



Satsang by Swami Amar Jyoti

# Coming to Stillness

**Self-realization is an unfolding process. It is not achieved through understanding or thinking but by becoming. As the mind becomes more silent, questions naturally arise: Who am I? What is God? What is the meaning of life? This is the genesis of spirituality.**

You may have seen sometimes that after you have slept very well, when you get up you feel happy. But as soon as you begin your day, disturbances of mind come up: "I slept so well, then my wife did this, my husband did this, someone did that." Everything is disturbing. Actually the disturbance was already there but you were not aware of it because your mind was so tired; it had no energy to be disturbed. To even be aware of mental disturbance you have to have a healthy mind.

There is a cover or veil over your consciousness. According to yogic science there are three stages of mind or consciousness: *laya*, which is inertia; *vikshepa*, which is mental disturbance; and *avarana*, the point in your awakening when you actually see that veil of ignorance or darkness. As soon as you are aware of that veil of



unconsciousness, you can easily come out of it. Then you will know the true meaning of humility. After knowing so much in the world, truly humble ones come to understand: *I really don't know anything*. You realize that this is all an unfolding process: the regeneration of your entire *being*. Real knowledge

or wisdom is a light that is born within, rather than simply understood.

The third stage is an awakening process, where your love of God keeps you alive. Then you will have no excuses. Even if your body is tired, your love will keep you awake. Just as when a child is very sick and

cannot sleep the whole night, the mother cannot sleep either, or if she falls asleep she will accuse herself: “Oh, my child might have needed me!” So when the love of God awakens in you, you do not sleep in meditation. According to yoga practices, lethargy, drowsiness, inertia is the first obstacle on the path. When you

overcome inertia your mind becomes active; this is the second stage. Gradually, in the third stage, by stilling the disturbances of mind, you begin to truly awaken.

Coming out of the veil of darkness or ignorance is coming to the full bloom of Enlightenment. This is beyond believing or thinking. It is like a flower unfolding, symbolized by the thousand-petal lotus. Where there is no darkness, sleep, disturbance, fatigue, worry, anxiety or doubt. Our human body can easily be compared to a flower, a seed, plant or tree. It can be compared to a symphony. Life is a flower, a tree, a forest, a garden. Life can be a dump yard also. It is the way you look at it. As you unfold yourself you will see this, and as you encounter your own mind, step by step, the answers go on changing.

On the first stage of inertia, if you ask a question about God or the meaning of life, your Master may not reply because your consciousness is sleeping. Even if he replies, you are not going to hear it; you are going to snore. Therefore in the first stage, no answer is applicable. On the second stage, answers are applicable to the degree that curiosities can be pacified. When you reach the third stage, questions that remain may not need answers except quiet or silence. If you are asking questions of your Master at this stage and he just keeps looking at you and smiling, that *is* the answer. It is a kind of Zen *koan*. The answer to your question is silence, not suppression but letting go. The answer to resistance is opening.

The real answer is not in questions and answers. The real answer is unfolding. The answer to your last question is transformation. Then you will feel the tremendous fusion of God's love. Normally it is very, very difficult to keep awake, not only in meditation but to be conscious at all times and in all places. But once this fusion happens, love of God, you just keep awake. Even while sleeping your consciousness also keeps awake.

The second stage of questions and answers is still ignorance. You say that you have read so much, heard, thought, discussed and shared so much, experienced life for twenty, thirty, forty years or more, yet even then you are still ignorant. True wisdom does not come from a noisy mind; it comes from a still mind. The light is born in stillness. God and Truth are always there within us. Light is always shining in you. A pond will not reflect the sun if the water is ruffled or fractured into a million parts. The sun is there but it cannot be seen unless the water is still. In the same way, light shines in

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A stillness of mind illustration featuring a dark, reflective bowl filled with water. The water's surface is calm, acting as a perfect mirror for a serene night sky. In the sky, a bright, crescent moon hangs prominently, surrounded by numerous small, twinkling stars. The background of the sky is a deep, velvety blue, transitioning into a lighter, hazy blue near the horizon where soft, wispy clouds are visible. The bowl itself is dark and has a slightly textured rim. The entire scene is set against a dark, textured background that resembles a folded blue towel or a wooden surface, enhancing the sense of tranquility and stillness.

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all of us but with the disturbed, muddy waters of the mind we do not see it.

