

Satsang by Swami Amar Jyoti

Opening to

Openness to love, truth and wisdom is liberating by itself. When you feel unconditional love, it is immediately relaxing and soothing. It fills in all your deficiencies. You are healed instantly.

I

READ A LINE today: "The Divine speaks to us only through love." Love transcends everything. Love forgives and lets go. Love does not consider our deficiencies and imperfections. Love soothes and relaxes. Veda Vyasa, author of the Srimad Bhagavatam, described love as a flowering or cream of life. Even Shankaracharya, the greatest Vedantist, at the climax of his realization wrote about love in hymns of praise to the Goddess.

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Divine Love



In Sanskrit, the highest love is described as two stages or expressions. One is subjective love and devotion, called *bhakti* or *prem*. But there is a higher love that comes with Vedantic realization called *para prem* or *para bhakti*. Bhakti is a subject-object relationship: love and devotion to your chosen aspect of God or your Guru. Para bhakti is direct touch, oneness. Para bhakti comes only in very advanced stages. There you communicate directly rather than through any feeling or separation. When you attain that Vedantic love you are on the fifth chakra. That is very high. Until we reach bhakti or para bhakti, we will always be hungry after love. Many attributes have been given to bhakti, but one of them is that it ends in pain. Because subjective love has the fear of separation underneath, that pathos remains. But in para bhakti there is no pain, there is only joy.

Direct love is its own surety. There is no fear or feeling—*What if I lose this? What if I don't get the love I want in exchange?* Para bhakti automatically invokes wisdom in you. You may not look wise—you may look a simpleton to some people—but inside you *know*. Direct love is a stage by itself. There love begets love. Pain, fear and insecurity are on a human level of relative separation. Vedantic love never puts you in bondage, whereas mundane love will always leave you insecure, and I would say also selfish. It demands in return. Para bhakti never demands. It is fulfilling by itself. You embody love, such that you are unaware you are loving, just as the sun is not aware of giving sunshine. Love is your soul's intrinsic nature.

You might ask: if I am not aware of that love, what's the fun? Everything has to have a selfish motive, otherwise why should we do it? But that is not the case. Unconditional love is higher *and* it is also practical. The one who becomes that love is not reflecting on the mundane level—they are just being That. It is their nature. Give them a hard time and they still love. Like throwing a stone at a fruit tree—it still gives you fruit. Some have ended their search with bliss or joy; some have ended with oneness. It is your own vision, but the truth is that love, joy, wisdom, bliss, consciousness and the divine are all one. They are not several stages. Reach any of these and you will reach all. In Vedic wisdom they have called it *Sat Chit Ananda*: Truth, Consciousness, Bliss. According to the Vedas, bliss or *ananda* has been called the highest attainment. But those on the path of devotion believe that *prem* is the highest. As the flower blooms and gives perfume, love is the

