

ALLOWING SHAKTI TO FLOW: Awakening to Freedom & Bliss

LIGHT OF CONSCIOUSNESS

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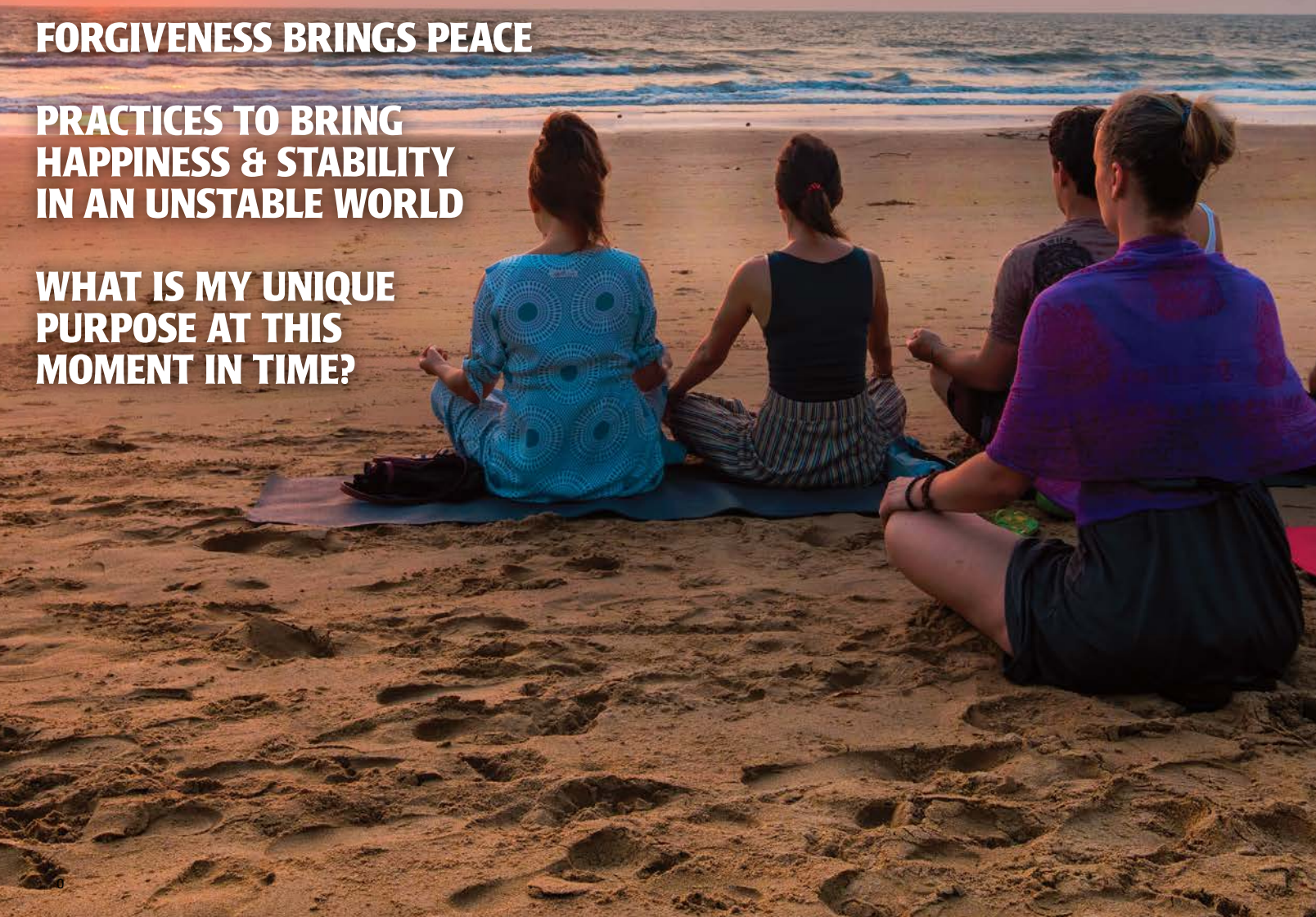
**GANGA RIVER
PILGRIMAGE
A Photo Journey
in India**

