

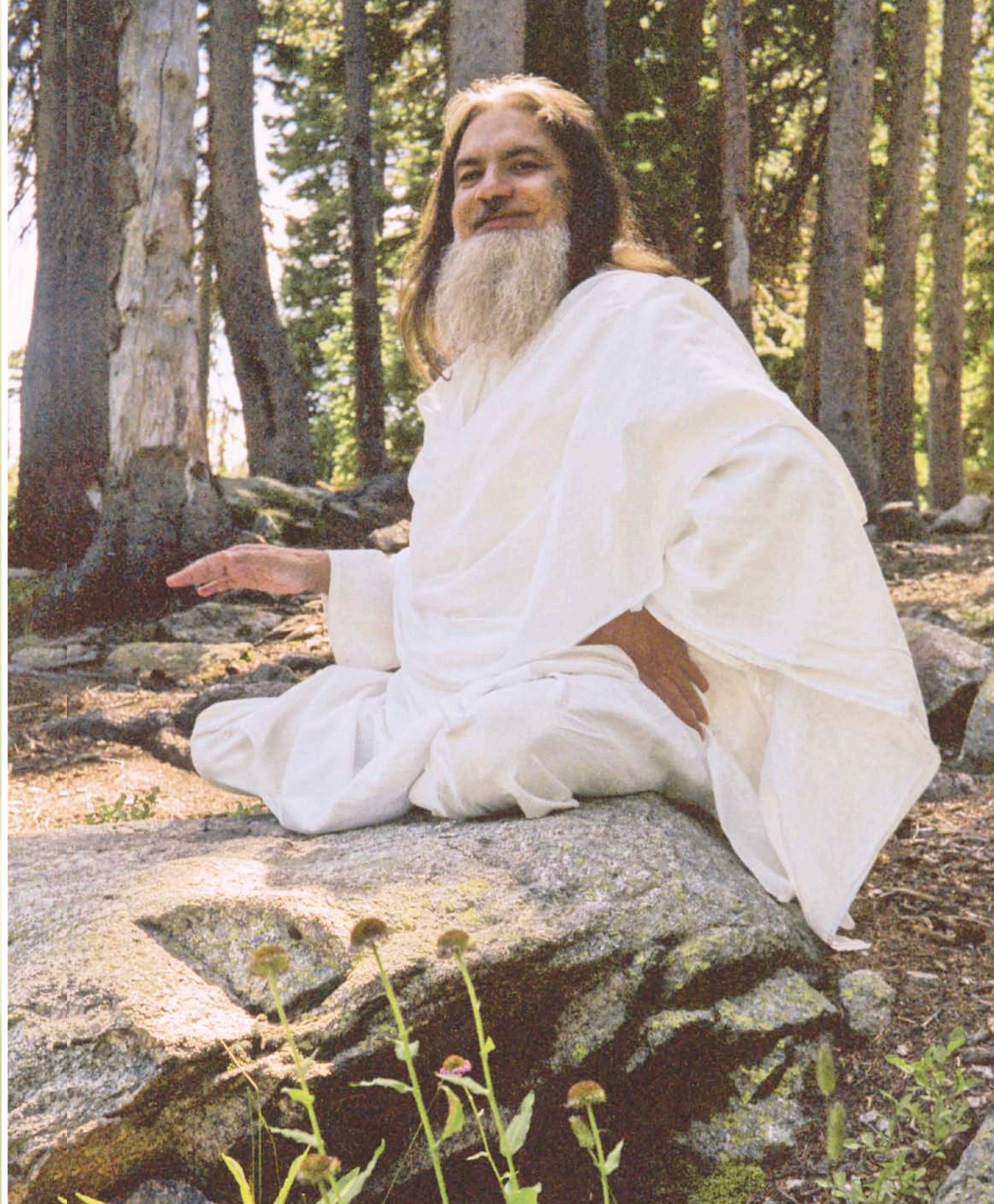
Satsang by Swami Amar Jyoti

The Yogic Way of Life

YOGIC LIVING brings you in tune with the cosmos and your surroundings in such a way that you *enjoy* life. Then your sense of enjoyment never ends and you will never get tired.

