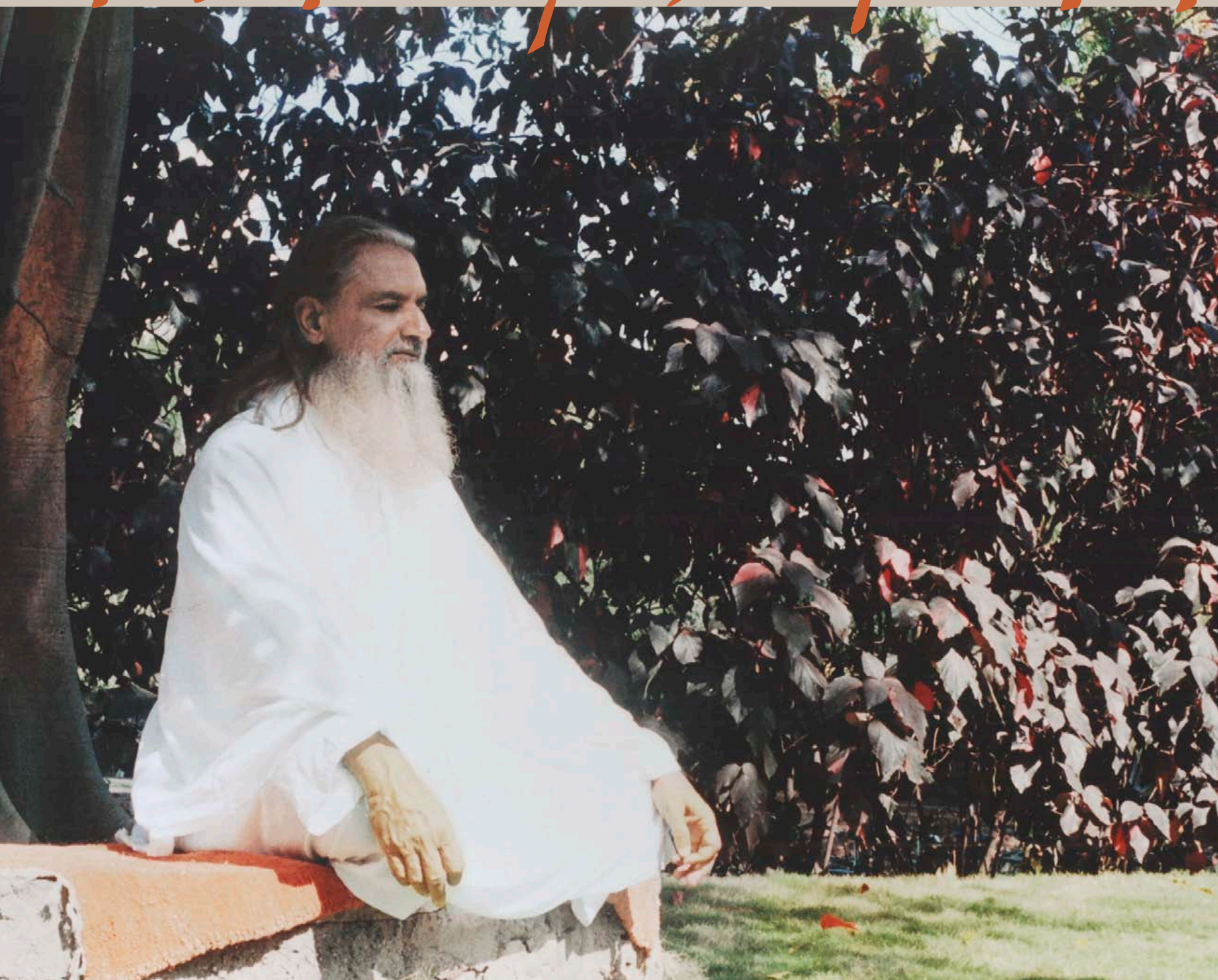


Satsang by Swami Amar Jyoti

The Purpose of Meditation



True meditation makes you transcend your thoughts, your mind, your ego. You evolve into a higher consciousness. This natural evolution is possible for everyone.