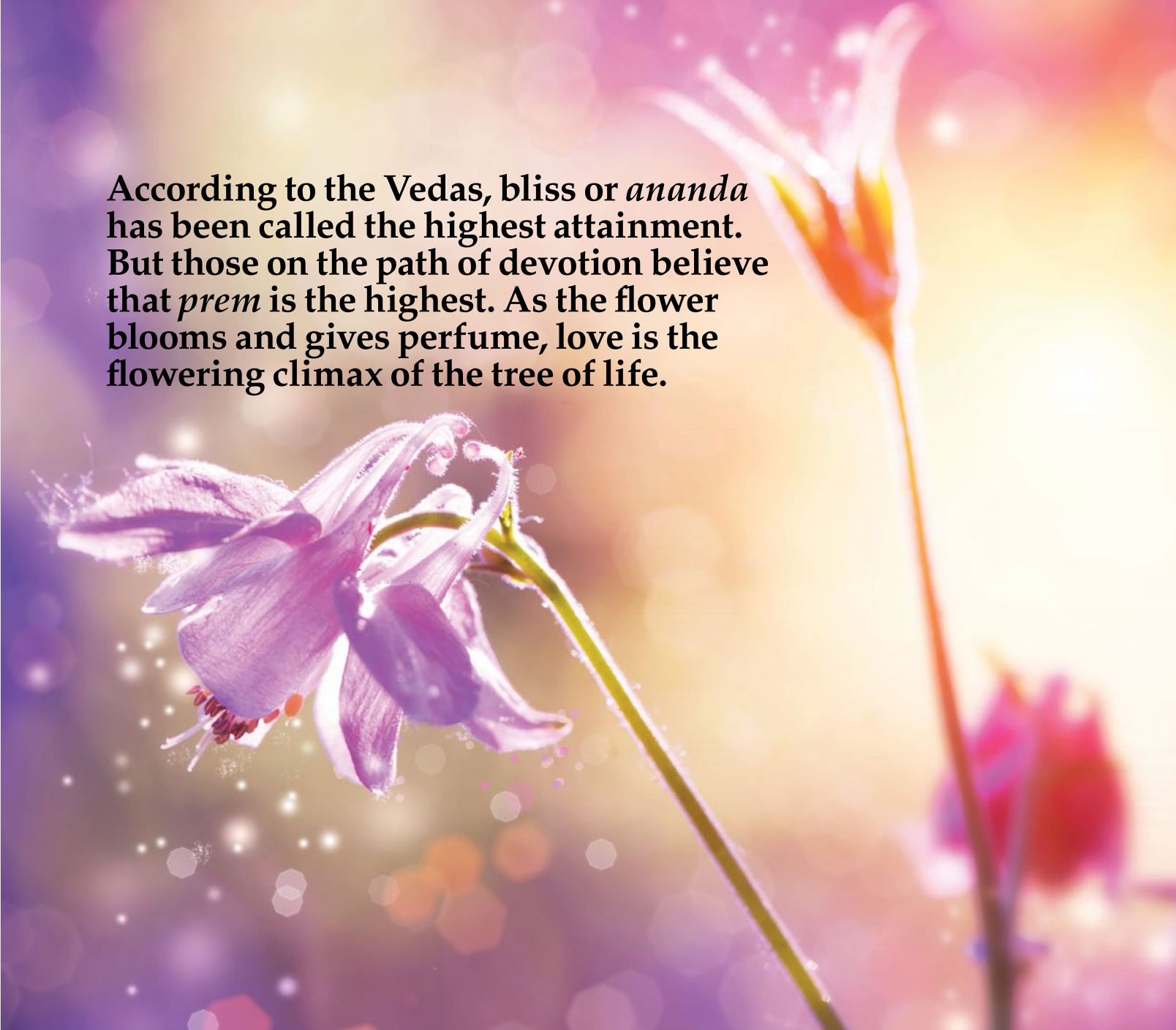
flowering climax of the tree of life. I have not found any difference except the words.

If I am wise, I am loving. If I am loving I will be conscious; I will be automatically giving. If I am loving, I cannot live without forgiving. You tolerate and forgive as your nature. These are all attributes, called *upaadhi*, of the divine. Those who compare and contrast these attributes to try to decide which is higher or lower, I believe that is an exercise in futility. It is like going to the pinnacle of a mountain in search of the divine, then coming down and fighting with others. When you descend from that fifth chakra to the fourth or third, those attributes should remain.

Whatever we attain on the higher chakras should be relevant on the mundane level without losing the efficacy. This is called the divine descent into earth consciousness. Mental thoughts and communications should continue seamlessly without losing divine consciousness, love or wisdom. Some do not achieve this but that is the goal. In Vedic terms this is called *stitha prigna*: established in superconsciousness. The person who is stitha prigna lives in the world without losing that oneness. Their every action, every breath, will be beneficial to others. There is never a loss or mistake.

