Holy Grail, which would restore the land to its greatness. After a long search, when all the knights had died or given up, his youngest knight finds the Grail and returns it to the king. He tells the king of his enlightenment upon finding the Grail: that he and the land were one. And when the king drinks from the cup it restores the dying land. Wholeness is restored. When we realize that we and everything are one in this dream, we can regain our wholeness. Our world expands and we can see that we are just playing different roles: the villain, the lover, the prince or the princess, the foolish or the wise.

On this wheel of life and death, the true quest is to try to find our way back home, to search for that unexplainable spiritual abode, to be reunited one day with the Godhead that sent us forth on this adventure. Living with this hidden treasure within, in a dualistic world deluded by maya, we are barred from the knowledge of our true self. Yet I feel there is a slight remembering of this true self, the seed from which the big questions arise. This questioning is about getting familiar with the fact that you are more than your body. The real you, the dweller of your body, is just a drop from a waterfall of the multi-fragmental, multi-dimensional river of God.

We call it God or Godhead, but there is no way to explain what God really is. Our parents or religions cannot truly tell us. Therefore, we must seek the knowledge ourselves by looking deep inside to remember who we really are. Once we discover that, we can make it our point of power. This can be a long journey, and we can be discouraged in our meditation. Asking big questions over and over until we find the truth can help us each day to continue to sit on our meditation cushions, to learn from great teachers, and to use that on our heroic journey. Like an hourglass filled with sand that runs down, delusion slowly runs out and we see clarity and light.

Sri Krishna says in the Bhagavad-Gita that the Atman (the soul) is the light, and the light is covered by darkness. The darkness is delusion and that is why we dream. When the light of the Atman drives out the darkness, that light shines forth from us as a sun in splendour.

Once we take on the quest in search of that light, we will have many victories, like the valiant knights of Camelot—the first time we sit in meditation for over an hour. The first time our mind stops the chatter just for a moment. The first time our spirit essence has begun to overcome our ego. The victories of overcoming desire, valuing spiritual wealth over material wealth, seeking truth over delusion. The victory of the awakened serpent energy of Kundalini, traveling through our energy system, destroying latent impressions, purifying our bodies, and having our heart burst open, to be crowned in a halo of light.

In victory after victory, death after death, on that battlefield of our meditation cushions, the warrior will stand in that light. Unexplained bliss will be coursing through his or her system like tiny bubbles of joy slowly rising from a clear lotus pond.

The hero knows there are still many battles ahead but can now stand with a clear view, high on the mountain of the search for the true self. This hero’s undaunting quest can encompass many places in this world and many teachers. At the end of this long search, completely exhausted, still not finding the treasure, feeling as if he cannot go on, the hero begins hoping for a small miracle and sees there is no need to fight, no need to search any longer, and surrenders.

Absolute faith and surrender seem like the only path to ascend this steep cliff on the journey. It also may seem like an impenetrable gate that needs a magic key or word to open. There are many gates to enlightenment and we destroy them all as we pass through them. Heroes do not waver in fear. With their devotion, acquired inner knowing and faith, they sit in silence and serenity. They know that there is no going back. Their passions and searching are over. With their austerities, deep compassion, keeping the senses at bay, they touch that light of grace, the miracle that seems to only come at the last minute. Now grace will help the journey to the top of this mountain.

As they ascend, they realize they are not separate from this mountain. “The King and the land are one.” The soil speaks to the rocks. The rocks speak to the trees. The trees speak with the light from the sun, and the sun speaks with the whole universe. The realization that we are all one—that “Everything Is Zen”—brings wholeness. The heroes remember they were never separate from this wholeness of their True Self. They realize there was no need to search, no need for any journey, because what they sought was always within them whenever they were.

Don’t be afraid to ask the big questions. They could take you on the greatest adventure of your life. 

Satsang by Swami Amar Jyoti

**Karma Yoga and Purification**

Action we have to do: karma we have to do. It is said in the Vedas that if God would stop creating for a moment the cosmos would collapse. The ultimate aim of karma yoga, as given in the Bhagavad Gita, is purification of mind.

