

Satsang by Swami Amar Jyoti

Mind, Mantra, and Enlightenment



When the mind becomes completely still, it returns to its true form: Consciousness. What becomes of the mind? It simply dissolves. That is Enlightenment.

WE ARE OFTEN BAFFLED or confused about which parts of life to take as spiritual and non-spiritual, so let me make it clear: in the totality of creation and phenomena, no aspect is separate. Whichever aspect we touch, whether it is dualism or non-dualism, spiritual or material, all are connected in one reality. It is our intellect that divides, analyzes and separates *any* aspect of the creation from ultimate Consciousness or God. As long as our focus is on the Spirit, God, Light, all are within the domain of spirituality. It is our point of view that creates separation, and that is where trouble and confusion start. However, before we go deeper into that, let us see what happens with phenomenal creation, which is synonymous with the mind, when you become Enlightened.

The English term *Enlightenment* means “you are light,” “you become light,” or “you become conscious.” Mind is a creation. Mind is phenomenal. Mind is dualistic. So what would you say the mind is?

Seems that mind is vibration.

Okay, mind is movement, restless, active. Mind is vibrations. Let us go a little deeper. What are vibrations made of? Thoughts, memories, imagination and desires are called *sankalpa-vikalpa* in Sanskrit. What you wish and what you do not wish—that is what mind does. So what is the basis or origin or vibration?

Desire?

Desire activates the mind. If you did not have any desires the mind would be still; there would be no mind. Mind is restless, moving, thoughtful, curious, determining, and so on. Desire motivates and energizes the mind because desire is an energy form. But what are vibrations made of? There are two or three explanations, though all are synonymous. If we assume the basis of everything to be Consciousness, then vibrations are made of Consciousness. When Consciousness, which is placid and still, activates through the will, it becomes vibrations. Put it a different way: Light is the power that fuels vibrations. When desire or will *driven by ego* activates Consciousness, it transforms into vibrations.

For example, when a placid lake is stirred by wind or a stone thrown into the water, it forms ripples or waves. Those waves are synonymous with thoughts in the mind. When Light or Consciousness activates or energizes, it makes waves. That is what we call “mind.” When the mind becomes completely still, it returns to its true form: Consciousness. What becomes of the mind? It simply dissolves. It achieves perfect equilibrium. Mind does not vanish like an object or vibration separate from you. Mind merges into that stillness and placidity from which it was born.

We call the mind “illusion,” but it has reality when it is moving. If you can imagine the mind merging into its Source: nothing happens to it. It is not born; it does not die. The moving waves of thoughts, memories, restlessness, disturbance, et cetera, are simply quieted. When the movement of mind becomes completely still, that is Enlightenment. If you want to really see it,

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you have to realize it, to be Enlightened. While mind is mind, it is dualistic, so there are ups and downs. The mind has its own multiplicity that we call the “world.” When that dissolves completely, it reverts back to the non-dualistic Absolute. While there are waves, they are never separate from the Substance from which mind is born. A wave cannot be taken out and put somewhere else. It dissolves into the Source. So the difference between dualism and non-dualism is nil. If you are playing it is dualism; if you are not playing it is non-dualistic. When you get identified as a mind with thoughts and desires, you lose the pure Consciousness of the Absolute. This is where “sins” or ignorance or degradation starts. So please do not take mind and Enlightenment as two separate things.

Active consciousness is mind; still consciousness is Enlightenment, *Samadhi*. So mind is not something devilish. It has relativity of dark and light, pain and pleasure, mine and not mine, friendship and enmity, hatred and love. When you return to your pure Consciousness, your “sweet home,” you have no enmity for anyone, or attachment, repulsion, pain or pleasure. Mind is “you” for the time being during that activity or agitation, as when wind stirs the water. And because you are watching it, you are identified with the drama or play going on. You see the drama of mind like watching so many waves on the seashore. It is attractive. You become involved, believing it has meaning and dimensions, and that is what we call life.

The mind we call Divine Mother; the stillness we call Divine Father. They are in union, yoga. This whole phenomenon is Divine Mother, not separate from the Source. When you become Enlightened, your mind merges back into your Beloved, the Substance, the Absolute. You return back to your true form. There is no regret. Regret occurs only when, in identification

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with dualism, you forget your true Substance, from which all this came. When you get identified with the drama and lose consciousness of the Ultimate, that is a sin, a fall. It is not the world that is a fall but losing consciousness of your Source. That is ignorance and it breeds miseries, conflicts, pain, and so on. It creates pleasure too: mind does both.

