

KNOWING: How Feelings Connect Us with All Life

LIGHT OF CONSCIOUSNESS

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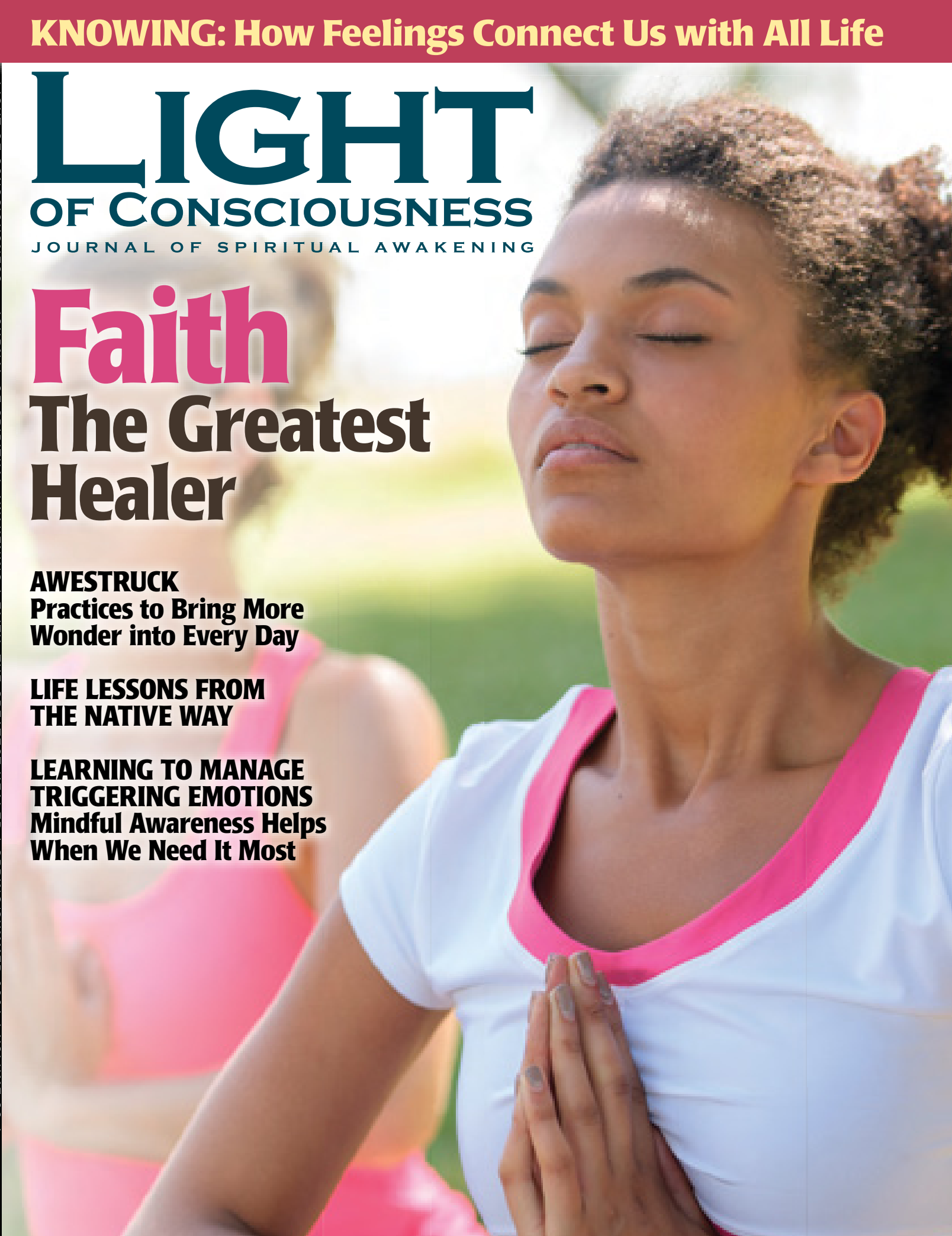
Faith The Greatest Healer