When you bring higher principles into ordinary language, it is very difficult to explain. We might say: there are different aspects of enlightenment. You might ask, how can Truth or Light have different aspects? Logically they cannot, but in order to explain, they *do* have different aspects. The person who has realized Vishnu will describe their oneness in terms of Vishnu. The one who has realized Jesus the Christ will explain in their own personal way. Someone who has attained pure consciousness will communicate in their own language. These are different aspects only. As Krishna said in the Bhagavad Gita: "The way you look at me I am.... Whosoever worships God or Truth or Reality in whichever aspect, all ultimately come to Me." He did not say "come to Krishna," but "Me," the Divine.

There are two aspects of divine attainment: those who remain in unalloyed oneness, and those who reflect the joys and sorrows of the world. In Krishna's case, he was relating to human beings on this earth, otherwise there would be no communication. Other divine beings remain in higher consciousness but they also help humanity a *lot*. Both aspects radiate love, but we receive more tangibly from those who reflect our human condition. Their manifestation is called *leela* or




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yoga maya. These are the ones about whom the epics are written and for whom we create temples and places of worship. Their love is more tangible. The Sanskrit aphorism, *Tvameva Mata Cha Pita Tvameva*, "You alone are my mother; You alone are my father," applies to the Divine who reflects our joys and sorrows. Their love is not only selfless, soothing, relaxing and healing, it also shows us that higher love *within* us. We worship them because they reflect our true self.

Therefore the famous line in scriptures that God made us in His own image. Your understanding depends on your prism, how you reflect it. When you are not giving or loving, you are held back by your own

limitations, the thoughts, desires and bondage of your own mind. Many who have no outer confinement are constricted by their own minds, so their love remains suppressed. They are afraid to give, to open up. They are afflicted with doubts, insecurities and resistance: their self-imposed unconsciousness. When they do see that conscious manifestation, to whatever degree they can understand, they get attracted. Yet some remain caught in the darker side of delusions, wanting what they cannot have.

The forces of light and darkness are from the same Source, ultimately, but in the play of life they manifest as positive and negative, believers and non-believers.



Divine beings love all because they know the truth that both good and evil, sense and nonsense, are from the same Source. Sinners and the virtuous are from the same Light of God.

Only the virtuous, believing in faith and devotion, can receive. Some are sensible, some are nonsensible. But for both the Source is the same: two sides of the same coin. Divine beings love all because they know the truth that both good and evil, sense and nonsense, are from the same Source. Sinners and the virtuous are from the same Light of God. One has suppressed the light out of jealousy, competitiveness, power-lovingness, and so on. They deliberately take the way of the darkness so they suffer more, but that does not mean divine being will not love them. How we

respond to divine love, a sage's love, is up to each soul. Those on the path of light will be transformed by that pure love. They are the children of Light.

Sometimes people ask, "Why, in the name of religion, do people fight?" I say, "In what other name would they fight?" Religion gives power. It depends on how that power is used, for good or for evil. God goes on giving to both. Some use that power for virtuous deeds, for going higher, for being giving and loving. Others say, "God, give us more," and they go on accumulating, becoming selfish, greedy, power-loving and evil. Those

who use power for selfishness pay the price eventually. The Light always triumphs. Truth always prevails. Darkness cannot win by its very non-existence. You can take light to illumine a dark room, but you cannot project darkness into light. It is impossible. Therefore, goodness and truth are always victorious.

All need love, but if you give love equally to all, they will not receive equally. Therefore the fallacy of equal rights, because even if you were to give equally, all will not receive equally. So why make a great deal about it? God loves us unconditionally, not equally. When we try to make equality uniform, it becomes mechanical. It may sound great but it is not realistic. If you give an equal amount of food to everyone, all will not eat the same amount. If you give love equally, all will not receive equally. Some may even doubt, "How can you love me? There must be some motive behind your loving me." That does not mean you should stop loving.