Healing Ourselves and Our World

FORGIVENESS BRINGS PEACE

**PRACTICES TO BRING
HAPPINESS & STABILITY
IN AN UNSTABLE WORLD**

**WHAT IS MY UNIQUE
PURPOSE AT THIS
MOMENT IN TIME?**





Satsang by Swami Amar Jyoti

Healing Ourselves and Our World

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HATEVER IS TRUE for a single individual is true for all of humanity. Whatever is true for our planet is true for the solar system, this galaxy, the universe and cosmos. If a soul born on Earth does not achieve their full potential, despite grace and opportunities, what will happen to that individual? They will reincarnate. In the same vein, what will happen to the Earth if humanity does not evolve to higher consciousness? Does reincarnation apply to the Earth as well as humanity? On the geological level, if the Earth disintegrates or becomes a black hole, it will be like an asteroid hurtling in space: dead. So where is the reincarnation of Earth?



Let's reverse the telescope. You and I appear to be solid beings, but under a microscope there are infinite particles that make up each body. In spite of this, we are all one Being: *Purusha*. Likewise, from a distance each galaxy seems a single shining Being, but when you look closer it is made up of billions of details. At the atomic level there is vast space between each molecule. Whether it is a person or humanity, the Earth or the cosmos, life in totality continues. When we pollute the land or water or air, innumerable life forms are affected. However, these changes in formation are only from one part to another. Water becomes vapor then becomes ice. Trees burn into ashes and are reborn through seeds. Matter and life change from one form to another but the totality of Being remains the same and constant.

Our consciousness, individual and collective, affects all of humanity. When you throw a pebble into a pond, the ripples that form go on flowing and intermingling, intersecting and overlapping, but they do not erase the other ripples. In the same way, our consciousness, good or bad, affects us all. This is what we call karma. The law of karma applies to individuals as well as nations, tribes, humanity, the Earth, the solar system, the universe. Ultimately, we are one Being.

Just as your hand is part of your body but can act on its own, you are still one Being. Whatever affects my hand affects me. Yet within each body or organism there are myriads of beings. This in Vedic language is called Universal Being—*Virat Swarupa*.

All beings together are one Being. The law of karma reveals our inter-connection and interdependence. Once you understand this basic truth, you will see how the collectivity of karma, good or bad, affects humanity. Climate changes such as storms, hurricanes, volcanoes, lightnings, floods, fires and drought are all connected with us. Thoughts are vibrations of the mind and they are very powerful. We may not see our effect on that level because we do not analyze in that way, but war, suffering and Earth changes are all interconnected with our minds.

The more each person grows in consciousness, the more humanity will be conscious, and this will raise the consciousness of the Earth. Earth's evolution will benefit us and our evolution will benefit the Earth. So, when we are teaching you to open your consciousness, we are trying to help raise up the entire planet. Therefore, I do not preach much about pollution and climate change because those are symptoms only. There is a deeper malady. We ourselves are responsible

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for these problems because of our greed, selfishness, power-lovingness and egotistical domination. We are divided and separated. Therefore, to solve problems such as pollution we create something else, and that eventually becomes a malady itself.

How does higher consciousness apply to pollution and climate change? If we are *conscious*, we will not create these problems. It is our unconsciousness and ignorance that makes us harm the Earth and our fellow beings. If we awaken, we will not do the nonsense that creates these maladies. To understand this, we have to go beyond ethics to the spiritual. A prophet or enlightened being can affect the consciousness of the entire Earth. They can affect millions over thousands of years. If you are awakened, you raise the consciousness of humanity. Raise your consciousness: everything else will follow.

We may believe and profess and sing that we are all “one” but that is an over-simplification. Higher than that is a unity of seeing things. For example, within an ashram, there may be forty duties or activities or branches of work. To me these are all the same, none great or small, and I want these duties to be fulfilled. Then someone in one activity gets egotistical or possessive. They see only what they are doing, so much so that it supersedes the rest of the whole panorama. But when I see from here, those forty egos are one unit. Whether it is someone cooking, sewing, doing accounts, carpentry, painting or gardening, each one wants to do their work properly. But when someone supersedes others, as if nothing else but what they are doing is important, then they affect those other activities. Then I curb that egotistical person so they do not make a mess.

Now just magnify this example to include the Earth and beyond. When the balance is disturbed, God sends calamities. These appear to us as destruction and

miseries, but God is creating balance. There is a saying in India that God’s only job is to put high those who are sitting low, and to put low those who are sitting high—to balance it out. From your home and community up to the cosmos it is the same. If one part of your body begins to get out of balance with the rest of your body, you consult a doctor and they may recommend surgery. To us surgery is not violence; we call it a cure. God and Divine Mother do the same thing when balance or harmony is lost.