HERE ARE THREE stages of meditation. The first stage we may call physical meditation, which is semi-sleep or drowsiness. After overcoming drowsiness while meditating, you then confront your emotions, which brings disturbance or restlessness. These two are not real meditation but clearing. When emotions subside, you enter the third stage where you confront your thoughts. This is where you start reflecting, witnessing, letting go and truly begin to relax. As you coolly or rationally confront your thoughts, that is where meditation actually begins.

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Innumerable thoughts come to us, like on the ocean, wave after wave goes on appearing. This is exactly how thoughts go on rising in the mind. Just be a quiet witness. Your mind will gradually relax. This is the starting point of meditation.

you, emotions are not troubling you, and physical needs are not troubling you.

When your emotions say, *I want this, I don't want that; I like this, I don't like that*, you are not meditating, no matter how long you practice. That persistent clinging to what "*I want*," even subconsciously, will trouble you or make you sleep in meditation. You have to continue to confront your emotions, to see them. Do they give you peace? In my humble opinion, no emotion gives peace. It is disturbed, imbalanced energy, whatever the emotion. Even though certain emotions are pleasant, they will land you into the opposite emotions later on. Therefore, no emotion is worthwhile because it will not remain absolutely pleasant. When you balance your emotions, you can calmly confront your rational mind.

Innumerable thoughts come to us, like on the ocean, wave after wave goes on appearing. This is exactly how thoughts go on rising in the mind. Observe them, let them come and go. Just be a quiet witness. Your mind will gradually relax. This is the starting point of meditation. Peace is a requirement for meditation, and you cannot have peace as long as there is any untruth in your mind, or any harmful, selfish, stubborn or greedy thoughts. As long as you are even one iota thinking about "*me*," there will be no peace. This is a paradox: fools wish for peace and do contrary to it; wise men do not talk about peace—they have it. Why? Because they fulfill the fundamental requirements for peace.

If you want to meditate, balance your mind. Then you will relax and God will appear to you. The Light will shine. Meditation is the secret key to Enlightenment. It is the last stage before God

Realization. It is the only thing that gives you what you want, ultimately. The Light shines, God instantly appears. What would be the scientific term? The Force, Energy. All other technologies just kill time until we come to that fundamental requirement of balancing your energy and meditating upon that which you want to Realize.

When you come to this direct approach, you do not need anything except total reliance on God. In direct faith, you give yourself up unto Him without any reservation. That will be the moment that you Realize. That Light is in every moment, in every particle of space. It is all pervading, unbound consciousness. Whichever place or time you may be, give yourself up unto That, thoroughly, unconditionally. The Light will shine like a flash.

If you want to save energy, go within. God realization is the greatest energy saver. That is the way to reach your sweet home. When you go within, it does not take any time or space. You just drop in. This intelligence is a part of our heritage. Go the right way, you will find it. Go the wrong way, troubling yourself, and you will not find it. If you crave prestige, if you think you are a great meditator, renunciate or disciple, you will miss the purpose, even if done in the name of spirituality. Going the right way is the fundamental requirement.

Ask yourself: *Am I honest, sincere and truthful? Is my heart innocent like a child?* Then you could demand God's presence or the Light to shine. See that your gross commitments, your pulls and pushes, struggles, emotional imbalances and restlessness subside. Then you will come to the key secret of the universe: what you meditate upon you will Realize. You will know everything, not only your Self but the universe or universes. Reality is everywhere, within us and without. The question is when are we ready to see it?

Truth does not compromise with untruth. Light does not compromise with darkness. If you understand this, there is no soft, lenient or weak way to reach

Every human being is not a thinking or rational being. Most are emotional beings. As long as you are carried away by *any* emotion or excitement, you are not a rational being. We consider emotions to be part of the animal kingdom. Animals do not meditate; only humans can meditate. Psychologists may think that human beings are supposed to be emotional, but humans are thinking beings. As you subside or overcome your emotions, you stop fighting with your thoughts. Only when your mind is neutral and impartial do you begin to let go of cherished thoughts.