AWESTRUCK

**Practices to Bring More
Wonder into Every Day**

LIFE LESSONS FROM THE NATIVE WAY

**LEARNING TO MANAGE
TRIGGERING EMOTIONS**
Mindful Awareness Helps
When We Need It Most



Satsang by Swami Amar Jyoti

Faith, the Greatest Healer

**The Light is the source of all health.
Drive away your ignorance and
come to the Light. Your mind will
be a perfect instrument of God.**

YOU HAVE A DOCTOR WITHIN, if you can touch it. This is not simply blind faith, it is a fact. Healing power is within us and it works as truly as any other medicine.

Just as we carry the seeds of karma to our next birth, we carry the seeds of disease. If you are not healed in this lifetime, you may take it to another life, whether it is physical or mental. Trust, which we call faith, is a *must*. Do not allow mistrust to affect you. Doubt is a disease. Mistrust denies communication, and when communication is denied or blurred, your cure will be delayed.





Have faith, trust and focus, and see how your life becomes sublime. Life is changeful and transitory, no doubt. It is *maya*, illusion, but it can be fun up to that point.

They say that what you see is knowledge, but there is a catch: you see with your physical eyes or your inner eye according to your level of consciousness. Your reality is what you perceive. If you profess to believe in God but inside believe in yourself, God is not going to come. What you truly believe is going to express. Therefore, everyone thinks they are right—from the angle they are *seeing*. If you know the nature of a thing as impermanent and rely upon it only to that point, there is nothing wrong with this. The illusory and transitory may be used, lived and played with as long as you are conscious that it is not permanent. This is how the wise live in the world. However, if we depend upon what is transitory, we will be deceived. Therefore, you need the power of conscience to distinguish between the Real and unreal.

Does healing come from within you or outside you? Normally the saying is: “Where there is smoke there is fire.” In the case of disease, where it resides is where the healing is needed. If true healing comes from elsewhere, it is because we have joined our inner power of healing with it. Not that medicine cannot cure you. The question is whether that is curing you alone or your faith and trust are integral to your healing? I am not against doctors or medicine. Please take their help, as well as herbs and other natural remedies created by God and mother nature. The question is whether these interventions heal you or you are healing yourself? The simple answer is: if medicine is the actual cure, why do the same methods not cure everyone? There must be a missing factor for those who are not cured. Why it doesn't work? The normal religious explanation would be that you lack faith. A more analytical approach might say that somewhere within, you are doubting—not so much the medicine but the cure itself. Somehow you are feeling that you will not be cured or that you will suffer. You may doubt the remedy or feel helpless. This lack of conviction prevents you from being cured.

What works for all is the Truth; what works for some and not for others is not the truth. The same thing applies to spirituality. It is not because we labor hard with meditation, yoga, and other practices that God

appears. Your inner faith brings that vision. That is what God hears, or you yourself hear. Your own inner truth is what establishes what you want, not untruth. There has to be conviction, trust and faith, whether it is physical healing, mental healing or spiritual healing. It is not so much what you think or ask, but what you are *inside*. Your mind may say one thing but your inner Spirit hears it first. You know what you truly are. Simplicity, therefore, is very important. You have to be straight, not in the sense of modern arrogance but in the sense of concentrated and one-pointed. The Truth is one. Focus on that and everything else will follow. You will see, wonderfully, how things will unfold.

