

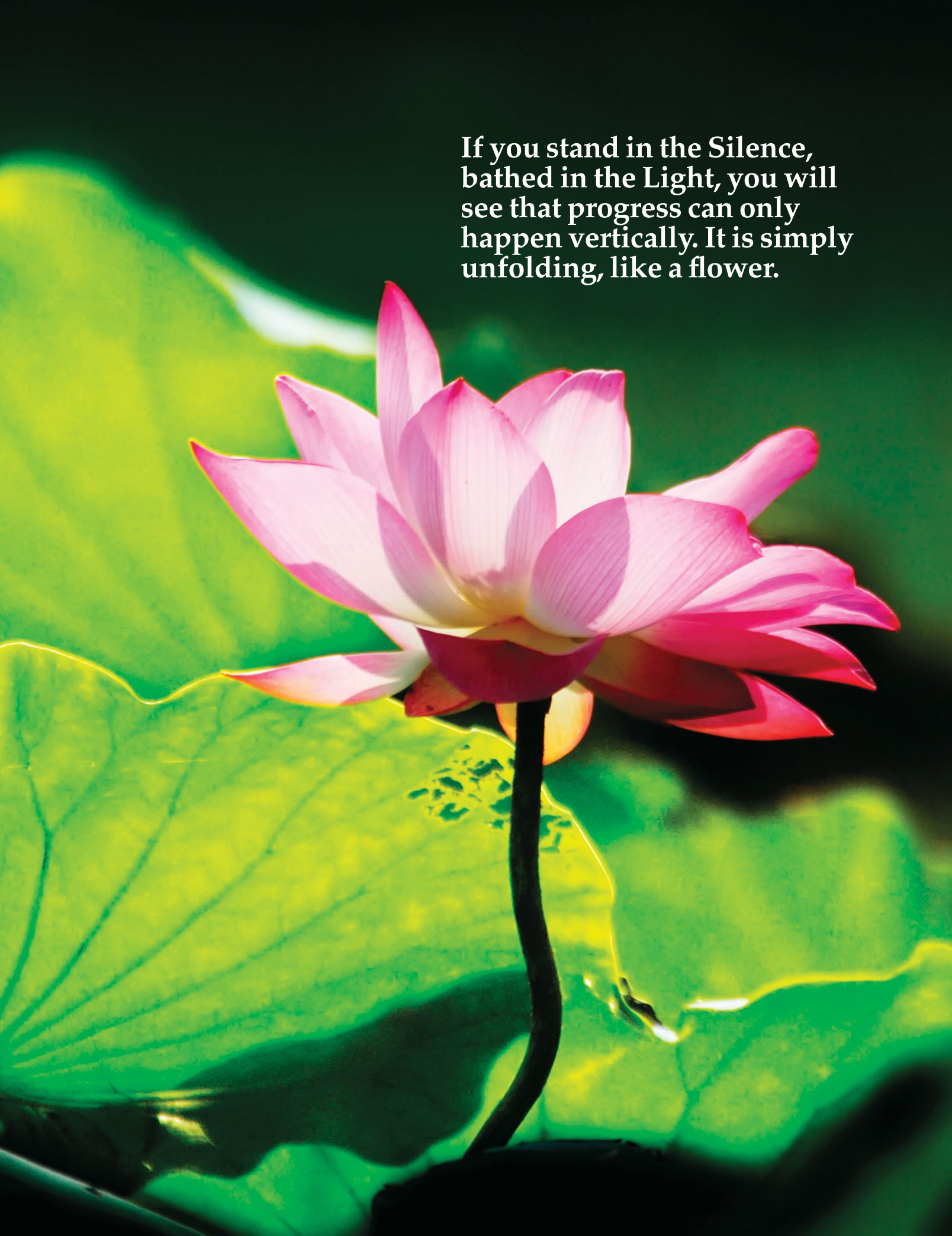
Satsang by Swami Amar Jyoti

The Secret of *Relaxation*

Relaxation is demolishing all patterns, following no technique. If you are learning “how to relax” you will never do it. When you stop learning you relax.

