. Real is your consciousness, awareness, being alive. Ultimately God is dear to you, nothing else. This fundamental Reality gives you release. When you come to this dispassionate outlook you will have peace and serenity. You will become a higher being. This is the way the world and you and I can be in peace—by cooperation, loving kindness, compassion, and awakened consciousness. 🌸

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