This balancing in nature, which we call dharma, is going on all the time. Throughout the universe, the laws are the same. When you are a conscious being, you will not interfere with the balance and harmony. That is why we always advise to begin with yourself. The higher consciousness of just one person can travel to the end of the universe, like ripples in water, like sound waves. You might think, *What difference can I make by raising my consciousness?* Try it. It will make a big difference. You would not be listening to me if there was not something there. Never give up because others are not doing. If you are good, goodness is with you. But know that, if you give up, evil or ignorance will have the upper hand and balance will be lost again. And when evil gets the upper hand, destruction follows. Balance and harmony are the work of consciousness. Unconsciousness creates disharmony and imbalance, and that is exactly what we as humanity have been busy with since ages. Do not think consciousness is just a philosophy or one faculty that we use for happiness and good. Higher consciousness revolutionizes the totality.

Earth changes and calamities are horrible to experience, so you gather emergency supplies, food, water and essentials. Why? To survive. That is patchwork. There could be another way of behaving and being such that these things do not happen. Can we individually and collectively affect that? Certainly. But if you think, *What if I do and others do not?*, you are escaping. Just do it! Whether others do or not, do not even think about it. It is ego and unconsciousness that separates. It makes you see one activity as “mine” and others as irrelevant. Ego divides, separates and creates misery, not only for oneself but for others too. You can multiply this to see how humanity creates suffering. We have forgotten that we are human beings. When you harm or exploit others, you are being evil. When you live so that others benefit, you are being godly.

All that is evil or horrible does not come from outside you. You have to analyze your daily actions



and thoughts to see this. But the best is to transcend good and evil by being conscious. If you are *awake*, you will see the whole as one. When you come to this unity of thought, of seeing all panoramically at one glance, you are a genius; you are conscious. Thought is the offspring of consciousness. Any division will make you egotistical, unconscious and separate from your Lord. You may appear to be with God but inside there will be a separation. Ego cannot hold God to your bosom. You can hug a tree but the tree is not giving in. You have to unite with the tree's spirit. There is a deeper knowledge. You have to take the tree and forest as living beings,

as you are. Then you will take out only that which is necessary, like animals do. They hunt only to the extent they need to eat. Take from nature that which you genuinely need, but not from greed.

This applies to humanity as well. Whatever we do to nature, unconsciously or selfishly, it recoils back on us. And then we have wars and kill each other on a colossal scale. Then technology and weapons of mass destruction are used to kill and destroy even more. We talk of scientific progress and technological breakthroughs, but for whom are we doing this? After destroying land and animals, you do not care if humans are killed also.



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and opportunity to reform. He gives us time to grow or change and see what happens. If He went on punishing us for each wrong, no one would be able to learn or repent. So, when you care for humanity, have a heart to be compassionate, kind and forgiving, not only good. You have to feel with the person and try not to take revenge. Defend yourself you must, but not as equal rights, only for survival if needed.

If you have realized your own potential, it will not be difficult to realize the potential of the Earth. When you realize the truth, you will see through one panorama up to the universe. You cannot just know *there*; you have to first know *here*. And when you have done that, it is already so. It gives you intuitive knowledge, which is beyond analysis and calculations. Mathematics may look like a perfect device for analysis but the Lord's creation does not subscribe to your equations. He has created improbabilities and uncertainties. Why? He is free. He is unpredictable. Why should He be subservient to calculations? That is the meaning of freedom: when you are unpredictable. God will not allow us to know His creation perfectly with our calculations. If you have known yourself you have achieved freedom. Then you are the master of creation. You create at your will. Under all circumstances, your soul is free. Nature is your companion and friend, not something over which to dominate.

Those who exploit others, it boomerangs back on them. Ultimately, they are destroyed. The Lord does give us long ropes but that should not be mistaken for approbation. This balance of harmonizing is dharma. That is the only law that God does not want to be violated. God will allow and forgive everything, but

When you are blind, you are blind to everything; blind meaning unconscious. God has given us freedom to rule over the land and creatures, but He did not give us dominion over other human beings. Jesus said to *love one another, be compassionate, be kind, forgive*.

