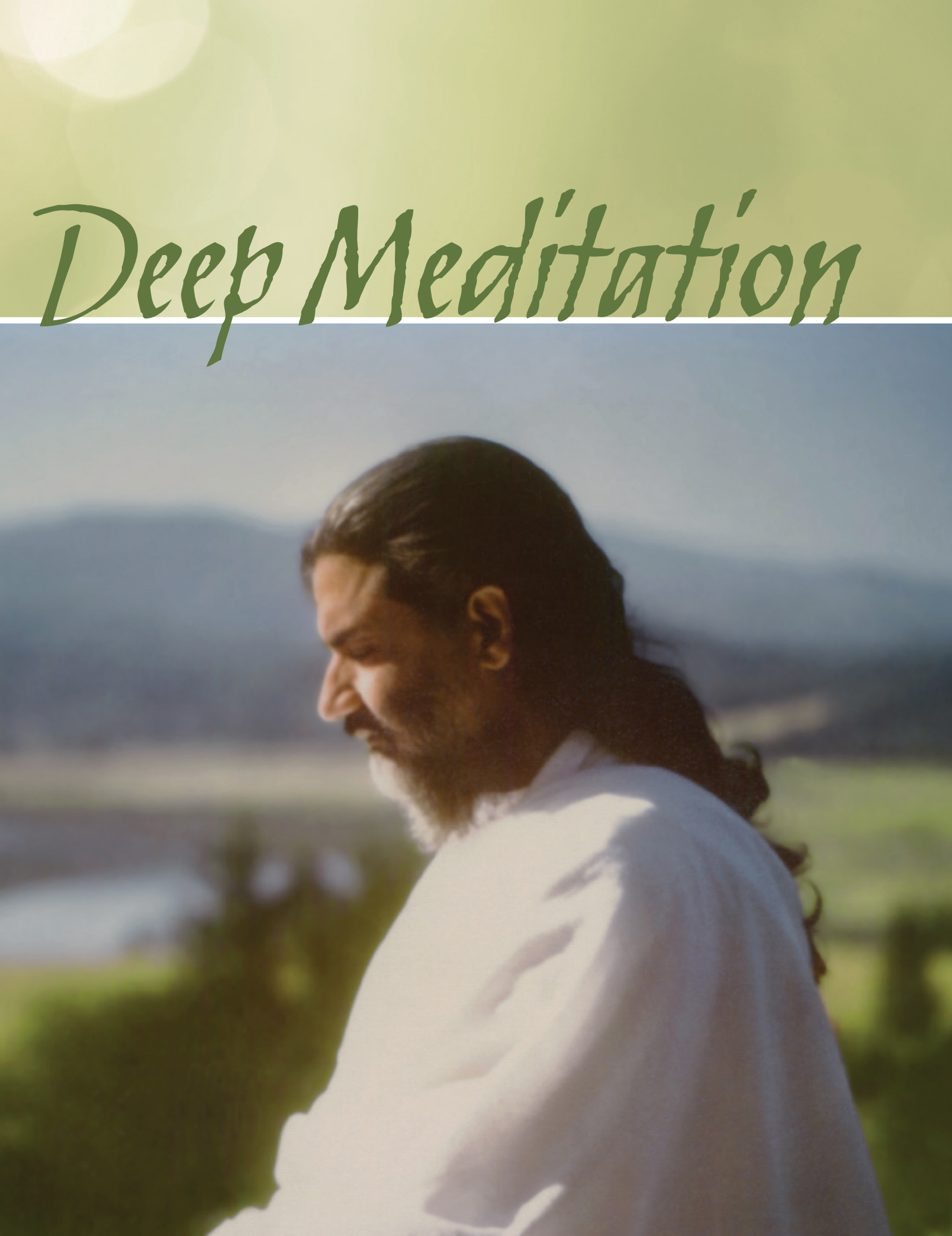


Satsang by Swami Amar Jyoti


Relaxation and

In the beginning of meditation, you try to relax, try to be peaceful, try to achieve stillness, but in deep meditation it *happens*.

