

Satsang by Swami Amar Jyoti

Keeping the

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As you live, you need so many things. And when you are used to certain things, you get dependent on them. They become a necessity, and when you do not have a necessity, you get out of balance. Then necessities multiply, you need more things, and to maintain those things you have to have time, money, energy and patience. This is how you get ambitious, and when you get ambitious you get competitive. When you become competitive you create good and bad feelings, and your peace is affected automatically. When you lose your peace, your mind loses concentration. You become distracted, confused and imbalanced.

Inner Peace





Then disharmony creeps in: within your family, your community, your workplace. When disharmonies such as jealousy and competition become a way of life, we do not even feel they are there. And time passes by.

At one stage you realize: *I want peace*, but where did you lose your peace in the first place? Tiresomeness comes and you need rest. We had all the rest we wanted—God created that way—but to have time to rest and relax is not easy. You now need something special in order to have what you already had. I am not preaching against desire but there is truth in what the old religions, prophets and sages said: even one desire can create so much drama.

Renunciates may be able to give up desires, but when you have family, a job and other responsibilities, how can you live without desires? However, desires only become a problem when we want more than we need. We need food, clothing and shelter, but when we become competitive or ambitious, we lose our peace, concentration and relaxation.

The question is, what is desire? Will or desire arose with God himself. God willed, so it happened. There is nothing wrong with desire. When you are thirsty, you desire water. When you are hungry, you desire food. Wanting to be happy and peaceful is okay. Mother Nature is very benevolent; she gives us what we need.



When you work according to your temperament, in tune with your nature, you will not have tension. Do what is your natural capacity; grow into that path.

temperament, you will not have to desire. Ambitions and superfluous desires rob your time and energy, and this leads to tragedy. Money that is supposed to be a medium of exchange becomes a goal. Acquiring more money becomes the ambition of life. It is not different in ashrams, institutes and temples. When our attention or focus goes to the medium, we lose the path. When that desire gets emboldened and pampered, we get disturbed. Then in spite of serving God, helping others, and probably living a good family life, we do not have peace. To get back our peace, health and wisdom, we have to retrace our steps back to God. We have to retrace our mind back to where it all began.

Ask yourself: Have I lost my focus? Have I lost my way? It is not by fulfilling your desires that you achieve peace, but by giving them up. Letting go is the answer. Just relax—you will see that everything is okay. Relaxation is not just an exercise or a method. We have to let go in the mind. When the mind is quiet you truly relax. When you achieve peace of mind, your heart becomes settled and wisdom awakens within you. That is your true Self. Then you will have peace of mind to love God. Then you will have feelings for meditation.

To achieve this depth of relaxation requires faith and it can be done. God will provide. Let Mother Nature do for you. When God gives, do not avoid it. Letting go of desires does not mean you cannot enjoy things, but do not waste your energy and peace through superfluous desires. When you lose your peace, whatever else you have will not be enjoyable. We can only enjoy fully when we have peace. You have to go to the deeper regions of your being, the astral plane, to truly attain peace. You have a tremendous wealth in your inner life; there are many mansions in our Father's home. We can only reach those dimensions when we are relaxed and in peace. Not only when you sit for one

Why should we exert time and energy to desire more and more? If we do, we pay the price. Buddha, Jesus and the other Prophets did not say we should live in poverty or asceticism, but to work and live so that we can also relax. If you are not doing this you are not living in balance with the Divine.

Why? If you are tired, agitated or disturbed, you will not remember God. You will not be able to love God. You will not be able to meditate. When you are relaxed, you will. When you work according to your temperament, in tune with your nature, you will not have tension. Do what is your natural capacity; grow into that path. If you are doing according to your