Why has man turned against man? Humanity can destroy the whole Earth, and we have been killing each other since ages. When you want to grab, you go on grabbing and you do not stop. Selfish ones do not mind twisting God's or guru's statements in order to win their point. God knows it, though He may not punish us every moment. He gives us such a long rope and time



do not disturb the law of dharma. That is a *must* for creation to exist. Even in ordinary life, such as in sports, there are rules by which you have to play. If not, you are out. In God's play, He is the referee. Break the law and you are out. You may think, *Oh, I was so good. I only made this one mistake.* Okay, so you are only being punished for this mistake. Just be out for the present and let the game go on. Why should God stop the whole play because of your nonsense?

To keep the balance of creation, there has to be some format. God is not within the format; the play or creation is within the format. Whether it is an institution, a school, hospital, family or the entire universe, the rules are the same. In sports it may not be called dharma, but the difference is semantics only. If you hit a player outside the rules, you are out. This in religion is called harmlessness. Do not hit the person below the belt or you will suffer. Krishna did the same at the end of the Mahabharata war. He went to help the evil prince, Duryodhana, who was dying. Krishna recounted the full list of his evil doings but Duryodhana accused Krishna instead. He twisted everything. When we read this epic today, it seems like Duryodhana was so foolish and stupid. He has been defeated, his army had been defeated and he was dying, yet he still would

not come to his senses. And there was the Lord standing near him telling him what to do. If Duryodhana had humbly accepted, apologized and fallen at the feet of Krishna, he may have sent him to heaven. When Duryodhana would not be humbled, Krishna said that the blood of his clan, the Kauravas, would pacify the Earth. And no one in the five thousand years since has named their son Duryodhana. One was enough.

What is the use of destruction? Just to balance dharma. Whatever happened, Krishna said that dharma must win. Without that, creation cannot go on. Dharma keeps the balance, whether it is an individual, a family, a school, hospital, county, nation or the whole Earth. Together the Earth is one Being. We are parts in that one body. That is why to *know yourself* is to know *everything*. To know means to be conscious and never twist the truth. Someone may get expelled from a sport for some years, but if they learn from their wrongs and are honest, they may play again. You may call it a punishment but maybe it is a balancing factor. How else will they learn?

You may think, *Oh, they should not be punished*, but what if they have hurt others? Why should the innocent suffer? That is why the second highest religious adjunct is harmlessness. The first is that the kingdom of God is within you. For creation's sake, harmlessness is a must,



Being conscious is simply to see fully and perfectly. If you travel throughout the universe, you will see the same laws and truth applying. That is why the sages say: *If you know yourself, you know everything.*

whether it is with your family, friends, community, and beyond. The play is not a fight. If you start fighting, you are expelled. In the same way, those who create war are also destroyed. Therefore, the meek shall inherit the Earth. Then there will be a millennium of peace. Yes, lives may be lost but ultimately there is more peace.

Being conscious is simply to see fully and perfectly. If you travel throughout the universe, you will see the same laws and truth applying. This transcends science and applies to you and me equally. Do you know that a real saint is above being saint? He transcends. If he were caught up with being a saint, that would be a problem. They play the role of being a saint or prophet or enlightened being. They are beyond it. When you are conscious you are joyful, free, loving and wise. Your very being benefits humanity. How can you do this? Do not get caught up in the limitations of unconsciousness.

When the Earth evolves to the next stage, what will happen to us? Who will survive? Who will fit into the evolutionary plan? How this impacts us may be through suffering, but that is the way of evolution. Wrong doers will perish and those who are in tune with Earth may survive. On the gross level this seems a tremendous loss, but according to dharma, virtue, it is a return to balance. This next evolution, whichever

dimension manifests, will force us to evolve. There will be higher forces helping us, whether it is ETs or angels or higher beings. We have to come in tune with those forces, and in tune with nature. We cannot stubbornly go on pursuing whatever we want without consequences. Your privileges are yours but do not covet or supersede the privileges of others. The more you claim, the more you lose.

To heal ourselves and our world, we have to come in tune with conscious Being. No one wants to follow rules but everyone wants to make rules. We have to follow God's rules. Mother Earth will not follow our rules. If we are conscious, this will be very easy. Just as a candle can light an infinite number of candles, a conscious being can make any number of souls conscious, if they become in tune. Simply come in tune and have faith that this candle can illuminate you. If you are qualified and deserving, you will receive automatically. God is bountiful but He cannot give beyond what you can receive. Humanity will rise, Earth will rise, just be conscious. 🌸

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