To the extent that you do or act in the spirit of karma yoga (selfless service) you will be purified. Many may do karma yoga but the spirit or attitude may be missing, or partly missing, so purification or even relaxation may not be the result. In the same vein, if you do not feel much relaxation or purification from doing karma yoga, then feel sure that your spirit of karma yoga is deficient.

Working without being paid does not alone constitute karma yoga. Selflessness is not simply in a material sense but also psychological. There may be gratification, desires fulfilled or competitiveness. There may be an authoritative attitude, even unconsciously or by habit, or a tendency to rule over others. Some may be doing it simply for others to notice—I’m doing karma.
You may think that God makes us work to keep his Creation on, but He does not need that. It is for our own growth that we serve. Once you act in the right spirit you will feel released.

When you become Enlightened your action is different than karma yoga. A sage or holy man or Prophet’s work will be for others rather than for his own purification. What is meant by purification of mind? We might judge by the results. One would be relaxation or peace. Another is that you will not have to force yourself; you will have a natural urge to meditate. Some part of you will actually demand that. There is a third point, which is that you will feel more cooperative and work more smoothly with others. These are, in my experience, the three proofs of whether your karma yoga spirit is genuine.

We all work, right from an ant up to Brahma (the Ultimate), but the way or attitude with which we work makes all the difference. It is not simply, “I’m working hard.” That may be true but that alone is not the criterion of selfless service to the Lord. In karma yoga, procrastination, laziness and self-gratification have no place. If the task is too demanding, that is a different matter. Once you set out of desires or negativities, you will feel relieved rather than burdened. You may think that God makes us work to keep his Creation on, but He does not need that. It is for our own growth that we serve.

Once you act in the right spirit you will feel released. Otherwise, as someone commented to me, you may feel, “I’m dying slowly.” I said, “Everybody dies slowly, except in accidents. We are all dying slowly until the last moment. What is the big deal about dying slowly in karma yoga?” That attitude means the spirit of karma yoga must be missing or defective. So whatever your pattern of life may be—your job, business, home life—see that you act in the spirit of selflessness and give yourself fully to it, doing the very best you can. This does not mean you should allow yourself to be exploited. You have a right to change the job and do something else, or even appeal to your management to give you a promotion. There is nothing wrong in this. But at whatever stage or level you are working, see that you give your fullest, even if the remuneration may not be as much as you might expect. This will purify you.

This karma yoga spirit should reduce tensions and clashes around you and within you. If you do this, whether you are a superior or a subordinate, others will love you. Try it. Honestly of purpose and genuineness will give you more than you can imagine. Do you think Divine Mother will hold back if we are open and honest and sincere? If you believe me, Divine Mother will help you—She is more available than you think. Even if we speak of mother nature, is it not around us, inside us, and always helping us if we can tap it? This potential is within you. If we are simple, childlike, honest, genuine, and mean what we do or say, we will see the miracle of Divine Mother’s grace.

yoga. Any of these will spoil the spirit of karma yoga. This is where we have to judge ourselves. If our attitude is right we will experience relaxation. But if we have let go of material desires while retaining a psychological hold, then it is not karma yoga. Once you truly do in the spirit of karma yoga you will feel more free and relaxed. It purifies your heart and mind.

Those who care for God’s vision or Liberation should know that karma yoga is helping to take you deeper into contemplation and meditation. Otherwise it will defeat the purpose. Let us say you did karma yoga for many years believing it will lead to God Realization. You may see at one point in your life that it did not give you what you wanted because that is beyond its scope. Karma yoga will help reduce your ego, but if you are thinking it will make you totally egoless, that is debatable. Some may have a difference of opinion on this issue, as they have had since ages in India. Karma yoga is very necessary. But karma yoga may not directly give God’s vision. It is a stepping-stone on the path to Realization. Seen from that perspective, karma yoga is one of the paths to Liberation, along with bhakti yoga, the path of devotion; jnana yoga, the path of self-inquiry; and gyan yoga, the path of wisdom. All four paths lead to Liberation, directly or indirectly.