How would the world be without music? God must have thought that the world needs sweetness. According to the Vedas, speech and music are attributed to Goddess Saraswati and Lord Shiva. Wherever vibrations are rhythmic, it will produce music. If you listen to water flowing freely, you will hear music. If you listen to the wind rustling through the trees, you will hear unknown tunes. The rhythmic flow of anything creates music. Whether it is creative dance, the rhythmic flow of action, the rhythmic flow of speech—when you flow in tune with nature in you and around you, you will hear music. Whenever action becomes disorderly, chaotic, un-rhythmic, it becomes noise.

When you are in rhythmic flow, your body will feel lighter rather than exerted or tired. That creative flow is yogic living. It brings you in tune with the cosmos and your surroundings in



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If you stand on a riverbank watching the water flow, you will see that every second it is changing and new. Likewise, energy and Consciousness is incessantly flowing through us.

such a way that you *enjoy* life. Generally, we feel the pleasures of life with the senses, as opposed to the real enjoyment of living. But even pleasures, if rhythmic, will be enjoyable. This is the whole flow of life: when actions, speech, and thoughts are rhythmic.

We have often seen that enjoyments become monotonous, tiresome or boring after some time. It is not only because the pleasure sought is very short lived, but also because we cannot keep that concentration, in tune with the rhythmic flow of nature. It is hard to maintain that creative flow, but if you could do that it becomes incessant prayer, incessant meditation, through every vicissitude, not only while you sit in meditation but while you live, while you talk, while you eat. Your movements become an incessant flow, whether it is repeating the holy name, chanting, or any action including sleep. Then your sense of enjoyment never ends and you will never get tired.

You may wonder how this is possible since the world is transitory and limited, so pleasures are limited. That logic is correct, but joy can be prolonged, provided that we come into tune with our surroundings and within us too. That is where practices are needed. This incessant remembrance, surrender and pure Consciousness is called integral yoga. You flow into that without being emotional. Emotions are not bad provided they are within that rhythm. Otherwise uncontrolled emotions become dissipating and inharmonious.

When you repeat the name of the Lord inside, make it rhythmic. That will bring your breathing into rhythm, your nervous system and mind into peaceful flow. Ultimately joy, peace, harmony and Consciousness are not dependent upon any particular condition. They flow through you like a river. If you stand on a riverbank watching the water flow, you will see that every second it is changing and new. Likewise, energy

and Consciousness is incessantly flowing through us. As embodiments in the river of life, particles and atoms are flowing in and out of us continuously, yet we maintain our individual identity. This rhythmic flow is very necessary, otherwise it will be like stagnant water. We feel pain, misery or boredom when we try to trap that energy or Consciousness in us by holding on with the ego. Therefore, yogis have decried the ego. Eliminate the ego, which is blocking or limiting you, making you resistant to the truth, making you closed so that cosmic energy does not flow through you. That is where problems arise.

We often base our joy, peace and satisfaction on objects or conditions. “If this were different, things would be alright... If I had such and such, things would be better...” Our minds are habituated in this way. But if that were so, after thousands of years of changing conditions, in modern times we should have incessant

peace and joy. We can turn heat into cold, cold into heat; we have airplanes, cars, telephones. From the point of view of objects and conditions, do we not have more than we need? So why are joy, peace, sweetness, beauty and love not unlimited and incessant? The simple reason is that we base these upon objects and conditions, which they do not depend upon at all. We hang onto our habitual patterns, thinking: “This will give me this... this will give me that...” The very conditions and objects upon which we base our peace and joy are blocking us.

