The joy you seek, the satisfaction you seek, the peace you seek, the love you seek are all attributes of Oneness. Those who wisely accept this relax and become sober, and common sense is born.

What is the role of prayer on the yoga path?

As I wrote in Retreat Into Eternity, “Prayer is for your own opening rather than to make God hear. He already knows.” In other words: prayer is for self-purification rather than asking for things. The fundamental need in prayer is that we lack something, or to know something, so we pray to God because He knows. Prayer implies either your nothingness or at least that you are incomplete. Therefore the cornerstone of prayer is humility. This is not just a
I do believe, therefore, in integral yoga: that many paths and many views together can help without being one path only, but you have to be sincere in everything you do. There are many things that lead you somewhere until you reach something else, so I do not take prayer as the last word in full God Realization. Jesus kneeled and prayed, as you have seen in paintings. After all, it is vibratory. It reaches you to touch the fringe of something else, but beyond that prayer cannot go. There it ends. This is how I see that prayer works, spiritually and scientifically. There is no doubt that prayer is the most purifying factor because you are surrendering your ego. You are asking something from God that you do not know; you are affirming that you are nothing. But if you lack true humility, genuinely being nothing before Him, prayer will not be effective. One more thing I think I should say about prayer: you have to be sufficiently pure-hearted for it to be effective. Of course, you can pray anytime, with whatever condition of mind and soul, but it may not bring the intended results if your heart is not reasonably pure.

We consider the ultimate goal as being one with Pure Consciousness or God. Until we attain that oneness, our seeking will not end. This is not only intellectual but Realization, where me is lost. That is the goal, whether we achieve it today or a million years hence. Non-dualistic Oneness is the answer. Without that we will be seeking always, consciously or unconsciously. It is not assertion of the philosophy of Oneness that makes us one. On the contrary, that could actually be scholarly ego or even spiritual ego. It is a matter of non-dualistic Realization, where you and That become one. Even Jesus said: “I and my father in heaven are one.” He also said that the kingdom of God is within you and everyone.

Until you attain Oneness, you will always be seeking, whether spiritually, materially or humanly. Therefore you see that the material world is insatiable. This is not because it is bad but just the very nature of things. You cannot expect perennial satisfaction from changeful material phenomena. We can hope eternally, but it does not satisfy us. Therefore seeking will never end until we become one. Sobriety teaches us to take things appropriately, which is what I call common sense. Some call it renunciation, dispassion or detachment, but it is simply common sense. Some call it from God that you do not know; you are asking something from God that you do not know; you are affirming that you are nothing. But if you lack true humility, genuinely being nothing before Him, prayer will not be effective. One more thing I think I should say about prayer: you have to be sufficiently pure-hearted for it to be effective. Of course, you can pray anytime, with whatever condition of mind and soul, but it may not bring the intended results if your heart is not reasonably pure.

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satisfaction you seek, the peace you seek, the love you seek are all attributes of Oneness, not relativity. Those who wisely accept and see this relax and become sober, and common sense is born. “This simple thing I didn’t understand for so long. I read all these books. I exercised my legs and arms for all these years. I banged on doors. I searched and asked and did so many rituals, but it is such a simple matter.” When you arrive at that understanding, at that relaxed point, it is simple. We do say that truth is simple and God is simple. This is not a great philosophy or a special way of thinking; it is just common sense. Desire is insatiable. Why do you not accept it? Why is your mind such a stubborn monkey? And then in trying to justify that monkey, you get lost in complexities. That is where confusion and restlessness start. It dissipates your energy and then you begin to form your own answers, a kind of philosophy to justify whatever it is. Truth remains elusive through your own thinking, justifying, feelings, actions and desires. Do you feel satisfied? Do you feel happy about it? If you are honest you will say no. If you are stubborn or egotistical you may not, but stubbornness does not make us peaceful. Those who spend their time and energy being simple are wise. Those who have even the slightest pride about knowledge will not reach the kingdom of God. You never know who is accepted at the feet of the Lord. There could be a few other problems, but not the denomination because the communication is on a higher level. There could be a few other problems, but not the denomination. When we give it a name and form it becomes a denomination or religion. Suppose there are some beings on another planet who do not speak or hear but have inner communication like clairvoyance or clairaudience. There would be less confusion and therefore no problems of semantics, dogma or denomination because the communication is on a higher level. There could be a few other problems, but not the way we experience them. Language, or any dualistic instrument, is paradoxical, which creates differentiations of dogma, religion, isms, systems, and so on.

The goal is one but ways are many. All rivers return to the ocean. All souls and creatures exist in the universal Soul. What matters is to be conscious, to be Enlightened.