IN HATHA YOGA we do *shavasana*, the “dead body pose,” to attain deep relaxation. This is actually the best pose for meditation, but we do not generally recommend it because the majority will fall asleep. Done properly, *shavasana* allows you to transcend the body and soar high into the astral dimension. The main purpose of *shavasana* is to get the greatest rest in the shortest period of time. That is because this pose restores *prana*, which in yogic language is the main regulator in the body. *Prana* has been divided into five functions that maintain the balance of the whole-body machinery. In Sanskrit these are called *prana*, *apana*, *udana*, *vyana*, *samana*.



Deep Meditation

A person with long dark hair, seen from behind, is sitting in a meditative lotus position on a rocky outcrop. They are looking out over a vast, hazy landscape of rolling green mountains covered in dense forest. The sky is a soft, pale blue with a hint of orange near the horizon, suggesting dawn or dusk. The overall atmosphere is peaceful and expansive.

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unless you merge your ego. You can only be
free when you are not “there”—when you
merge with the unbound, unlimited Infinite.**

These functions include growth, movement, circulation, assimilation, elimination, expression, expansiveness and more. When the prana is balanced in a smooth, restful way, not only does the body function well but it also gives peace of mind. Likewise, any imbalance

in prana or the nervous system will cause restlessness, tiredness and mental disturbance.

You have probably experienced at times that even after eight or ten hours of sleep, you wake up tired. Other times, even after three or four hours you may



wake refreshed. This is because the rest or sleep we have in night or daytime is actually not so much for the body and mind but for the prana. The main idea is to release tension from the inner mind that manifests in the body. We are mostly unconscious that we are

holding tension in the body, but as we go on releasing from within, the nervous system is also released, which releases the prana. You should practice shavasana daily, especially when you come home tired in the evening. Relax for fifteen to thirty minutes in this pose and your prana will be refreshed.

The best pose for meditation is the lotus or an erect seated posture. This will help you remain alert, not drowsy. In the beginning of meditation, you try to relax, try to be peaceful, try to achieve stillness, but in deep meditation it *happens*. Your trying and efforts are over. You are carried away by higher cosmic laws that relieve you of physical and mental bondage. As your meditation deepens, this world becomes flimsy and immaterial, a dream illusion of changing phenomena. Your whole conception of time and space changes. What I mean by deep meditation is when you are not conscious of the physical world at all. Then you become your astral body. In the astral plane you are a witness. You are aware of the *You* behind all those physical laws, waves and dreams. In yogic language, you reach the causal body, which is nothing else but the ego, the sense of "I" consciousness.

When you transcend ego, you come to Superconsciousness. Then the Reality that was trapped in physical form and astral form is released. The block for Realization is nothing but *you*. If you want to be conscious, Enlightened, this block has to go. Your soul wants to be free and you cannot be free unless you merge your ego. It seems a paradox but it is real. You can only be free when you are not "there"—when you merge with the unbound, unlimited Infinite. Then you are released from all ignorance. You are lost into That and find yourself as all-pervading Reality. You are neither a doer nor a witness. You are what you *are*. That is why the scriptures say, "Thou art That." When you can no longer exist as an ego personality, that points you back to the Absolute, Pure Consciousness, Christ consciousness, Buddhahood, Krishna consciousness. Just break the shackles of limited consciousness.

Normally we try to conquer or dominate nature to make it do something for us, which is ego. Just allow things to happen for you. Then it is not ego in the sense; it is subtle ego. That is, you want that subtle sense of enjoyment as a witness, an observer. If you have no interest, why should you observe? You cannot express yourself if you are not the ego. Egolessness transcends

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both positive and negative; it becomes neutralized and then merges. That transcendence in Sanskrit is called *turiya*. Sages have said, "Thou art That." This Realization is beyond thoughts and words. Only then can you say, "I am That," because that is already *You*. You are unbound, beyond time and space.

When you come back to your true Self you will see that you are eternally so. You have not achieved something new, you had just forgotten. You were so occupied with your material, gross forms and thoughts that you could not see your true Self. When you relax you come out of physical and mental bondage. The only point is to Know Thyself. How can you do that when you are involved in so many activities and disturbances? But who created those? You created them and then got occupied. But when you come back to your Self, all that seemed important disintegrates like sand houses. You may act but you will not be identified with or lost in the illusion. You will be *sahaja*, natural, a realized soul. When you reach that state, there is no kick or thrill. You will simply know: *I have come back to my sweet home*. You resign unto your Self. Contentment, not achievement, is the source of happiness. True real peace and the highest bliss resides within you.

