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, you wake up and 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 avaran, 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 ignorance or darkness, you become more understanding, more understanding of yourself and of others.
True wisdom does not come from a noisy mind; it comes from a still mind. The light is born in stillness.
Stillness of mind is a perfect formula. Jesus said: *Be still and know*. We call it *samadhi*, which means perfect stillness of mind.

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 Khayam: “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 sattva*: 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
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.

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. You 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 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 of mind; 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 or 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 it 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.