MANY OF US BELIEVE in the benefits of relaxation. When you are relaxed you are in peace. But when something needs to be accomplished we tend to lose our focus right away. It is as if we are subconsciously suggesting to ourselves, “My accomplishment will be greater since I am excited and active.” But in that excitement the mind gets disturbed, tense or agitated.





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When you are not relaxed you lose your center of focus and reduce your capacity. When you are relaxed you are aware; you accomplish more than when you are excited. In true meditation your inner vibrations are dynamic, alive and aware. If you can attain that meditative composure while active and that dynamic awareness while meditating, that is the yogic way of living, call it God's grace or your Master's blessing. If you achieve this you will know the secret of relaxation.


A story from India illustrates this. In the Hindu Trinity, Lord Vishnu is the maintainer of creation, Lord Shiva is the transformer, and Lord Brahma is the creator. All three are aspects of same God but he divides himself into many, including you and me. One day Vishnu was sitting in heaven with his consort, Lakshmi, when all of a sudden he told her, "I have to go on earth," and vanished. Then in no time he again appeared at her side. Lakshmi asked, "Lord, you just went to earth and returned the next moment?" He replied that one of his dear devotees, a washerman, was in great danger, so he went to protect him. In India they don't have many washing machines, so the washermen gather clothes from people and take them to the river, canal or pond to wash, then dry them on the grass or on rope lines. In Vishnu's story, it seems that someone was in a hurry and ran through the laundry that was spread out to dry and trampled on the clean clothes. The washerman got angry and began to abuse him. In reaction the man took up a stone to hit the washerman. That was when Vishnu suddenly disappeared from heaven because his devotee was about to be injured. Lakshmi asked, "But why did you come back so soon?" Vishnu explained, "When I reached there my devotee had also taken up a stone to throw at that man, so I came back." The washerman took the reaction into his hands. He was a great devotee of God and should have relaxed a bit. He might have gotten a few dirty clothes but he would have been expected to forgive and let go.

See if you can relax inside while doing your work. If you are relaxed while dealing with people and things, then many other virtues will come to you. Equanimity will be the first. And when you are relaxed your concentration is superb. You see clearly and rightly; your decisions are better. We normally feel that unless we struggle, unless we are ambitious, unless we are excited, we will not accomplish anything. On the contrary, if we are relaxed and still within, the results are always better. You may not always achieve what you intended, but if

you do your duties well that will be your satisfaction. If you lose your own relaxation and peace, even if you achieve something, what will you gain? Acquiring more does not mean you are going to enjoy more. You have made your world too small. You are occupied and identified with a few little things and do not see what exists beyond them. Just lift up your eyes to the sky. Righteousness has its own rewards. Therefore do not hate anyone, do not trouble anyone, do not harm anyone. Tension and loss of peace are the result of wrong or selfish thinking. Let go, but do not praise the wrongdoer either. You can help the sinner but you cannot accept the sin or untruth. This non-compromising attitude will lead you to Liberation.

Relaxation is not a technique that you just practice. It is correlated with so many other things. For example, if I am doing or thinking wrongly and at the same time trying to relax, just hearing this you know it is impractical and unattainable. If you are selfish and trying to relax, what happens? That selfishness confronts you. You cannot relax unless you solve that problem. Whatever wrong is in you will disturb you at one point or the other. In other words, we cannot simply relax as an objective practice. Whatever harmfulness, agitation, negativities or selfishness are in us will disturb our relaxation. In order to truly relax we have to be practicing and living fundamental virtues, such as truthfulness, harmlessness and goodness. What *I am* matters. What I am doing or accomplishing is secondary. We are known by what we *are*, not by what we do.

If just by doing we could have peace, joy, harmony and satisfaction, we would have achieved it already. I am not against doing—if you don't do what you can for yourself and others, God is not going to like you. But it is being what you *are* that gives peace, joy and wisdom. One is being; one is becoming. One is silent within; one is agitated. One is your true Self; one is projection. This is a very vast subject, but in a nutshell, we revolve around the dualistic patterns of Being and becoming. Both of these exist within the non-dualistic Spirit, Light, Consciousness. Within that Consciousness there can be an infinite number of dualistic patterns or becomings, each of which has its end or limit. Whatever becoming we project or plan is within the sphere of the totality. That means there is nothing new that you can do or that can happen. You may unfold any way you like but it will not be outside your true Being, which is infinite.