Have faith, trust and focus, and see how your life becomes sublime. Life is changeful and transitory, no doubt. It is *maya*, illusion, but it can be fun up to that point. If you catch the realistic backbone with faith, you will see that temporary phenomena revolves around the Eternal very nicely. You will not fear to die. You will not fear to live. It is lack of faith that makes you afraid. We are talking about freedom, not fear. Somewhere you need to renounce thinking. Do not be thoughtless in the sense of insensible, but realize: “I have thought too much; let me have trust.” This will make your path shorter. Tensions and thoughts make the way crooked. There are many probabilities, but possibilities are only one. We are trying to make probabilities as possibilities and that is where we are wasting time. When the mind gets crooked, complex and confused, what would you expect? You have thought, planned and played games. Now your mind needs to relax, be quiet, be calm. The solution is there. Just have trust and patience. Things will be so clear and brilliant that you will not have to worry. When we have this attitude, we will see in retrospect how, in many situations if not all, problems would not have come. We might have behaved better. We might have been wiser. But since we have initiated actions in the past, the results will take time. We have to wait for that moment, to keep quiet until it enters the stillness.

Apply this to your own life situation. Have one focus, one faith, one trust, otherwise your focus will be divided. This is not dogmatism, it is real *sadhana*. Sadhana, or sincere practice, makes you *siddha*,



perfected. You cannot do sadhana by focusing on more than one goal. Focus on *that*. Relax and see the results. God will do through you. The Spirit will move through you. He knows what He is doing. You do not know what you are doing. When God does through you, you have no problems. You see clearly, and that will give you healing—physical, mental and spiritual.

According to Yogic science there are three levels of affliction or suffering called *tapas*. On the physical level tapa creates physical disease. On the mental level it creates worries, anxieties, insomnia, sadness, depression and other psychological problems. On the spiritual level it creates misery or ignorance. We see the spiritual level the least because it is so one with us and basic to our existence, but that is actually the first and foremost disease from which all other diseases emerge. Because

of our unconsciousness and ignorance, physical and mental conditions are born, including loss, separation, agitation, tension, anger and greed. Normally we start by curing the physical disease, then the mental, and eventually the spiritual, but ultimately this does not work. If we do not heal the mind, diseases will continue to crop up, even if we undertake all possible remedies.

The mind creates our physical reality, both pleasure or pain. When you try to change your mind from gross to subtle, from painful to pleasurable, from negative to positive, you will find that you get stuck between these poles. The reason for this, as given by the sages, is because your unconsciousness, the source of disease, is still existent. We are born, live and die in unconsciousness, but because of *maya* we cannot see it. We are not only habituated in unconsciousness, it



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efforts that you come in rhythm and tune with your true Self. If you are simple and focus on your goal, your problems will cease. When you are complex your mind wavers and wanders. Even if your mind becomes relaxed and in tune, after some time it will become restless again. Ask yourself what happened and you will see that you are out of tune with your God, your Self. When you are out of touch with your Spirit, your very basis of contact is lost. When you are conscious you are alive; when you are unconscious you are dead. Therefore, be present.

Outer darkness you can see with these eyes but inner darkness cannot be seen. It has to be felt, and for this, insight or concentration is needed. Then you will see the darkness which is ego. The Light is the source of all health. Drive away your ignorance and come to the Light. Your mind will be a perfect instrument of God. Spirit, mind and body are not three separate things. They are interconnected: mind within the body, spirit within the mind. Is cotton within a bedsheet or a bedsheet within cotton? Both are true, according to how you see it. The cotton within the sheet is all pervading. The clay within the pot is all pervading. Your Spirit and Light are all pervading.

God is not only here or there but everywhere. If you see the Light only in your small child, you will not see it everywhere. Some say God is in the sky, in heaven, over the clouds. There are so many theories but perceptions are not Truth. Until you come to an unlimited, comprehensive, all-inclusive Reality, you will only be hopping around or shopping around. Truth is one. That is your cure. If your mind is on God, even if your body suffers it will not trouble you much. When

is the very fabric of our nature. Sages therefore advise that unless we surrender and let go, unconsciousness will not leave us. To come out of unconsciousness, you have to dissolve yourself. Modern man takes pride in having tensions and defenses. Why? Because ego wants to exist and defend itself. So unconsciously the basic disease remains. This is why, every time we want to heal ourselves, we turn to outside agencies or catalysts. Not that I am against doctors or medicines, but they cannot cure without your own cooperation. In unconscious living you put efforts. Once you are conscious, you live spontaneously and creatively.