An ordinary person sees only the changing conditions of the water. He identifies with the waves and changes; he does not even see the fragmented reflection of the sun. A yogi or Enlightened person is not affected by ruffled waters. He keeps his concentration on the reflection of the sun, whatever the conditions may be. Therefore we say to still the mind. God is within the disturbed person too. It is a matter of *seeing*, not only understanding or believing. Stillness of mind is a perfect formula. Jesus said: *Be still and know*. We call it *samadhi*, which means perfect stillness of mind.

If you want to know, be still. Do not try to understand. Therefore if I say that all questions are unnecessary—don't be horrified! But if you have questions, we have answers. Your questions create answers. You are happy to ask, I am happy to reply. But if you have nothing to do with questions and answers, I have nothing to do with them either. Do not try to think about anything, just be there. Can you do that? I am not telling you to take a heavy load on your head so you can see God. On the contrary, whatever load you are carrying, put it down and be free. Make your mind still, quiet, empty and pure. Now while you are doing this, there is always a chance that you may fall asleep. But again meditate, again be still, and you will overcome the sleeping tendency. From there you will feel disturbance of mind: negativity, resistance, suppressed thoughts—all these will come out. Again deal with those and suggest to your mind to be still, to be pacified, to be in peace.

The time comes when your mind begins to settle and at least during meditation you have conquered sleep. Then gradually you silence your mental disturbance. What is next? There is still ignorance. Again be still; try to maintain that calmness. Suddenly, light will flash. You do not have to think about it. Actually, the more you think about it the more you are pushing it away. It is as though you are trying to settle a pond by putting your hand into it. Just allow it to be. Don't disturb the disturbance; it will disturb you more. Therefore we say: Be a witness. Stand on the bank of the pond of your mind in silence. Allow time to pass. Let it settle. Have patience. That is a perfect way of meditation.

There are many methods of meditation, but if you want Enlightenment there are not too many ways. All

the ways lead to silence. Still your mind and know. That is perfect wisdom. Light will shine. When you say, "I want peace of mind," actually you mean silence of mind, release, emancipation. Whatever terms we may use, that is what we are all seeking. Somewhere you have experienced that stillness, perhaps in your Master, in your meditation, or in a peaceful place. Now you say, "I want peace of mind." There *is* no peace of mind. The mind has to quiet. That simplicity and serenity is called meditation. Meditation is not contemplation of thoughts; it is utter simplification.


Purification and simplification are necessary: a thorough cleaning of the mind. Even the subconscious mind has to be washed clean. When there are no waves of disturbance you will feel pure love for God. In the words of Omar Khyyam: "A book of verses underneath the bough, a jug of wine, a loaf of bread, and Thou beside me..." You forget the whole world. In that quieted mind your love really springs up. Ordinarily we ask God for a hundred things: "Give me this. Do this for me." That is not love of God. When you still and quiet the mind you feel you *need* God.

Everyone is seeking the same thing, actually, but they do not know how to get it. Normally we feel that if our desires are fulfilled we will have peace of mind. I have yet to see this happen. I am not against desires, but if you are seeking peace of mind through them, you will not achieve it. Peace of mind means stillness of the mind, silencing of mind. This is called *shuddha sattwa*: perfect purity. All your nerves get electrified. It is a living, dynamic, vibratory silence. At that substantial level of consciousness you are one with the Creator.

When you achieve full Realization, according to yogic science, seventy-two thousand nerves open in your body and psyche. All the thousands of nerve passages that were clogged just begin to open. This is transformation. There is no inertia in God's creation in its own dynamic condition. Distance and time are transcended. You can travel billions of light years in a moment. All this is within you provided you come to that awakened consciousness. To come to that basic Source, no apparatus is needed. When you go beyond the speed of light, you will not use a vehicle because anything traveling at that speed becomes pure energy. It does not retain physical form. So which vehicle will you take? Your own mind as your astral body.

In spiritual language we say to be still so you shall *know*. This secret is within everyone. Do not think that the





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universe and you are separate. You and your universe are one, the same. If you are beset with problems, anxieties, worries or whatever, you are tied up, identified, involved and occupied in those things. The very things that have been disturbing your peace are what you still want. We have to reverse this policy. You cannot have desires and peace of the mind at the same time. You are talking about two contradictory things.

