

Satsang by Swami Amar Jyoti

Quantum Spirituality

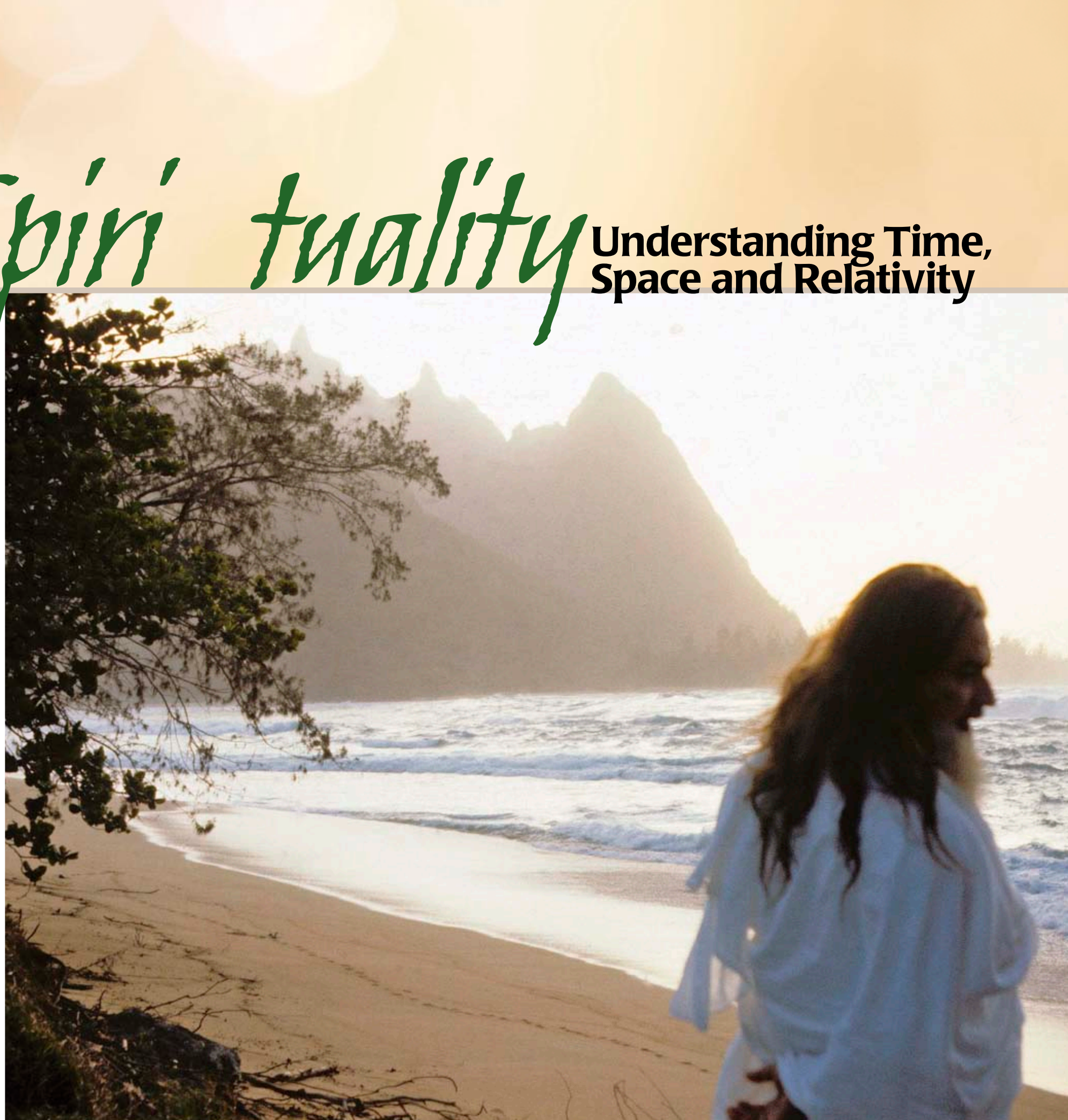
Understanding Time,
Space and Relativity