Him”—as if God could be troubled! These are ego tricks. Ego depends upon itself in many things, so why humble itself before the Lord? But when something critical happens, we begin to pray, “Lord what are you doing? Is my heart truly praying to you, genuinely—believe me. Please listen. This is not what I wanted.” I am trying to expose the tricks of mind behind prayer. Otherwise I maintain as a principle that genuine prayer and the prayerful life should work. Go deeply into this. Wisdom, Consciousness and God’s vision are not born with a restless mind. It has to be very peaceful, quiet, as if coming to nothingness. The point where “me” is lost is where wisdom is born. Wisdom is a principle; consciousness is a principle; God is a principle that is already there. If you say you are wise, you are implying that there are times when you are a fool too. Consciousness is not a dualistic objective realization that you could attain and come back and tell your honey about. It is Oneness. You are fully satisfied. You are perfectly relaxed. You are perfectly awake. You will have no questions.

True wisdom has no “ism” or dogma or denomination. When we give it a name and form it becomes a denomination or religion. Suppose there are some beings on another planet who do not speak or hear but have inner communication like clairvoyance or clairaudience. There would be less confusion and therefore no problems of semantics, dogma or denomination because the communication is on a higher level. There could be a few other problems, but not the way we experience them. Language, or any dualistic instrument, is paradoxical, which creates differentiations of dogma, religion, isms, systems, and so on.

The goal is one but ways are many. All rivers return to the ocean. All souls and creatures exist in the universal Soul. What matters is to be conscious, to be Enlightened. That is the goal of life. If you do not achieve this you will continue to experience life after...
You can learn from a master or adept, although the capacity to accept or reject their counsel is also yours. When that Light travels up the spinal column, Consciousness shines. It is indescribable.

not clash with anyone. If you are clashing with someone, you are interfering with their evolution. Therefore you will always arrive at misery. It is very scientific. As soon as you interfere with someone’s evolution, even with a good motive, you are bound to have troubles. Let everyone evolve. If they seek guidance, give it. Otherwise keep quiet; do not force guidance down their throat. Do not interfere in the growth of anyone. Let them grow harmoniously, whether it is your family, ashram, or an individual society. Let all grow cooperatively, not competitively. Competition has created so many wars and battles, yet it has never given us fulfillment, satisfaction or peace. It may make things better at first, but eventually it leads to hostilities and wars. Therefore competition has never been preached in the spiritual field. Live and let live. Do your sadhana, your meditation, and let others grow, individually and peacefully, each in one’s own way. Therefore Jesus said, “Resist not evil.” Do not harm. Have self-control. Grow peacefully within you and allow others to as well. If anybody is attacking you, you can defend yourself, but mostly do not react. Do not clash with others even psychologically, because that psychological warfare will disturb your meditation. Do not gossip and do not be nosy.

Growing in a peaceful, relaxed attitude and raise your consciousness through your spinal column. The Sanskrit word is mūrdhanda: mūru is the golden peak; danda is a staff. At the top of the staff is a golden peak, pandita is a staff. The capacity to accept or reject their counsel is also yours. When that Light travels up the spinal column, Consciousness shines. It is indescribable. They have called it Illumination, Liberation, the thousand-petalled lotus. Not only does it radiate from your body, when you reach there you will see that it is everywhere. The Light, Consciousness, is pervading, within you and around you, in every particle and space. That Consciousness, the Source, is the energy that sustains you.

Lord Buddha was lost for forty days in that Illumination. It began to open up all the mysteries of the universe, and he knew everything. He himself was now the Lord, Buddha, the Enlightened One. He slowly walked, with no destination, no plans, no tickets, no reservations and no money. From village to village he walked and eventually reached Sarnath, which is about seven miles from Benares, India. That was the first place where he gave a sermon. He said, “You are also Buddha. Buddha is within you.” Jesus said, “The Kingdom of God is within you.” A Vedantist would say, “Brahman is not only within you, you are Brahman. Thou art That.” Oneness is the culmination of all philosophies, where we all have to reach.

That is the mission of life, whether you do it today or not. It has to be your own devotion and dedication. If you make excuses that means you are lacking in dedication and devotion. In that first sermon of Buddha, people gazed at him. Probably he wasn’t saying anything new, but coming from an Enlightened soul it made the first five disciples were initiated there. They had met him earlier, before his Enlightenment, but had abandoned him due to their arrogance. At Sarnath the Buddha said: “Grieve no more. Be a bhikshu, a wanderer, and seek Enlightenment.”

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