You can remove your own forgetfulness, but you hold on to so many things that you call important and practical. You think these are the purpose of life. But each time you make something the purpose of life, it is shattered the next moment. Has anyone ever achieved the purpose of life? There is no other purpose than coming back to your true Self. Until you realize that, you will continue to take rebirth. When you come back to Oneness, to bliss, you will have no questions. You will not need anything. It is very easy. Do not fight with your ego because it will fight back. It is kind of a mirror: each punch you give, you get punched back.

Coming back to your Self is very simple. The way is through deep meditation, not through thinking or understanding. Do not worry how the world will go on. It is fictitious, surface creation. When you are lost to the physical world you will not lament. Once you have bliss, *ananda*, you are supreme. When you are in bliss all the time and at all places, you are Lord. You will feel no loss or gain, nothing to achieve, no lamentation, no grievance, no frustration, no hope or hopelessness. You become free, a child of bliss. You will be naturally contented with whatever relationships and possessions you have.

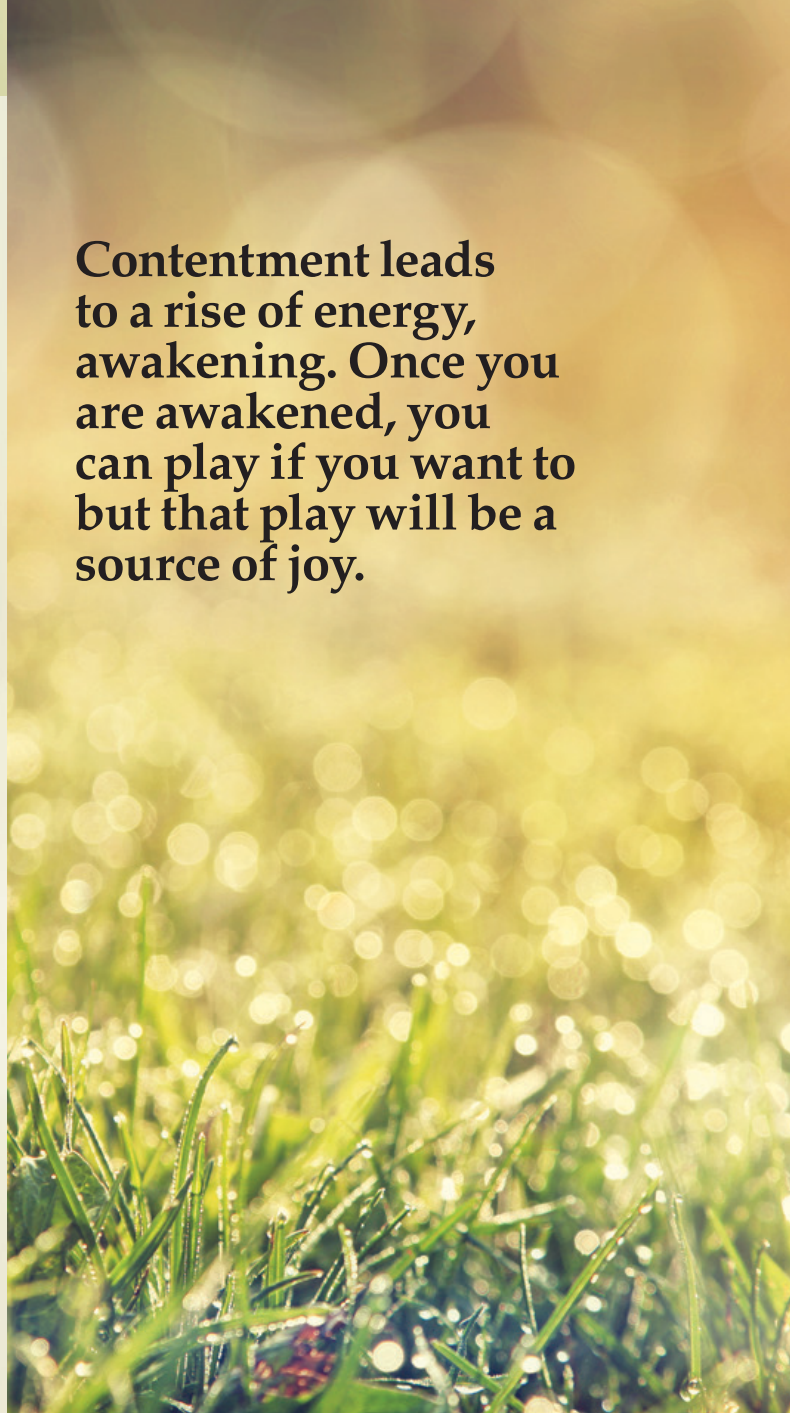
Deep meditation will take you to *samadhi*. Sleep is unconsciousness, ignorance. Samadhi is superconsciousness, awareness. On the devotional path we call it love of God. You become so intense with longing that your ego is gone. Once you touch samadhi, you are a sage. A thinker is still beset with suffering and ignorance. When you are a true lover of God, you are a yogi, a *mahayogi*. Every time you touch a deeper layer of meditation, you are more purified. Then, all of a sudden, it clicks and you are gone. You are beyond temptation. You are pure, pristine, glorious. You are lost into That and you come out as a pure sage. Sages are the most peaceful, relaxed beings. They know how to withdraw and be themselves. That is the only difference. Ordinary people are occupied with how to be like others; a sage is occupied with how to be himself or herself. They have achieved that Self which everyone is seeking.