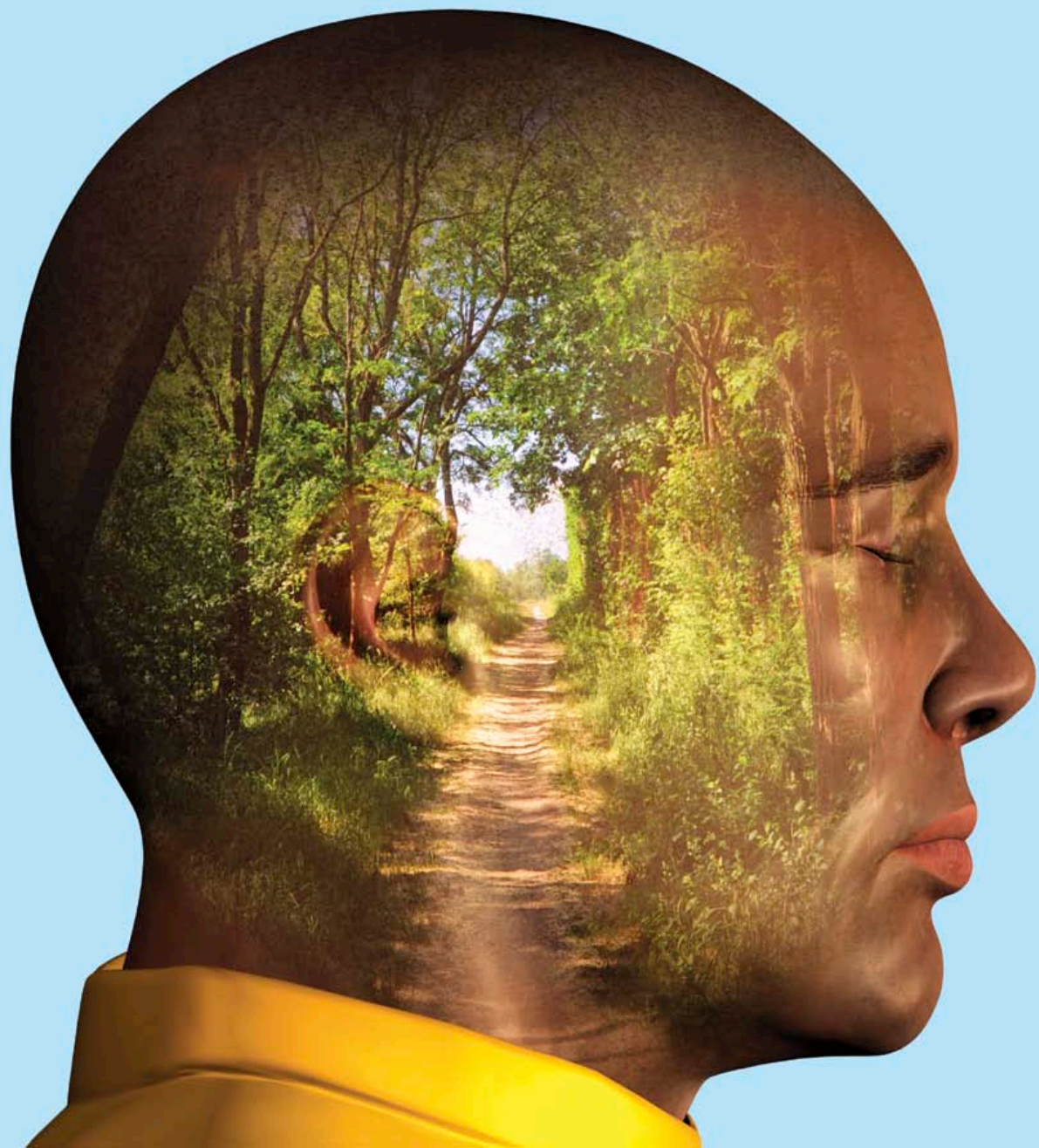
It is the mind that makes up your life and world, and the very same mind finds excuses and creates limitations, whereas happiness, peace, joy, freedom and love are unlimited. The very incapacity or helplessness that you are pleading is where you are blocking yourself. Even if you say, “God doesn’t give me what I want,” that very lack of reliance is creating your

incapacity. If you have full faith in God, it will be done. Doubt creates its own lack of fulfillment. If you are not able to love, it is only because you are waiting for others to love you. By not giving love, you are blocking the very love you want. It is two sides of the same coin. We blame the conditions, we blame someone else, and since blaming does not give us what we want, this creates doubt in our own capacity, doubt in our God, doubt in truth. The very conditions that are not favorable to us are the conditions we have created.