A woman with white hair, tied back with a red hair tie, is sitting in a meditative pose on a wooden floor. She is wearing an orange tank top and orange pants. Her hands are clasped in her lap, and she is looking down with a serene expression. The background is a warm, golden light, suggesting a sunrise or sunset.

Peace is your nature; love is your nature. When you truly attain peace you can no longer be disturbed. You come back to what you already are.

Basically there are two ingredients for dualism: time and space, which is the scientific or philosophical level. Another is on the intellectual level: form and name. You can create innumerable forms and names within the duality of time and space, but you cannot create outside that basic Essence or Substance. Within that field you can plan and project anything you like, which is based upon the law of karma, cause and effect. We think of our projection as horizontal or linear, but actually it goes around and comes back to us, completing the circuit and creating the results of karma. The law of karma is finite and therefore limited. This being the case, the past, present and future; previous births, this birth and future births; everything created within dualism is within Consciousness, infinite Being, infinite Existence. The question, therefore, is whether any progress really exists?

From all outward accounts progress has meaning. If you are learning music, today you can play some classical tunes, tomorrow you may play improvisations or create your own compositions. Certainly a sense of progress is there. But if you go into that great Silence and touch your Being, you will see that all those things you thought were progress are a myth. They are just waves on the same ocean. You did not really progress; you just diverted your mind. If you stand in the Silence, bathed in the Light, you will see that progress can only happen vertically. It is simply unfolding, like a flower. The flower grows from seed to stem to bud to petals and simply opens. If we say, "This flower is progressing," how does it sound? It is unfolding from the potential in the seed, with the help of air, sunlight, water and care, to its highest expression. The flower is not progressing; it is simply unfolding from within.