No one is without karma in this world. Even if you are retired you work in your home, in the ashrams, in organizations or in social work. Whatever your age or circumstances, if you do not do karma yoga or selfless service you will not reach your spiritual Goal. Now this could be quoted out of context. “If it does not directly lead to God’s vision, why should we do karma yoga?” The reason is that if you are not doing karma yoga you are going to do karma blugs. Karma bluga means you are inviting the effects or the results of your karmas, good or bad. You will remain inside the grinding wheel of karma.

There are some for whom karma yoga is their predominant path, and for them contemplation is less. That is okay. We describe this as the motion left over of karma. It is right we will experience relaxation. But if we have let go of desires or negativities, you will feel relieved rather than burdened. You may think that God makes us work to keep his Creation on, but He does not need that. It is for our own growth that we serve.

Once you act in the right spirit you will feel released. Otherwise, as someone commented to me, you may feel, “I’m dying slowly.” I said, “Everybody dies slowly, except in accidents. We are all dying slowly until the last moment. What is the big deal about dying slowly in karma yoga?” That attitude means the spirit of karma yoga must be missing or defective. So whatever your pattern of life may be—your job, business, home life—see that you act in the spirit of selflessness and give yourself fully to it, doing the very best you can. This does not mean you should allow yourself to be exploited. You have a right to change the job and do something else, or even appeal to your management to give you a promotion. There is nothing wrong in this. But at whatever stage or level you are working, see that you give your fullest, even if the remuneration may not be as much as you might expect. This will purify you.

This karma yoga spirit should reduce tensions and clashes around you and within you. If you do this, whether you are a superior or a subordinate, others will love you. Try it. Honestly of purpose and genuineness will give you more than you can imagine. Do you think Divine Mother will hold back if we are open and honest and sincere? If you believe me, Divine Mother will help you—She is more available than you think. Even if we speak of mother nature, is it not around us, inside us, and always helping us if we can tap it? This potential is within you. If we are simple, childlike, honest, genuine, and mean what we do or say, we will see the miracle of Divine Mother’s grace.

© 2016 by Truth Consciousness. This Sat Sang was edited from Karma Yoga and Liberation (G-12) given by Swami Amar Jyoti in 1989. Over 500 of His Sat Sangs, illuminating the classical path for modern times, are available on CD and MP3 downloads at truthconsciousness.org.

Please see page 54 for further information.

An Invitation to Visit

Have you ever wanted to visit an ashram? Light of Consciousness magazine is published at the ashrams founded by our Gurudeva, Swami Amar Jyoti, and you are cordially invited! Come for a daytime tour of the beautiful grounds and the Temple of Light (Jyoti Mandir), meditate or relax in the peaceful and uplifting vibrations—and leave renewed and inspired. Each ashram has a library with hundreds of volumes to browse. We also offer our publications for sale along with various gifts.

Each Thursday and Sunday evening at 7:30 pm you are invited to Satsang: chanting, worship, Gurudeva’s Wisdom Teaching, and meditation—please arrive any time from 6:30 pm onward to get acquainted. Join us for special celebrations held on Holy Days. There is no charge for these visits.

Personal Retreats at the ashram for a few days, a week or longer can also be arranged. Additional details, maps and information are at our website: truthconsciousness.org.

The ashrams are here for you and we look forward to meeting you!

SACRED MOUNTAIN ASHRAM, 10668 Gold Hill Road, Boulder CO 80302-9716, Phone: 303.447.1637

DESERT ASHRAM, 3403 W. Sweetwater Drive, Tucson AZ 85745-9301, Phone: 520.743.0384

Sacred Mountain Ashram
Desert Ashram

Gurudeva’s Wisdom Teaching and meditation—please arrive any time from 6:30 pm onward to get acquainted. Join us for special celebrations held on Holy Days. There is no charge for these visits.

Personal Retreats at the ashram for a few days, a week or longer can also be arranged. Additional details, maps and information are at our website: truthconsciousness.org.

Please phone us with any questions and to arrange the day and time of your visit, or email us at info@truthconsciousness.org.

The ashrams are here for you and we look forward to meeting you!

SACRED MOUNTAIN ASHRAM, 10668 Gold Hill Road, Boulder CO 80302-9716, Phone: 303.447.1637

DESERT ASHRAM, 3403 W. Sweetwater Drive, Tucson AZ 85745-9301, Phone: 520.743.0384