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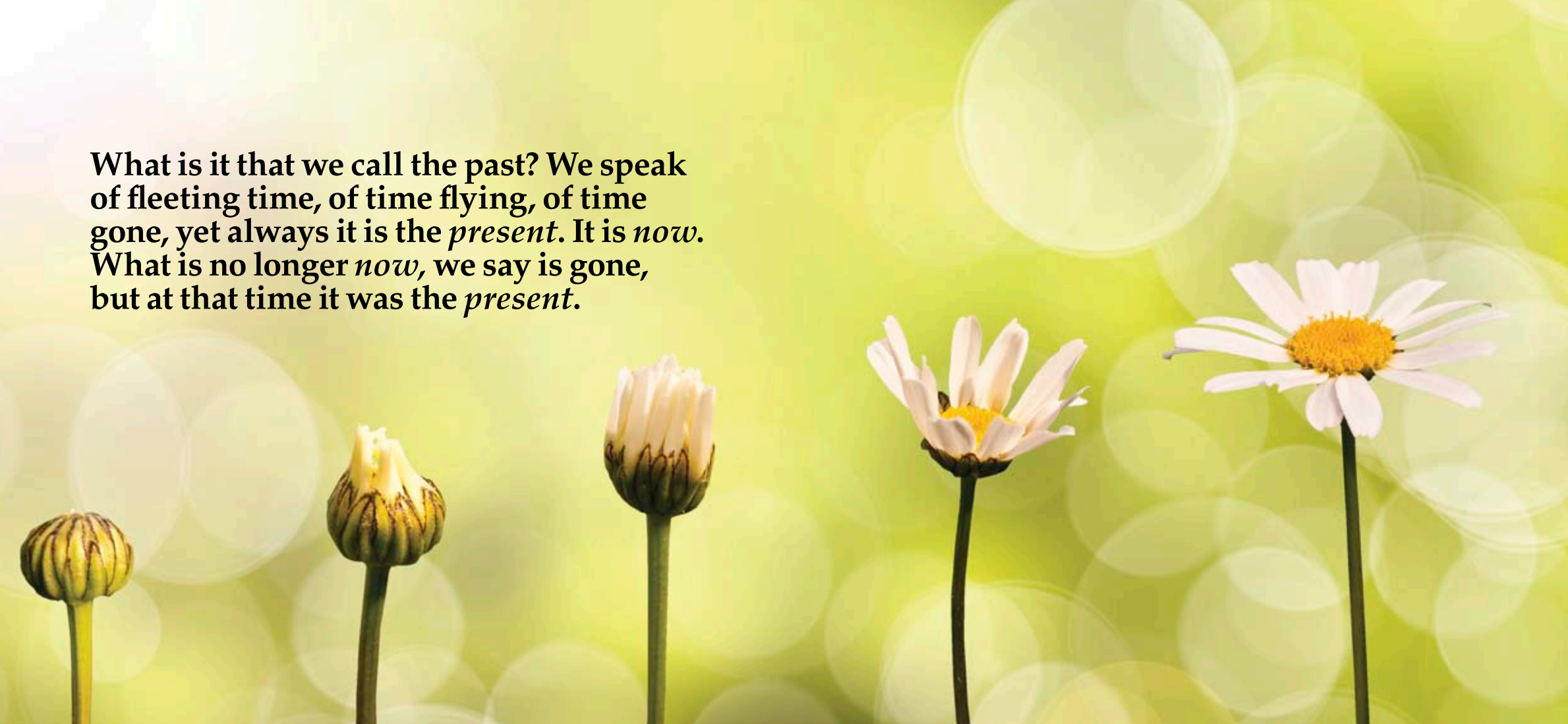
E LIVE IN a world in which we calculate time for everything, but what is this tangible point that we call time? A clock or watch is a mechanical apparatus that we have created to show divisions of time, but in the cosmos, the atmosphere, in your mind, what is time?