Meditation is when you let go and relax. Then you begin to get into the region called superhuman or transcendental. That is the real value of meditation. It is not an exercise for living a happy and peaceful life. There is nothing wrong with seeking peace and

happiness, but that is not the purpose of meditation. You can achieve peace and happiness by simple methods: do not hurt anyone, do not be jealous of anyone, do not be prejudiced to anyone, do not speak untruth, do not be selfish or mischievous. Just live and let live, and you will be peaceful and happy. Peace is the starting point for meditation.

True meditation makes you transcend your thoughts, your mind, your ego. You evolve into a higher consciousness. This natural evolution is possible for everyone. How long it takes depends upon when you decide to pierce through your barriers of drowsiness, emotions and thoughts to something beyond. As long as your mind is disturbed, you cannot meditate. When your mind is peaceful and relaxed, you will like to meditate. A relaxed mind is where thoughts are not troubling

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As you begin to explore yourself, you will see that all potentialities and possibilities are within you. God has given us this instrument; it is up to us to keep it clean. If you put your telescope in a warehouse, stars will still be shining but you will not see them.

there. It is a strong road, a bold one, where you stand face to face, your heart pure and honest. Can you be so sublime? Then you are ready. When you achieve that relaxed heart and mind, you will simply drop into meditation. Just before God appears, you forget where you are and what you are doing or thinking. This is the purpose of meditation.

There is no compromise on this razor-sharp path. When drowsiness comes, it means that your nerves need to be purified. You cannot meditate if you are falling asleep. You have to clean those things so that your energy and consciousness flow freely and openly through your nervous system. What is the genesis of this blocked energy? Somewhere within, your consciousness wants to open thoroughly, in totality, but because of blocks it is unable to do so. Whether born of attachment, hiding, prejudice, position lovingness, greed, jealousy, anger, desires or ambitions—all of these blocks limit the free flow of energy and consciousness. You become agitated or depressed or helpless, and sometimes happy for the time being. Your mind can only perform in the shadows of those blocks. Therefore, each personality becomes enigmatic.

This enigma of personality is often baffling even between husband and wife, because each person thinks, acts, feels and demands according to their blocks. This is where the enigma starts: each one thinks he or she is right. Then you suffer, which leads to disharmony and chaos. The nature of the cosmos is harmony, not chaos. Chaos occurs because of blocks. If you allow energy to flow freely through your nervous system by various methods, including hatha yoga, meditation and mantra, you will see the harmony in the cosmos even on this earth. Harmony and chaos do not go together.

Begin to impartially judge yourself and you will see that all your actions and feelings are simply the projection of your blocks. Then you justify these things, and the blocks become even more dense. You become habituated and unconscious. This means that your

consciousness, your divine heritage, remains closed. Then you begin to seek again: *I want peace, happiness, joy, light*. That cry is not wrong, but it depends on how you seek. Sometimes you are intense, sometimes mediocre, sometimes lukewarm, and sometimes dull. These are the four states. From the dull you come to lukewarm, from lukewarm to mediocre, from mediocre to intense. How intensely you seek is your free choice. Those who want to get released from blocked energy have to purify thoroughly. Give up to Him, unto the Light, unreservedly and unconditionally. Any time and at any place, God and Light is always shining. It is up to you to see.

An Enlightened being never sees darkness; an unconscious being never sees Light. They may be standing in the same place but they see completely differently. One sees galaxies, the other glimpses a few stars. You cannot expand without purifying yourself. The more you purify yourself, the more innocent your heart becomes, the greater the range of your seeing. That is the very meaning of purification. Your body-mind complex is the best instrument you could ever have. All other instruments are subservient, because you are the builder of those instruments. So, work upon your instrument first. This is where practices come in.

Your mind-body complex is a conscious being. As you begin to explore yourself, you will see that all potentialities and possibilities are within you. God has given us this instrument; it is up to us to keep it clean. If you put your telescope in a warehouse, stars will still be shining but you will not see them. We tend to believe in something other than our potentialities. Faith is required, which will truly make you religious. Purify your mind. Balance your emotions. Purify your thinking and see: *Light is there*. That is the work of meditation. It is not a technique. Meditation is seeing through your peaceful mind.