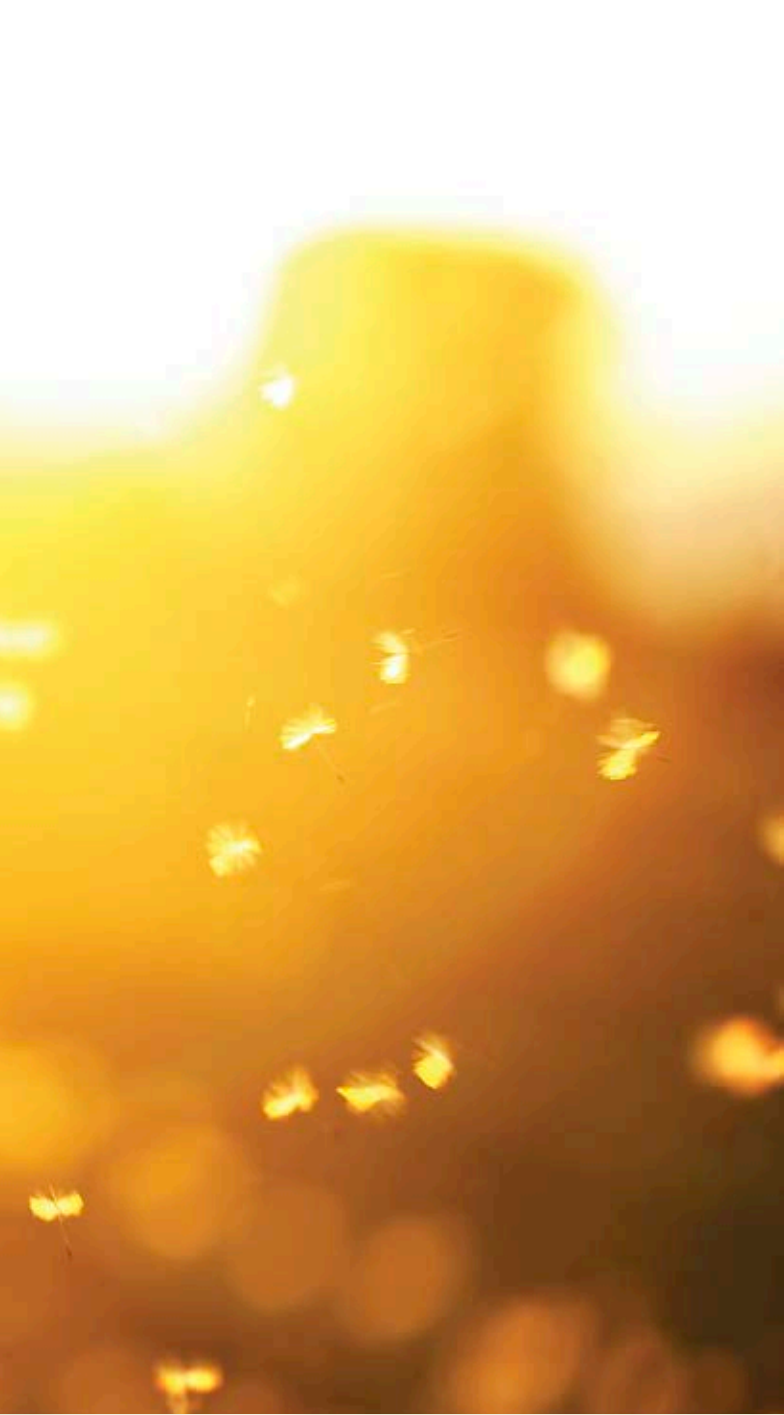


or two hours of meditation, but throughout the day and night you can live without losing your relaxation.

Yogis have demonstrated that we can live and work while retaining an inner state of peace and relaxation. They may seem to be busy: traveling, working, writing, whatever, but they do not lose their inner poise. That balance is where they are great. Whenever they sit down and close their eyes, they are just in an inner world. This inner wealth is not open when the mind is busy or agitated. Then we have to set a separate time to go within but our busy mind does not allow it. The remedy is to retrace our steps, to keep the mind relaxed and in peace. To do this we need to reduce our desires.

Now this may seem wrong to preach in these modern times. You might say, "Teach us how to pray and have more things from God." Therefore, I am repeating: it is not that we should not enjoy life, but we should not desire more than we need. Leave it up to God and Mother Nature to fulfill your needs.

Not desiring does not mean God will forget about us. If you have faith in the Lord, why pray for things anyway? Do you not believe that He will do the best for us? Let us use our time best by doing our duties, maintaining our peace, and let God do the rest. That is the way we regain sanity. It is not otherworldly. When you live in this way, trying circumstances will not make



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up or surrender, but that is exactly the way to peace. Only when you have peace and a relaxed mind can you enjoy life. When you are reading, if you are in peace you will really understand it. When you are listening to music, if you are in peace you will truly enjoy it. That balance is the law of nature. If the balance is disturbed, we lose our peace.