There is no end to desires. To be desireless may not attract us, so let's give it another term. Don't give up desires—quiet the mind. Then see if with a quiet mind you can desire. Anxiety, worries, fear, doubt, projects and planning—these things are not wrong but are they giving you peace of mind? Some things may be necessary. You are sitting in a chair, that's fine, but if you say you are sitting there to have peace of mind, you are talking about two contradictory things. If you want to

travel somewhere that is fine, but if you are going there to have peace of mind, that is nonsense. Now apply this theory to anything in the world.

When you come to peace of mind, whether in a human sense or a spiritual sense, it is the same thing: the mind should be still. Whichever environment you think is favorable to your peace of mind, by all means have it. But be sure that conditions will not give you peace of mind. You have to find it within you. We may be having a retreat, which is helpful, but if you think you will get eternal peace of mind through a retreat, I would not guarantee it. Because underneath, in the subconscious, the problem remains. If the mind has not changed, even the most favorable conditions will, after some hours, days or months, become monotonous and unfavorable. Therefore, to only change the atmosphere or conditions around you is not the answer, though it

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may help. Wherever there is disturbance, there you need peace of mind. Where else? And who is seeking peace of mind? The one who is disturbed, right? So you have to clean your mind.

It is actually not for peace that you are seeking peace; it is for knowledge. We do not usually say this because naturally we first hanker after peace, not knowledge or wisdom. But once you have achieved peace you will see that stillness of mind will make you know further. Peace of mind is a condition for *knowing*. But ordinarily we say we need peace and happiness. That is perfectly all right, but again we are not seeking peace and happiness for peace and happiness' sake. There is something beyond it. There is a hankering inside to *know*. Then again there is a question: if peace is the condition for knowledge, why do you want to know? Why do you have that curiosity? Because it gives you joy and bliss. That is the ultimate answer.

It is for your bliss that you want to know, and without being still you cannot know. Fulfilling desires is one thing; peace of mind is quite different. Peace of mind does not require anything except letting go, giving up hang-ups, blocks, selfishness, tension and worries. A quiet mind, whatever the situation: that is the peace of mind you are seeking. You may not be expressing it this way but that is your inherent hunger. Many times we do not see beyond a certain level. When you are climbing a mountain, as you go higher you see new vistas, valleys and mountains. There are yogis, mystics and realized souls who can see farthest.

Gradually as you begin to still your mind you will see that you have been seeking God, your Beloved, through everyone and everything. Wherever you are seeking love, attention, care, affection, satisfaction or fulfillment, it is only because you are seeking God. But you will feel this only with a still mind. Before that you say, "I like this, I dislike that," and so on. In stillness of mind you feel: *this is my God, my True Self, my Spirit, my Light*. This is not experienced by belief and understanding alone. And after this Realization you carry your own heavenly atmosphere wherever you go. You have no need to be greedy, attached, selfish or miserable. Then you know: *my God is with me*. All blame and accusation is finished. Nothing in the world can disturb you; nothing can shake you.

*Be still and Know* is a perfect formula for wisdom, not only here but anywhere in the universe. You are victorious over all material phenomena. Otherwise

where will you end? The closest star beyond the Sun is four light-years away, and what about the billions of others? In stillness of mind you access the underlying connection of Consciousness throughout the universe. There is no mathematical equation for this. Consciousness has the potential to transcend time and space. It appears, disappears, and reappears with no speed involved. It is as if you dive into the ocean of Consciousness and emerge billions of light years away in just a second. It is a kind of power or *prana*—energy or life force—that you project, and it happens there and then.

If you transform your mind you will solve all your problems. That is the only lasting solution. We have conditioned our minds to create problems. Unless we decondition our minds, problems will not cease. And we will take our minds with us wherever we go, even into outer space. Unless we transform our minds we will create the same problems and conditions there, the same selfishness and warfare. I am not against going there, but the problems we have on this earth exist because we are not transforming ourselves. We depend upon conditions to solve our problems rather than solving our minds.

The conditioned mind is what we call, in spiritual language, bondage. Our mind is imprisoned within a certain set of conditions, and therefore we are seeking peace of mind. The solution is not to change the conditions but to decondition the mind so it becomes fresh, invigorated and renewed. Otherwise we continue to fall into one ditch after another. When you decondition your mind you are conscious and still. You see as it is, not as you would like it to be. It is all Cosmic Consciousness, God's Superconsciousness. The real answer is to *Be still and Know*. When you attain that Pure Consciousness you will know as it is. And that is indescribable. 🌸

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