The yogic way of life is so simple. Truth is truth, wherever it comes from—we have to open our eyes to it. The sun is always shining, but if we cover our eyes or hide in the darkness, we cannot blame the sun. Consciousness is always flowing through us. We believe we are separate entities. That is the basic fallacy, where our misery of pain, missing and separation begins. If you could see the river of cosmic



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happiness and unhappiness, gain and loss, excitement and depression, and so on. Naturally it cannot relax. It is always churning between them. Real relaxation comes without these two. There is a connecting point between happiness and unhappiness, between peace and disturbance, between loss and gain. If you concentrate there, the mind will relax.

We are seeking the same thing that spirituality gives us, but we are basing it upon relationships, objects and conditions. We should have these, of course, but if you base your peace and happiness on conditions, you are bound to fail sometimes and sometimes succeed. If you base your peace and happiness on God, the Absolute, on your goal, not struggling between the two opposing points, then you will relax. Take refuge unto the Lord. Do not block anything, do not struggle, just release yourself into the tune of the cosmos. Let the ego merge. You will have exactly what you have been wanting. This needs practice, concentration and focus. You name the goal; you stand on that. Whether it is Shiva, Jesus, Krishna, Pure Consciousness, Spirit, Light, Father in heaven, Mother in heaven—keep your mind on that. This is the secret of success, not only spiritually but materially too.

Anything that is accomplished, even in the material world, is the result of concentration. Integration only happens out of concentration, which is the secret of life and the Spirit both. When concentration is dissipated, you cannot produce anything. The greatest souls have been those who are really genius in concentration. Their concentration is on their goal or Ideal; they are with it day and night. Their whole life becomes integrated. This is integral yoga, where your body and mind and soul are in harmony. This integration of life gives us success. During meditation, through all your actions, duties, responsibilities and relationships, your goal guides your life.

Do not separate or compartmentalize your life: “This is me in the office, this is me in the home, this

is me in Satsang, this is me in my friends’ circle.” This separation is disintegration, and therefore concentration is lost. And when your concentration is disturbed, your success is disturbed, even on the material plane. Focusing on one thing will allow you to regulate your life, your relationships, your

duties, your enjoyments and your talents. Orient everything to that. Your life will be fulfilled. Whatever disturbs your goal and focus, rearrange it. If you have no strength to rearrange, then humbly accept it with a relaxed mind. Do not agitate or resist. What you cannot achieve, humbly accept and leave it. Then you will not be disturbed. Do not get stubborn: “I want this at any cost!” For that you have to pay the price. If you have to put determination on achieving what you want, put it on your goal: “I must be enlightened, at any cost I want to attain liberation, to be blissful,” and stand on that. Then your whole life, your work and relationships, will orient according to that.

All weaknesses are due to distractions. If your mind is focused on one thing you will never be weak. That will give you strength, *shakti*. You will not fear. Fear comes out of weakness and cripples us. We fear because we lose strength; we lose strength because we lose focus. We lose focus because we divide our interests among so many things. Do not think that spiritual virtues are otherworldly. Wherever you are, you can make your life divine, provided that you focus on your Spirit. Let the Divine determine your values, whether at home, in society, or in an ashram. If you focus on your personal selfish motives, then you are disintegrated again. Nowadays we call it spiritual materialism: in the name of truth, in the name of God, in the name of spirituality you do your own wishes. That will not get you anywhere. See that your life, your body, your mind and soul are oriented toward the goal.

In that integrated mood, we are one. Who will clash with whom? Why would we be selfish? Why would we hurt anybody? Why would we speak untruth? Why would we not love unconditionally? We will not lose anything thereby. Now we even condition our love: “How can I love him or her? He’s like that, she’s like that. Oh, I have tolerated a lot. How much can I give?” These incapacities and failures come to us because we are conditioning things like love, which is

Consciousness flowing around you and through you and everyone, you would begin to lose your hang-ups and blocks. You would see that we are not separate entities. We are the whirlpools, waves, eddies, ebbs and tides of the same river of life. We are embodiments within the ocean of Consciousness.