This is what yoga is about. The aim of all asanas, holy books, austerities, retreats and Satsangs is to bring the mind back to its original relaxed attitude. Then you will see clearly and your problems will decrease. When your consciousness awakens, you receive your wealth from within. In the beginning we have to take help from outside, from a Master, a pilgrimage, a book or meditation. But once you touch that consciousness within, you begin to get everything; healing and wisdom emerge. That is revitalizing and regenerating. Some outside help is always necessary to awaken from within. This is where the need of the Master came up. We can only stop taking help from outside when our inner wisdom begins to open. When you hear the voice of God, your cosmic nature, you do not need outside help. God and Guru are within us, but even to awaken that Presence we need outside help.

To touch your Spirit within you have to be relaxed. There is no other way. It is not by thinking and processing or trying to understand. If you relax and have peace of mind, you will know. All answers are within you. It is an unlearning method, a clearing and letting go, as if you know nothing. This leads to true Knowledge. *Be still and Know*. If you want to be Realized, if you want to be Liberated, let go and relax. It is simple. That is why sages use terms like childlike, innocent and pure.

Books or pilgrimages point the way but they cannot give us peace. The Master points the way within you. That is where you begin to realize your true Self, to know that the answer is ultimately within. The day

you restless. You will be able to face any situation. Otherwise many things make you restless and confused. Your mind cannot handle it. You wish things would be different. But if God really did what each person wants, I think there would be more chaos. It is better and safer for us that He does what *He* wants. We have to fit our desires into His will. Then we are fulfilled because He knows best. Those who prefer can replace the word God with Spirit, Light or Consciousness.

Because He is perfect, He knows best and His will is supreme. If I can fit my will or desires into His will, I am also fulfilled. He can make me a monarch or a mendicant; it does not matter. This sounds like giving



that emerges, you will receive your own answers. My answers or other answers may appeal to you, may even convince you and satisfy you to a point, but ultimately it is your own eating that satisfies your appetite. To point the way is the aim of all holy places, holy books and holy persons. To awaken the true Self is our destiny as human beings.

There are three important points. First, do not lose your focus on the goal or get caught up in the medium or instrumentation. Second, do not be ambitious or have superfluous desires; just work for your immediate needs. Third, learn to relax. The more disturbed we

are, the more tensions we have, the more diseases will crop up. The more relaxed and peaceful we are, the less disease. When you really give up and let go, your health, peace and wisdom will grow.

I do not consider anything is bad or good for all. Poison can be deadly, but the proper amount used judiciously, as through Ayurveda, can be lifesaving. The benevolent Almighty would not create anything to harm us. If we do not abuse or misuse it, anything can be beneficial. On this Earth I have never seen anything I thought useless, demonic or evil, provided we know how to handle it properly. I have never seen a bad



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tap solar energy. Hydroelectric energy, whether right or wrong, is created by channeling water through dams and turbines. Sometimes this means villages and towns are submerged and you have a problem. We harness radiation, which is otherwise harmful, to treat diseases.

Everything is heavenly, perfect, divine, if we know its proper place. The Vedas have declared this. Jesus called this the Kingdom of God. Everything God has created is supreme. There are three divine attributes in Greek philosophy: truth, beauty and goodness. It is the same in the Vedas: *satyam, shivam, sundaram*. That beauty is inherent in everything. We have to cultivate the way of seeing it. When we see partially we see beauty and ugliness, but when we see impartially, through spiritual eyes, nothing is ugly. When you will see beauty in everything, you will discover the Truth behind it. Then your prejudice, dogmatism and partiality of seeing good and evil will cease. Then you will love the so-called sinner. You will be compassionate and forgiving. You will not need to be against anyone or anything. Be open. Try to see. There may be a message for you there. God may have put some mystery in it. 🌸

person, only those who misunderstand themselves or are misunderstood by others. You only have to know how to deal with that person. If you touch a hot pan with bare hands, you will get burned. Would you call that pan evil? It just needs proper handling. This plant, this thorn, this poison, this stone—all have a place in the world. We just have to know where and how it belongs, including ourselves. Your perspective has to be different.

If I know where I belong, where I fit in, my place, my space, my problems are over. The sun has been shining for billions of years, and now we are learning how to

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