As with anything on the relative plane, time is dualistic—past, present and future. We pinpoint time as if it has some existence or dimension, without which we cannot regulate our life in the world. That has become our dependence. I am not trying to be revolutionary against time. However, when we talk about Consciousness, you will see that time is fictitious. We have attributed time according to the sunrise and sunset and divisions in between. From that point of view, time is dependent upon the sun, without which our conception of time falls flat. But the sun is on its own course; it does not stop at hourly junctures. Where do the division of seconds, minutes, hours, days, months, years and centuries exist? Division is in the mind and we call it time. The Vedic word for time is *kala*, which is also the term for age and death.

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What is it that we call the past? We speak of fleeting time, of time flying, of time gone, yet always it is the *present*. It is *now*. What is no longer *now*, we say is gone, but at that time it was the *present*.



What is it that we call the past? We speak of fleeting time, of time flying, of time gone, yet always it is the *present*. It is *now*. What is no longer *now*, we say is gone, but at that time it was the *present*. The future moment, when it comes, is also the *present*. You are just existing at this moment. In other words: when you do not conceive of the future or past, it is simply a continuity of *now*. When you stay there, time stands still. That is called Samadhi or superconsciousness, and when you experience this you see that time simply does not exist.

Consciousness is with you at all times—when you decide to jump into That. The word “when” signifies time, and it is *you* creating according to what you want. Your objective creation then assumes a reality to you, not to anyone else. It has no meaning for me; it is an illusion. We are living, as they say, in different timescales. Why is that? Because time is fictitious. It can have any scale you want to give it, like a ghost to which you can give any shape. In one sense, we are dependent upon time because we have given it a reality.

Now we are beset with the problem we have created. I do not mean that you should throw away your watches

and clocks, but life is meant to be lived in biorhythmic flow, naturally and peacefully. This leads to full Consciousness automatically. When you flow in tune with the vibrations in and around you, you transcend time.

Two things constitute existence in the relative world: space and time, which in Sanskrit are called *desa kala*. The relative world is also part of ultimate Consciousness; otherwise it could not exist. But the relative world is so limited, so conditioned that, in a way, our Consciousness gets trapped. Yet Pure Consciousness is so close within us and surrounding us that it is only a matter of clearing our subconscious and it is revealed. It is written in the Vedas that a flash of Realization happens. The subconscious mind has to be cleared first, otherwise unconsciousness will pull you back.

Why does unconsciousness pull you back? You have given it strength in the form of negativities: resistance, falsehood, greed, attachment, jealousy, grabbing, and egotistical assertions within your mind. When your mind wants to fly, this will pull you back. The negativities within us make our consciousness heavy. We have to be lighter to fly higher and higher.

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This heaviness or ignorance is not something anyone else can assume responsibility for, nor can you leave your mind with a babysitter. Even a Guru will not accept it, whatever you may plead. You cannot separate your mind from you. Therefore, you have to clean it in order to transcend.

When you clear your dark elements or mental impositions, you go on making yourself lighter. Then you will see that there are only two things that make your mind exist: time and space. Try to do or think or live without the conception of time and space and you will see that you cannot do it. In the worldly sense, these are the very pillars of existence. But they are also the first blocks to your true Self. Therefore, in order to transcend the mind, to dispel unconsciousness, we have to transcend space and time. That is why there is so much stress upon living in the *here* and *now*. *Here* is symbolic of space, *now* is symbolic of time.

To live in the here and now, be conscious of what you are doing. In your actions, meditations, yoga practices and duties at home and work, live in the present. Centuries back when there were no clocks or

watches, people lived and worked according to the sunrise and sunset. They lived in the present. I do not mean they were Enlightened, but this is exactly what yogis do. Be present, aware and conscious in anything you do, so that your eyes open. You might still have to be somewhere at ten o’clock, or take a flight at a certain time. We have mechanized ourselves so much that we even eat meals at fixed times, but that is a very unnatural idea. You should only eat when you feel hungry. You should go to sleep when you are sleepy. I am not trying to change society’s norms, but the more we have mechanized time, the more we have become unnatural. We are not in biorhythmic flow with our natural mind and *prana* or vital forces.