Surrender everything up to God. This will heal your ignorance. It is not by efforts that you come out of unconsciousness. All your efforts cannot remove one shadow. On the contrary, it is only when you give up

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Sat-Chit-Ananda— Existence, Consciousness, Bliss.



your mind becomes identified with pleasure and pain, you lose your focus.

This is the goal of life: to come out of unconsciousness into Consciousness. As the Brihadaranyaka Upanishad reveals: "Lead me from untruth to Truth/ Lead me from darkness to Light/ Lead me from death to Immortality." Whether you pray to God or analyze within you as a philosopher, you want to come out of the unreal to Real. This healing process is within everyone. By all means go to doctors, take medicines and herbs, but remember that the power of healing is within you. Believe that you can drive away your unconsciousness if you intend it, if you focus on that. See that your concentration grows in meditation. It will give you everything, including communication between Guru and disciple, Lord and the devotee. This is the direct pipeline through which you receive, not through ordinary understanding or explaining or discussing. It has to come through sincere, one-pointed dedication and devotion.

You have to go through your own pipeline to the goal, and if your pipeline has cobwebs or mud—even if it is filled with perfume and roses—it has to be cleaned. This requires honesty of purpose, loyalty, faith and trust in the Real. After your conscience is used to discern the unreal from the Real, darkness from Light, untruth from Truth, then you meditate. Determination has to come first. Meditation without pre-conviction or pre-determination will not be fruitful. What you *determine* is not *reality*, but you determine to pursue it through meditation and concentration. That is why the intellect has been given: to determine. When the heart and head join in determination and conviction, faith is born. In other words: determination plus conviction is equal to faith.

This union of head and heart is necessary for full-fledged faith. When there is a clash between your head and heart, you do not know what to do. If you follow the intellect only, the heart is imperfect. If you follow the heart only, which is better than the head only, it will still be imperfect since your head is not cooperating. The union of heart and head, the fourth and the sixth chakras, is very important in order to reach the seventh chakra. Then the head and heart become united. Thinking and feeling have to unite so your whole being becomes one. That is why Jesus said, "Love the Lord with all thy heart and soul, mind and might." Your heart and mind have to converge in one focus and

concentration to unite your whole being. When your heart and mind converge in one rhythm, one tune, you will be whole. When your feelings, thoughts, hands and feet all converge, you will travel swiftly toward your goal. Then you are blessed.

It is not only pain that distracts us but pleasure too. You cannot pray to God to give you enjoyments only. That is why Jesus said, "It is easier for a camel to pass through the eye of a needle than for a rich man to enter the kingdom of God." This applies in general to holding onto desires in the mind. You have to be truthful, simple and giving, so much so that when God puts you through "the eye of a needle," you will flash through like lightning. When you go through that door of heaven to the other side, it will be a floodlight. Your entire *being* moves in one direction. You will see love flowing. It will be spontaneous, creative living.

When you find your true identity, you will have joy and love without interruption. You will be conscious all the time. You will be wise. You will be *Sat-Chit-Ananda*—Existence, Consciousness, Bliss. Realization is what you *become* rather than what you have. Life should be giving unto others rather than grabbing and snatching. When you come in this tune, cosmic energy flows in you and through you. You become a channel, a tap to the Divine. Then you will always be refreshed. That is the way cosmic energy works: it flows like a river. That whole energy can flow through us, from me to you, from you to him or her, then onward. Then you will never feel loss. You will never be selfish. Make yourself a channel of that: "God, not me but Thee. Everything is Thine not mine. Let me be Thy instrument." Then you will be open and free. The Spirit and Light will shine through you and you will become a perfect instrument. 🙏

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