One thing I have realized in my experience is to keep giving. Why should I lose my consciousness because some do not receive or return my love? You must have seen how, even when you treat children lovingly, they can respond angrily. You think, "They're my children. How can they be so testing?" That is how God and great ones think. They know that our resistance, selfishness, greed and egotism prevent us from receiving what they are giving. Openness to love, truth and wisdom is liberating by itself. When you feel unconditional love, it is immediately relaxing and soothing. It fills in all your deficiencies. You are healed instantly. Otherwise, you go to therapists and healers to learn how to relax. With a therapist it seems easier because your ego is not threatened. Ego wants love on its own terms, unfortunately, but love exists on its own. It does not accept any terms from ego. Love exists purely by itself. If you want to love unconditionally, ego must keep quiet or at least be subservient. Make your ego a slave of God if it does not leave you. Love does not have to do anything; it just relaxes.

Love is not achieved by efforts. As the saying goes, we are human *beings*, not human *doings*. But we try to *do* even in loving. You can do carpentry or gardening or cooking, but love you cannot do. To me the word "belief" means to "be" and to "live." That is the whole philosophy of life. Whatever you want, just *be* and *live*. We all need love. We all have love. The problem is that you want love but you do not want to give it. Why do you not start with yourself? We all have the

whole treasure, which higher beings reflect to us: *this is what you are also*. That is why the guru is the liberating force. Gurus are not simply teachers. They may teach in their own way, but they are *dispellers* of darkness. That is why they are after your ego all the time. There is no other way to release you, to relax you, to make you truly loving. The Sanskrit saying is *yena tena prakarena*—"whatever it takes, whichever way you catch it"—they will do that.

You cannot alter the truth. Sages simply present in their own unique ways. We cannot change it to make it "my brand." Truth is ancient and eternally new. To the proportion your ego reduces, your love grows, your peace grows, your wisdom grows, and your consciousness opens. You become divine automatically. Then you will know the intricacies and complexities of cosmic evolution. Wisdom springs up automatically within you. You try to understand intellectually and it seems complex and even confusing. When you allow love to spring up, your ego to lessen and your consciousness to rise, the truth is revealed. The cosmic play becomes real and simple. It is our own calculations that make it confusing, but the universe is not bound by calculations. It is *Being*, but since we miss that, we try to *become*.

When you stop trying to become you will just *be*. Think it over. Divine beings are just *Being*. The sun is just being the sun when it shines. A tree is just being a tree as it gives shade. If we can only be *human*, I would be satisfied, leave aside divine. I do not feel difficulty in how to be divine; I feel difficulty in how to be human. All the suffering, disease, war, pollution and strife on earth are due to our inhumanity. Divine beings come to bring us to our senses: to simply be human. This is called dharma or righteousness. What did Krishna, Rama and Jesus do when they came on earth? They just wanted us to be human. Read again the virtues Jesus preached in the Sermon on the Mount, and which Krishna preached in the Gita. They just taught us how to be human with the promise that God's kingdom is within us, that we are all divine.

My own studying says that if we can just be human our work is done. If we can be good, harmless, truthful, unselfish and not hurt others by word or deed, that will be enough. When we are integrated in thought, word and deed, we are righteous. Righteousness has been preached by all prophets. Just to be human alone, we transcend the school of earth, leave aside being divine.

Be truthful. Be harmless. Be magnanimous. I always feel that *feeling* is higher than thinking. What intuition can give you, thoughts cannot. If we can just tap into these feelings with pure devotion and pure faith, they will open up.

However, I have found humanity to be lacking very much, as based upon dharma. Dharma is spiritual law, righteousness, divine justice. That is why all faiths say we should be harmless. Why would you hurt anyone who has not hurt you? I think if we are perfectly human, we are not far from being divine. This is why all paths, including yoga, preach the do's and don'ts—because without being human I do not think we can be divine. Dharma teaches us how to be worthy humans. At least be truly human first before you boast about being divine.