When we are out of tune with the cosmic flow, disharmonies, disunity and misunderstandings arise. In the twentieth century, I would say that one of the worst epidemics is misunderstanding. This is because modern life has become so unnatural and mechanized that it has thickened our unconsciousness. True, if we do not have proper calculations, a spaceship cannot reach the moon. Yet yogis are free of the time and space conceptions. They evoke the power of Consciousness within themselves. This may seem like a high dream but it is not. We are basing everything on our mental calculations of time and space. Naturally, that illusion assumes its own reality. Then when we are beset or tied up with self-impositions, we cannot see the way out.

On the one side, we believe that civilization has progressed; on the other side, we have become more and more dependent on gadgets and technology. If something goes wrong, you are lost; you do not know what to do. You may think, “That’s the way everybody does.” You believe that life without this will be inconvenient, but ultimately the responsibility is yours. You are the one who accepted, willingly or not, and now are dependent on these things. We believe this is progress because we can do so many things in a shorter time. Again, time comes in. You do not do things in a shorter time: time is infinite and eternal continuity. You have brainwashed yourself to believe that you have to do so many things within this much time. It is your desires, greed, comfort lovingness and pleasures that compel you to want so much at a time. Then when time is running out—which it does not—you are in deep trouble.

In earlier years some Americans used to ask me how long it takes to be Enlightened. This seemed a fairly logical question to them but they did not

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understand my predicament. Enlightenment does not take any time, but as long as you are tying Enlightenment up with time, you will not achieve it. Enlightenment transcends time. It is instant. So, when I was first asked this question, for a brief moment I was bewildered. What to say? And if I did not say anything, they will think, “He is an ignorant Swami.” Fortunately, Divine Mother always helps, and this came out: “It depends on how much time you want to take.”

If you think it takes time it will take time. That is the way you have programmed your mind. Now since you have learned the word programming in computers, you can understand this. Everyone has the potential of creative genius. We are not mechanized, programmed robots. You have the potential for infinity and eternity, but you have chosen to program yourself within the limitations of time and space. Therefore, you have lost the original purity of Consciousness. At the same time, you are hankering for the same attributes that Pure Consciousness bestows. Why? That is your original pristine form and true identity, your *swarupa*. That is why you seek the same things within, unconsciously.

Realizing this requires a quantum leap. It is not a matter of practices alone, which I certainly encourage you to do daily. Practices will make you proficient, but at the same time you should know that it can be instant. You can just turn on your bed and instantly Mother is there. You will be surprised if you are fortunate enough to experience this. Even if you are a sinner or miserable, just turn aside and God is there. Do we pay the price after that of our previous ignorance? You might, but you will not worry about it, because you do not want to go back to your previous unconsciousness. Then if you want to perform duties and actions you will attend to these with

concentration. You can refer to clocks and watches as a matter of fact, but you will not be subject to time and space.

Sages have said that when you have a five-elemental body, you have to perform some acts. You have to follow certain norms of society. Even if you are Enlightened, you will attend to these things as a natural course, but it will not touch you really. This is the way Enlightened beings and Prophets live. They adapt to the conditions of this world and the society in which they live in order to help others. That is why Krishna said in the Gita: “All these cosmic universes are in me, but I am not in it.” Once you awaken to the Light, who will go back to darkness?

To put it differently, after you are Enlightened, darkness ceases to exist for you. Everything is Light-full. In others’ eyes, you seem to flow in time, but actually

you transcend time and space. That is exactly the unified field theory. Time stands still and therefore it does not exist. To raise the mind from its objective patterns, you have to come out of it. Your patterns and habits that you cherish are your bondage. They are within the domain of unconsciousness, the domain of sleep as a dream. When you will get even an inkling of this, you will be blessed to see that your values are wrong. Probably this is revolutionary language; I could compromise by saying your values are relative. That is only the respectable way, not to hurt the modern citizens. We are still teenagers. We think our values are deep, psychological, social, human, civilized and philosophical.