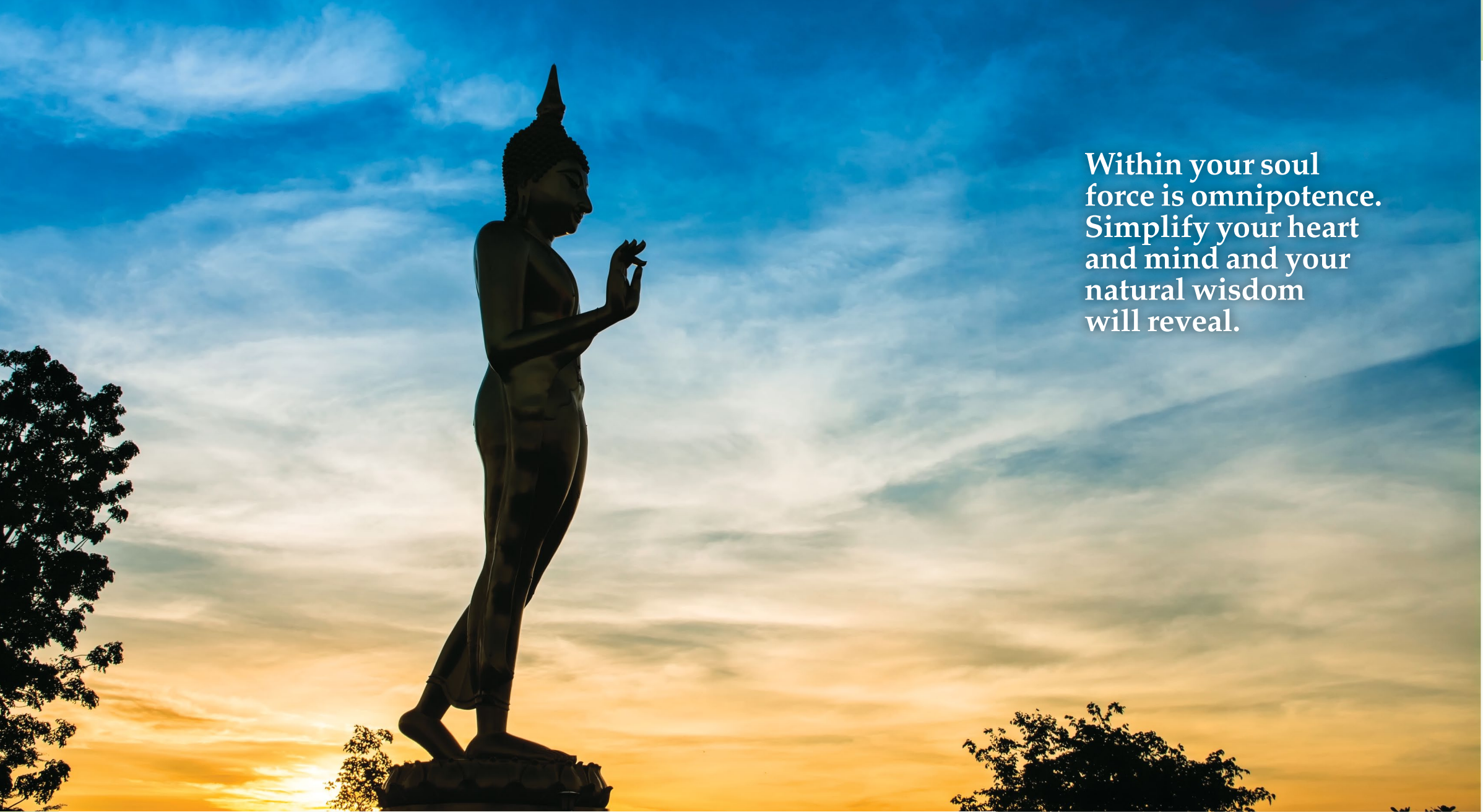
Each of us is unfolding according to our potential, whatever we have gathered in previous births or in this birth. What is the ground in which these potentials unfold? If we go back further and further we will come to: cause came from effect, effect came from cause. Seed came from tree; tree came from seed. Where will it end? There must be some background or basis of that seed. There must be a reality behind the dualism, behind the seed and tree, behind the cause and effect sequence. I am quoting the Vedas here: there must be pure Existence itself from which all other finite existences have taken place, from which relativity is born. That is *Being* itself. Whatever you add to that, you are creating relativity, dualism, cause and effect.

In the same way, relaxation is not an end in itself. I would not even call it a method. Methods are projections, systems or techniques having some pattern. Relaxation is demolishing all patterns, following no technique. If you are learning "how to relax" you will never do it. When you stop learning you relax. That does not mean we should not learn anything, but if you are learning anything *in order* to relax, you will not achieve relaxation. Relaxation is an unlearning process. In the hatha yoga corpse pose, *shavasana*, you just relax deeply with awareness. You are simply relaxing into your own pristine purity, to what you *are*.

Relaxation is not a thinking process. The more you think the more you are disturbing yourself. That does not mean you should be unreasonable, irrational or unthinking; you just transcend that faculty. If you are thinking in order to go beyond thinking, you are not going to do it. Can you stop thinking at your beck and call? Certainly not, but with proper understanding you can. What is the first step to go beyond thinking? It is not suppression. According to Vedic wisdom, the first step is will, *iccha*, which in psychological terms we would call conviction. First you have to be convinced that it is not by thinking that you transcend thinking.

After you are convinced and have used your will or determinative faculty, the next step is to stop being that which is blocking you. Instead of hating you love. You are not just avoiding hatred. Instead of fighting for peace, be peaceful. Peace is your nature; love is your nature. When you truly attain peace you can no longer be disturbed. You come back to what you already *are*. The five absolute attributes within each human being are peace, love, wisdom, freedom and joy. When you achieve these, you have not progressed; you have simply come back to your true identity. You were in bondage by your blocks and hang-ups. When you become free you will feel very simple and pure. When you become Enlightened you will laugh at yourself. This is very common among yogis and holy ones in the Himalayas. When they reach Enlightenment they say, "I laughed at myself, I already had this." It was with you all the time. You never lost it. Relaxation simply leads to it. Because you are peaceful and loving, relaxed, you will be joyful under all circumstances.