We have to become free of unnecessary emotionalism, irritation, anger, hatred, fear, insecurity, disbelief in the future, and so on. Neglecting human virtues is what makes us inhuman, actually. We say it is human to be afraid or insecure. It is *not*. Animals have fear and insecurity. They run after their survival. This is not a human trait. It is purely animal instinct. Our evolution is still raw. What we call civilization and culture is not yet refined. Even today, look at the news and you will see crime, violence, and corruption on the increase all the time, what to speak of battles and wars. Only when human nature becomes refined can we call ourselves civilized. In the name of being seekers or disciples, do not think you are already high. Gurus used to take decades just to train a few disciples—to teach them how to be human first before teaching higher spirituality. The mind has to be very peaceful, relaxed and light in order to meditate. That is why spiritual masters teach austerities, penances, disciplines, rules and regulations, simply to make us justify our human cloak.

Ask yourself how many times you speak untruth per day or week? How much are you absorbed in selfishness and self-delusion? How much time, effort and energy do you spend avoiding facing yourself? Without making humans human, I do not think any spiritual training can be given. Animals cannot receive spiritual training; trees cannot. Spiritual awakening requires human birth. It is given for the refinement of human nature. We can put a cloak of civilization on it but that does not make it true. Moses brought

the Hebrews to be liberated and look what resulted: they were not civilized yet. They had just come out from slavery. They did not know what freedom is. Moses' efforts were lost except that he gave the Ten Commandments. History is the proof. Jesus went a little further and they crucified him.

My humble submission is that if we can justify our human cloak, that is enough. Just be harmless, be truthful, be good. Do your duty. Love all and see what is next. Appreciate your friends. Respect your elders for whatever they are or have been. Why? First: because you will one day be an elder and not wish disrespect from others. Second: because elders have given you something, so be grateful. What they have not given you they are not responsible for. They are responsible for themselves. For any teacher, mundane or spiritual, be grateful. You have learned something from them. Be respectful. And as we should be good to our friends and neighbors, we should be good to other religions as well. Religions are also neighbors. If anyone is greedy it is at the cost of some others. God has provided for our needs, not for our greed. Attachment is a sin; replace it by love. Attachment is possessiveness; nothing belongs to you ethically, practically and essentially. Why should you be possessive? Attachment separates you from your God and divine guru. Anger disturbs your mind; do not be angry. By hating someone else you are hating yourself; it will only give you frustration and depression. By being untruthful you are denying your own true self. Therefore, you will never be in peace.

You cannot worship God and mammon both. When you want love, be loving. When you want peace, be peaceful yourself. If you do not want others to be angry with you, do not be angry. Be patient. If you want others to overlook your faults and forgive you, be forgiving first. If you want others to learn lessons quickly, start with yourself. If you cannot tolerate the faults of others, see your faults first. If you are jealous of anyone, you lose the very thing you want. You cannot understand God's play and intricacies but at least you can understand human



nature. Leave God's kingdom to God. If we can understand our own vicissitudes, that will be more than enough. If we make peace around us, I think that is more than enough. Love we should have, but the hurdles to manifesting love unconditionally have to be removed. Just *be* love. Be truthful. Be harmless. Be magnanimous. I always feel that *feeling* is higher than thinking. What intuition can give you, thoughts cannot. If we can just tap into these feelings with pure devotion and pure faith, they will open up.

We all have done wrongs but we can heal ourselves. The method is to start with oneself. Our weaknesses remain because we want *others* to do better, not *me*. If we start with our own weaknesses, they will drop away one by one. If you honestly see your untruths, fear, insecurities, doubt, greed, selfishness—whatever your deficiencies may be—you will start working on yourself. Once you begin to face yourself, you will become stronger. This is self-healing. And when you

become stronger, your heart will open up. You will become more loving. You will relax and see what was missing: your heart. Your intellect was working but love was missing. We *need* love. All are hungry for love. Everything in creation needs love, including animals and plants. Love is the greatest healer. 🌸

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