These are the two methods to Realization: intense love of God or deep meditation. Whether you take the path of knowledge, *Advaita*, or the path of devotion, *Bhakti*, both will take you there. Selflessness will purify you but it will not lead you to Emancipation. Even after doing karma yoga, selfless actions and charities, you will have to go into deep meditation. And if you do not love God deeply, no amount of meditation will release you. But if you know your Self, you become immortal. That is the purpose of life: to attain immortality.

The realized soul, the perfected one does not see the body. His body may die but, as a spirit he is immortal. In the whole universe if you try to achieve anything else, it will be humbug, a play. Even if you go through deep meditation, your love of God will grow. Put it another way: when you love God intensely, automatically you will be in deep meditation. These are interconnected, including love of Guru. Selfless action purifies the heart and reduces karmas so that we are lighter to go higher. That is why those who are accepted by God—if we can use that language—are only those who love God with all their heart and mind and might.

Normally we say, “Let me finish this, this and this. Then I will focus on the goal.” This is a genuine fallacy. I would put it this way: unless you reach there, how can you finish anything else? When you go home, “playing” is over. Sages have compassion for those who still want to play, but playing is not the purpose of life. To attain eternal life is the purpose of life—immortality, the real Self, which never dies. If material goals are the purpose of life, it should be always joyful. Then why do we

Contentment leads to a rise of energy, awakening. Once you are awakened, you can play if you want to but that play will be a source of joy.



have miseries? When you are Enlightened, awakened, this has been called *sat-chit-ananda*—“existence, consciousness, bliss.”

Work or action is not the goal of life. It is for our purification and to care for God’s creation. Repairs and maintenance are not the purpose of a factory or industry; some production is there for which the factory exists. It is the same with *sadhana*, spiritual practices. Out of friction or churning we come to meditation. Once you have contentment you will relax. You will not try to change conditions. At the most you may pray to God, “Grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom



to know the difference." Contentment leads to a rise of energy, awakening. Once you are awakened, you can play if you want to but that play will be a source of joy.

Those who have attained God Realization have got the whole world back, more than anyone else. Practice relaxation and deep meditation and you will achieve everything. Act as a duty, not as a source of entertainment or attachment. It will purify you. Ambition is the aim of transitory life, no doubt, but as far as eternal life is concerned, ambition is a distraction. Self-expression of the soul is achieved through intense love of God, intense love of Guru, intense meditation. Nothing is higher than that. 🌸

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