We enjoy pleasure but it breeds pain later on. However, mind is such a good projector of the “magic lantern,” of *maya*, that we forget it is showing images by the strength of the Light. We get identified with the “movie,” forgetting that the Light behind the projection is giving it life. When you do not lose sight of your origin, this world is heaven, divine—as in heaven, so on earth. That is called *yogamaya*. Then Divine Mother plays with you and you play with Her. You are conscious, joyful. You know the secrets and mysteries of creation to the extent that they are in your hand.

When you float over the waves you are blissful. Otherwise you are led by your own phenomena in such a way that you are a victim, drowning under the waves. This is called *mahamaya*, the illusion that creates ignorance and unconsciousness. The same illusion can be pleasant and joyful. So do not think that God created the universe haphazardly. It is a conscious play. You and I do not know that only because we have forgotten it. According to the Vedas, forgetfulness is the first sin. As long as you are conscious of your heavenly abode, your Light, your pure, absolute Self, Brahman, you are not a sinner, even though you may live as fully as you want. Life is meant to be joyful, to be perfect. So do not fight with your mind.

Those who have attained Enlightenment are called *sthitaprajna*, which means “established in Pure Consciousness.” For them, life is a joyful play of the Lord. When the Lord plays with Divine Mother it is



blissful. So never condemn Divine Mother. She is as good as Brahman. Waves are as good as the water. When you stand on the seashore, you enjoy watching the waves. So why condemn dualism? It is all Divine. It is all Consciousness. It cannot be other than pure and blissful

and benign. When you get back to the Reality, the placid stillness of your consciousness, all negativity, weirdness and evil just vanish. Darkness does not exist outside the Light; it is within the totality of phenomena. When Light enters, darkness vanishes. When you lose sight of the

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pure Consciousness, you see the darkness. Again when you bring in Enlightenment, darkness vanishes. Try to see this oneness. It will solve many problems. After all the analysis, synthesis, philosophies, understanding and practices, the Vedas proclaim: *Sarvam Khalvidam Brahma*—“All is Brahman, all is Divine.”

Choices have their place in the human drama, but seen from a higher consciousness, individual choices are based upon ignorance and dualism. Once you see the unity, you will choose only what is required under the circumstances. Even whatever good or benevolent acts you do can still create miseries because they are based upon ignorant choices. When we forget about God and choose for “me,” that is where troubles exist. We have lost the sense of unity, the original oneness. That is why when we fight for opportunities, choices and rights, problems remain. When you realize that everything is connected, your entire viewpoint changes. You see the world in a different light: *what is required of me* rather than *what I want*. That is the whole difference between religion and irreligion.

If you do what God requires of you that will be your perfection. Otherwise, whatever you want will always be imperfect because of mental imperfections and limitations. When you start from the right premise, your mind will not trouble you. Catch the hand or feet of Divine Mother so that your mind is focused on its original Reality. That is the main point. Then even if you slip or degrade, pray to Her: “Mother, save me. Show me the way. Make me truthful. Give me wisdom. Let me have a sense of justice. Let me see rightly. Let me not be blinded by what I want.” This applies not only spiritually but also materially, humanly and socially.

Quarrels, riots and wars manifest because everyone wants what they want. If we had one focus, there would be no quarrels but teamwork. Otherwise, even while

doing karma yoga you can be in hell because you are not getting what you want. When you tune up your mind with your Master, with Divine Mother, with your God, with your Spirit, you have both heaven and earth. Get back to your Source, into the relaxed condition where you can see how you began to desire in the first place. From there all other desires came up, which created further and further and further life patterns and phenomena. I for one would say: never consider mind as separate from the Reality. For example; if you minutely observe a flame you will clearly see that it is not only the flame that is creating a glow; both are simultaneous. Wherever there is a flame there is a glow. Where there is sun there is sunshine. Where there is a tree there will be shade. The flame and glow are one. The sun and sunshine are one.

So it is with Enlightened sages and perfected ones. They are spontaneously loving and compassionate. Whether you deserve their compassion or not, they cannot do otherwise. As a tree naturally gives shade or a fire gives heat, it is their nature. In other words, nature and God are not two things. Where there is God there is nature. You cannot divide the Creator and the creation. Divine Mother, *maya*, is inseparable from Divine Father. It could not be otherwise. Once you realize or begin to think in terms of unity and totality, even through imagination, you will condemn none and blame none. You will cease to be negative or selfish. You will no longer isolate yourself or suffer from paranoia or depression. Just try it, even intellectually, and see how much your morality changes.