God is omnipotent, omniscient and omnipresent. You have a little power to do certain things, but you cannot do everything. You can see some things, but you cannot see outside the scope of your eyes. If you had yogic insights you could see further, but the finite



Within your soul
force is omnipotence.
Simplify your heart
and mind and your
natural wisdom
will reveal.

instrument cannot fathom infinity. In other words, our mind cannot fathom God’s working. The mind can go to a point, maybe even to universes, but beyond that it cannot go. We have to transcend our own finitude in order to see infinity. Beyond all our patterns, we have to get into our true Being, our true Existence. We cannot know nature within its own dualistic context because the mind is a dualistic and limited instrument. In order to have peace, happiness, joy, wisdom, real freedom and love, we have to transcend our finitudes.

Peace can be had only on its own terms, not on our terms. Even if another person is wrong, if you want peace just let it go. No amount of discussion will bring peace. If you want to love someone, forget their qualifications and disqualifications. A non-loving attitude dulls our conscience; love actually sharpens it.

You don’t accept the wrongs of others but still you love. Because you love does not mean you lose your faculty of discrimination. On the contrary, the more you love, the more clearly you see right and wrong. Attachment has no place in it. This is called realism, *yathartha*, in Sanskrit. We are the same in Spirit, in Consciousness, in our Being. This being the case, realism comes when you truly love.

When you are in peace you are wise. You see everyone and everything as it really is. A pillow is a pillow, a building is a building, a book is a book. You do not say all are equal. You do not read the building or sit under the book. This concept is stressed in Vedic wisdom: understand the distinctions and differences of things and behave accordingly. You cannot behave the same way with everyone. Even if you tried it would not work. It is not possible or practical. You do not hug

thorns. When you learn this, when you relax and be what you truly are, you will see the distinctions on the relative plane and know how to behave.

There are three Vedic terms that describe the divine attributes within everything: *asthi-bhati-priyam*. *Asthi* means “pure existence.” *Bhati* means “it shines.” *Priyam* means “it is dear to me.” This relativity, this dualism, is born from our pure Existence, our pure Being, and it is dear to us. It is so attractive that we keep coming back, birth after birth, despite suffering. Anything dear to you in this world, if you truly and honestly analyze, is because your Self is dear to you. It shines because it has some spark of God. It is the warp and woof of your pure Existence. We have forgotten that our true identity is what we are consciously or unconsciously, willingly or unwillingly, trying to find. Call it the kingdom of God,

Spirit, Brahman, Jehovah, Buddha, Light, Substance or nameless. That is within you. And the method is not a method; it is an unlearning process.

Get back to innocence, your purity of heart, your childlike simplicity. Much willfulness has been born in the name of “my rights, my freedom.” In the name of free thinking and self-confidence, there is so much nonsense. Knowing has become synonymous with ignorance. Pride and arrogance are running rampant, born of stubborn willfulness, creating so much misery, affliction and pain. And we assign the blame and responsibility outside us. Why do we feel in bondage, not only politically but also socially, morally, psychologically and economically? Because money cannot buy peace, love, freedom, wisdom or joy. You have to let go to be free. Freedom has to be of your soul.

Spiritual values are contrary to worldly values because our Being, our Spirit, our Pure Consciousness is the true reality. If we understand this, then we know that the journey is a return home. Jesus spoke of the prodigal son. That is exactly the same unlearning process, coming back to the simplicity of childlikeness. Somehow we think we are adults, we are great complex beings. How can we live in childlike simplicity? That is our fallacy of thinking and why we have lost our peace and happiness. Within your soul force is omnipotence. Simplify your heart and mind and your natural wisdom will reveal. Be straight, simple and truthful and see the results. As we have read in the scriptures: *The truth shall set you free*. Therefore the prophets are remembered after thousands of years. They did not possess, expect or grab anything. They were free, loving and peaceful, and we worship them. The same God is within you. The same Light is within you. The same Spirit is within you. Perfection is your birthright. 🌸

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