If you are happy and peaceful, then your valuations are right. But if you are beset by miseries, ill health,

calamities, pestilences, discord and strife, how can your values be right? It is a contradiction. East or west is not the question here. Wrongs produce these results. What is the answer then? We have done all these things in unconsciousness. If a few valuations are right, those will produce the brighter side in individuals or in nations. Let us put it differently: during all these valuations and acts and accomplishments, did you ever think about God? Did you refer to Him as if to get a sanction? Or did you just do what you thought was okay and produce valuations within your own unconscious dreams? Your valuations must be wrong if they are not in tune with God’s will.

The first step is to clear whatever darkness there is at the unconscious or subconscious level. Refer to your God, your Consciousness, which is within you and all



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You are floating in the ocean of Consciousness, full with Light, but you are blinded by self-imposed impositions in the mind. You are allured by your thoughts so much that you do not see the brighter side at all. It is just *there*.

around you. We are submerged in That, actually, but if our eyes are closed we cannot see. You are floating in the ocean of Consciousness, full with Light, but you are blinded by self-imposed impositions in the mind. You are allured by your thoughts so much that you do not see the brighter side at all. It is just *there*.

The second step is to understand that *me* is not a bad thing, but which *me* are you cherishing all the time, or most of the time? How much capacity does this fictitious, unconscious *me* have to yield what you are asking for? Are you tapping the real me, the whole ocean of Light in which we are existing?

The third step is to merge into Pure Consciousness. When you do this, you will be pleasantly surprised to find that it was there all the time. You only had to open your eyes. You only had to shed off your reservations, narrow mindedness, selfishness, egotistical assertions and cherished garbage. You thought those were the ingredients upon which you were living and they were worth it. Why would you have to do that when you have the kingdom of God within you?

Until you transcend time and space, time has value for you. You are whiling away time in your comfortable sleep. This allurements is your greatest obstacle. When we are in a good mood we may accept our faults, but then immediately we begin to blame someone else, “Why did she do this way?” I say, “But you still have enough to work upon yourself before accusing someone else.” You feel hurt if someone mentions your junk. You quote high philosophical terminology: *my freedom, my rights*. Nobody talks about *my responsibility*.

I was reading yesterday a philosopher who wrote that if we would live every moment as if it was the last moment of our life, how would we do it? Live like that. You will see your life change. You can make every moment as your last moment and act accordingly. Then if, God forbid, a tragedy or holocaust comes, it will not bother you inside because you have already done the work. And who knows, perhaps by your transformation the very tragedy may be diffused. It has happened.

There are points of no return and I would say that humanity is at such a point now. But at the same time, from a spiritual point of view, any time is there for you to transform. We have seen predictions averted by changes in us, but it has to be collective. We need spiritual transformation for our evolution. The only difference is whether we evolve in a peaceful manner or a holocaust manner. It can happen through suffering, what you call fire and brimstone, but it can also be done peacefully by our own will and change.

God gave you this capacity but He cannot be responsible for your relative creation. You have chosen this way to do, whatever junk or good it is. Start cleaning your mind and you will see that this is what you have been afraid of, and fear is the foremost sin. When you assume responsibility, you will think twice before you create so that you do not make the same mistakes.

Yogis, mystics and realized souls go beyond the time and space conceptions of mind and become blissful, free and wise. When a holocaust comes, when miseries take place, they show the way because they have seen it. They know how it can be changed or transformed. It is up to us to listen and do accordingly, though not necessarily blindly. They will never stand by untruth. Jesus said, “the Kingdom of God is here.” As we begin to clean and change ourselves, we can change the course of history. 🌸

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