Before you meditate, see that your mind is peaceful. If it is not, see what is troubling you. Do not say, “So and so is troubling me.” The more you think about that

person, the more they will trouble you. Then when they are no longer there, someone else will trouble you. Naturally, someone has to be there because you believe others are troubling you. Is not your mind creating that? What else can God do except go on sending someone to trouble you?

When you begin to balance your emotions, you will see why you do not have peace. You want to see the Light with all this garbage intact, but how long can you avoid it? I assure you that the whole stock of incense from India will not clean your garbage. Work upon your instrument first. That is the true duty of a seeker and a disciple. Let those practices take time. That is more worthwhile than just hoping for

something instant to happen. Can something happen apart from you? Can grace descend without your taking part in it? It is better to work this way than to hope without paying the price. This is called humility. When that humility comes, you will automatically relax. And when you relax you will meditate.

Deliverance into the next evolution requires honesty, no reservations, innocence of heart, and an unconditional approach. We have to achieve that prime stage where we could wish for the Divine to appear. There is a proper connecting point where the Light could shine. If you come near that gate, it opens. This is a scientific approach and also a spiritual approach. Spiritual laws have to be followed until you transcend



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them. Then rules and laws will not be binding on you. Purity is one of the laws. Simplicity is one of the laws. Truthfulness is one of the laws.

Light is instant. God is instant, I assure you, guaranteed. God is more eager to appear and play with you than you are serious to have Him. He is eager to instantly shine if you are ready. If you are not ready, what shall He do? You want to invite Him to eat at your dining table, but your food is not ready. You want to play with him, but you have so many entanglements. You are not free for Him. When your mind is occupied with so many things, even if He brings the Light, you will not see it. Your mind will deceive you. It plays games and tricks all the time, consciously or unconsciously. But how long can we hide underground? The time comes when you have to come out. That is called exposure, which is necessary in order to clean and purify.

We are all bound by the same laws. I also will not see the Light if my mind is occupied with many other things, even with disciples. Do you think God's mind is full with creation? God is free. God is Light. God is consciousness. God is everywhere. He creates but is not bound by it. The Realized Soul or Master is free. You could be the same, provided you intensely care for it. Only wanting nearness with God or your Master has no meaning. Are you ready for that nearness? Have you fulfilled the requirements? Do you have sufficient devotion? Do you do what he tells you to do? Have you not loitered or slipped with many things? Have you not been complacent, negligent, careless or wasteful? It is not what you want that you get, but what you are *ready* for. This is called deserving.

Sometimes we get something that we are not ready for, because of the law of karma. But then we will lose it. Whether it is money, beauty, youth, friendship, prestige, name and fame, peace or poise of mind, you could lose any of these if you do not deserve them. When we understand the nature of vigilance, the commitment of devotion and faith to God or Master, then I believe that we will not have to ask for what we want. God

gives more than we need, actually. He abundantly gives everything if we are ready for it.

If you are vigilant, intense, devoted, faithful and honest, He will just carry you. You do not need to be desperate about getting Him. If you are desperate to have something from God, it shows that you are not deserving yet. If you deserved, you would relax and simply get it. Attaining the Ultimate Light or God requires just a few things. Are you intense about it? Are you truthful? Do you have devotion and faith enough to make Him do it for you? You will not have to ask for anything. I assure you: He knows your heart and mind, what you are thinking, what you want, and what you can hold on to. If He knows that you are not able to hold on to something, He will not give it to you. He might give other tinsels in between—a copper idol, a mala, conch shells—but these do not make you Enlightened. When you carry that Light within you, what else should please you?

You have the whole secret of creation within you. If you relax and meditate, you will Realize it. The Goal supplies you with the strength and energy to reach it. Potentially everyone is Divine. Potentially you are God, Light. If you love God you will do what pleases Him. We are proved and tested. Therefore, vigilance is necessary, harmlessness is necessary, truthfulness is necessary, purity of mind is necessary. When you achieve this, you will meditate very beautifully. 🌸

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