Non-dualism ultimately is the acme, the absolute Realization. But that does not erase or reject dualistic phenomena. On the contrary, we say this is Divine Mother. We worship what God has created—such marvelous, awe-striking magic. Once you realize this you begin to see the people around you in a different context. You begin to appreciate those whom you disliked, thought inferior, or avoided. Not that they are perfect. They also have to grow in consciousness, but you can appreciate what they are rather than simply condemn them. For me, the mind is a plaything, a hologram. I watch it. Sometimes it is baffling, confusing, and brings in complexities. But when I look at it as being Divine Mother, what an awe-striking mystery it is!

You can travel vast distances of time and space within the mind, the astral plane. It is never ending, fathomless. Therefore, we call it limitless and



indescribable. There is no end to *yogamaya*. Where God is limitless, nature is limitless. Limitation is only a point where we say, “This is the end of it.” Again, when we discover more, nature extends on and on, universes within universes. The more we seek, the more we find. Billions and billions of galaxies have been seen and there is no end yet. This is all mind; therefore mind has no end.

When you wake from sleep each morning, what is your first thought? Watch like a yogi and see: you will be conscious of *me*. In deep sleep the mind is in the astral plane and it is limitless. You could be lost for billions of years in dreaming. That is Divine Mother’s form. We

think life—our mind and our world—is about joys and sorrows, earning and expenditures, family, work, get-togethers, eating, movies, marriages, funerals and such. That is the world we are occupied with, but the mind is far beyond this. Mind is never ending until you come out of sleep where dreams are over. Then you will see these phenomena, this mind, was all illusory but enjoyable. That is the beautiful face of the Divine Mother.

Misery and bliss are just side-by-side. Lose the focus and you are miserable. Remain in focus and, regardless of whatever comes up, you will know what to do. You will not fight with anyone. When you lose devotion to your Master, to God, to the ultimate Reality,

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you degrade. Even if you are doing a benevolent action, you can still be miserable. That is actually how you create the separation of Divine and un-divine in your mind. If you do not forget the Ultimate, the Reality behind this illusory world, you will remain conscious and enjoy life.

Someone has asked how mantra relates to mind and Enlightenment. Mantra is a powerful, mystical formula made up of vibrations. When you repeat a mantra, those vibrations overpower the other vibrations of the mind and begin to silence them. Ultimately the mantra becomes victorious over the baser, degrading, or restless mental vibrations so that mind becomes purified. There are many mantras, and each is a symbolic manifestation of God or Goddess. Each mantra also has *Om* before it, the original sound. So when you repeat a mantra, that deity manifests. Eventually that manifestation overpowers all so that you see that deity everywhere. When that happens, you again experience the unity of everything.

There are many paths to Enlightenment and mantra is one. For this Kali Yuga, which has been described in the scriptures as the “Iron Age,” mantra is an easier path because a sound is more tangible than imagination. Mantra recitation is easier than meditation, but that does not mean that mantra is lower in the ultimate sense: mantra leads you into higher meditation. In this material age, most seekers cannot do deep yogic austerities and penances for extended times. We have become busy, complex, degraded, disturbed and heavy with tensions. Yogic penances and austerities require peace and stillness and a lighter, simpler, less complex and cluttered pattern of life. Since that is not possible except in rare cases, mantra is prescribed more. You can repeat a mantra while riding the bus, walking in the park, taking a shower or sitting down somewhere.

Mantra in Sanskrit means “that which takes you beyond the mind.” Eventually, mantra brings God’s vision. By the time that vision comes, your life has changed. You will not be busy, in tension, or have many needs. When your mind gets more focused and quieted, you will dive into deeper mysteries. Mind could be your companion or partner, then you and mind become one in such a way that you begin to see differently. If you do not fight with your mind, you will not fight with anyone else. It is your tensions that make you fight with others. Your tiredness makes you irritated or impatient with others. With a relaxed and released mind, you will begin to see how you are blinded by your own assertions. When your outlook changes, you will view others with compassion, forgiveness, understanding, tolerance and love. When you are without tensions, you will not oppress or insult anyone. When you are peaceful and relaxed, you will be more cheerful and caring.

The sages have taught that God is within everyone; Spirit is in everyone; the Kingdom of God is in everyone. That unity engenders good ethics automatically. Otherwise when you are not feeling good you insult others, you get angry, as if you have a right to act that way. No, you do not. Later on when you are rested and relaxed, you say “I’m sorry,” but that is too late. Having done the damage, saying sorry does not heal it. It may let you go scot-free, but how did you heal the damage? When you feel the unity of God and Divine Mother within everyone, then your tensions are over. That unity is what we call yoga. The greatest education is self-education. See that your mind gets to its Source, to that Silence from which it emerged. Once you attain that relaxed attitude, you are going to be nice to everyone, I assure you. 🌸

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