If you just correct this basic fallacy, I assure you that you will never feel any pain, misery, depression, separation or confusion. This is pure truth, pure fact, the principle. You can replace it by God and that will be fine too: God is everywhere, inside you and outside you. When your eyes are upon God, your concentration will be focused and nothing will trouble you. It is all God. Each form has a name and all these forms are correlated with each other, never separate. That does not mean

we will not work or live the life. We will live joyfully, fulfilled, in unconditional peace and happiness. That is pure spirituality. Then you do not base your wisdom, joy, love, peace, beauty or freedom on anything but you. You do not calculate loss and gain. Whatever is, is yours, and you will enjoy it. That is what we are seeking, though unconsciously.

We think if we get our cherished things, relationships or conditions, we will be satisfied and relaxed. And when that happens we do not relax either. We are so excited that we can hardly relax. You wait for the lottery and when it comes you also do not relax. These two motions of mind, attraction and repulsion, are called *anulom vilom* in Sanskrit. Your mind constantly alternates between these pairs of opposites:

not conditional at all; it is unconditional. We feel that unless someone loves us, we cannot be satisfied. Even then we grab more, and then we are dissatisfied again.

Be loving—that is your own gain, your satisfaction. It is the nature of the soul to love. If you are peaceful, it is self-satisfying. If you are free in your mind and soul, it is self-satisfying. Freedom, love, joy, beauty, peace, and so on, are all unconditional. If you are basing any of these on objects and conditions, they will always be fleeting. Sometimes conditions are okay; then you feel okay. Sometimes conditions are disturbing; then you are not okay.

What you really want, live it. Do you want peace? Be peaceful within. If you want love, be loving. If you want joy, be joyful. Give to others first. That is the way to receive, not by expecting or demanding. Enlightenment is not imposed from outside—the Light comes from within you. Everyone is worrying about when there will be peace in the world. I say: when it will be in your heart, there will be peace. The new age, the golden age, has to start from you and me. And if a person is loving, peaceful, non-hurting and so on, they have good shock absorbers that can take the bumps. That is why Enlightened ones, saints and sages can take a lot.

You have to free your own soul. Whichever pattern of life: your family, relationships, business, jobs, talent; whether you are wealthy, poor or middle class; whether you are talented or not, it does not matter. If you are not talented, do not be jealous; enjoy and appreciate the talents of others. If you have beauty, enjoy it. If you do not, admire the beauty of others. You will bask in their sunshine. If you are jealous you are blocking yourself from receiving, what to say of manifesting it. In giving you receive, because you are open. If you are not giving that means you are blocking. Then you will not receive; it is very simple logic.

God has given us this inheritance. We have not lost it, but we have to regain it by *being*, not by expecting. If you have faith and reliance on the Lord, that faith awakens you within. Then you will see that God, Light, Spirit, which you feel is too far from you, becomes tangible. Whichever name you give, you will touch that. You have believed it is somewhere else: in heaven, unreachable, too difficult, impossible in this birth. We remind ourselves more of our imperfections

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than Perfection. This faith in your spirit, in your Lord, in your love, in your peace, will bring it to you. This one body is not a separate entity; the microcosm and macrocosm are not two different things. Truth alone abides.

Keep your focus on God, Spirit, the Light, which never dies. It will solve all your problems. This is not simply religious or theological but very practical. These are laws of nature, cosmic laws. When we break natural laws, we suffer, whether it is in an ashram, a home, a business, a government, or otherwise. If nations would just rule according to spiritual laws there would be no need for war. It has nothing to do with this culture or that culture: it is universal. Live for Him, for the truth, and your life will be fulfilled. That will orient everything in your life in such a way that it will be satisfying and lovely. It will be aesthetic actually. Why not aesthetics in everything? Why not peace everywhere? Why not love everywhere? I don't mean that you go on hugging everyone, but whomever you meet, whomever you relate to, have a few loving words. Have a large heart—it will not hurt you even though the other person could be wrong. Babies throw balloons at mommies and it does not hurt them. Others may hurl anything at you, but eventually you will forgive them. Forgiveness becomes your nature. 🌸

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