

Satsang by Swami Amar Jyoti

# Steps to Inner Peace

**Do you want peace? Then you can have it just now. Not only because you may have faith in me, but because it is there. You are missing it only because you want something else.**

**y**OU WANT TO BE THIS; you do not want to be that. You like this; you do not like that. Are these in tune with peace? As a matter of fact, even good things can disturb your peace. You may be eating good, healthy food and yet get a stomach ache. Nothing is necessary in order to have peace. Therefore, to make your peace dependent upon *anything* is missing the peace. But if this is

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too difficult, whatever you wish to have should not be such that it disturbs your peace.

The steps I am giving are not how to *get* peace but how to *reveal* your peace; how to remove your blocks on the way to peace. If you take these steps your peace will be abiding. Be genuine in your approach. Be honest and sincere. Do not have hidden motives behind your desire for peace. Be humble and follow your Master in whom you have faith. You will be tested. If you waver in your commitment, your peace will waver in direct proportion. Then you may say, "I am following the steps but still have no peace." That is a myth. Peace is in you as it is within me. *Therefore*, you are seeking, right? Therefore, you want to follow the way. But if you bring in blocks—maybe doubts, maybe showing off, maybe feeling you want to be great—your peace is again blocked. You can have peace *any moment* if you care to have it.

Peace is self-existent. Therefore, to make your peace dependent upon *anything* is missing the peace. When you say, "I want peace but I want this too," you are canceling peace. That is what I mean by a sincere approach to peace. Do you want peace, period? Being great will not give you peace; it will give you more headaches. When you are peaceful you have no headaches. More wealth will not give you peace. More property, friends or relations will not give you peace, but when you are peaceful other relationships are fulfilled. So, when you wish to have peace, do not compromise it for anything else. When you desire peace sincerely, at any cost, you will have it. It does not take time.

Yet even if you believe I can show you the way to peace, you have to receive it, and to receive it you have to be ready. You have to be genuine, humble and non-resistant. You have to forgive. But if you forgive only to make others think you are great, you are not forgiving. Because the time others think you are *not* great you will lose your humility. You will lose your selflessness as soon as your interests are affected. When someone touches your deep-rooted motives or desires, will you still work selflessly? Therefore, your desire for peace has to be genuine.

These steps are given not to realize God but to make you a recipient of peace. You cannot have peace and be a boss at the same time. You have to release my hands to show you the way. If you understand this you will be meek. By meek I do not mean weak. If you are weak, you are not meek. The meek are strong, actually. Meekness

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requires great inner strength. But if you feel weak you are not meek; you are just afraid. You may want to serve others but still hold on to your position. Unless you learn humility, you cannot be great. If you truly become great others may praise you, but that will be a byproduct. You have to be free from attachment to praise or blame. When you finally attain peace, it will descend like a dove. Then forgiveness will be your nature.


If you do not have peace, practice virtues first. Have patience. Be tolerant. Be enduring, forbearing and forgiving. In this way your mind will become tempered.





Your pride, arrogance and egotism will lighten and come to a certain relaxation. Then you will be nearing peace. Virtues do not directly give you peace but they remove the blocks and prepare the way. For example, there may be five blocks on your path and you remove all of them. However, you still have to walk on your path. Peace is beyond your blocks but it is not attained just by removing them. Removing your blocks simply clears the way for you to proceed. Do not cover up your garbage with silken bed sheets. Do not hide or cling even subconsciously.

Search your subconscious: what are you holding on to? What are you clutching? What is causing you to feel crazy, lost or overwhelmed? Try to find out. You will see the roots of disturbance are greed, attachment, possessiveness, position lovingness, seeking name and fame, and so on. These are deep rooted from the subconscious mind to the conscious mind. You have to find them and dig out the roots. This requires sincerity. Then you will see the peace already within you—from the superconscious to the conscious to the subconscious. Throughout these three regions there



Peace is within you. Light is within you. You are the embodiment of That. Each one of us is a flame of light. Why do you not seek That?

will be a straight line. But if you have any gray or hazy sections in your mind, your peace is divided. And divided peace is not peace.

Peace has no place for doubts or fears. Anytime fear or doubt comes to you, feel sure there is something wrong. Either you are being selfish or you are clinging to things you do not want to give up or be exposed. If someone exposes these things, you freak out, weep or

react. Simplicity knows no cleverness. If you want to be peaceful, first be genuine. Do not have back thoughts. Do not resist. If you hold on to tension it will remain. You have to relax. You can practice releasing tension initially by lying down, then by gradually releasing it mentally. When you do this, you will see the tension subside and vanish in spite of the conditions as they were. A person who is relaxed within can do the work



of ten people, a hundred people. The body may become tired but the mind will not be disturbed.

You have to renounce your blocks. You may not renounce the goods outside you but the blocks within your mind have to be renounced. When you work or serve selflessly, at the day's end you will have peace. Observe yourself when someone tramples on your interests or gives your position to someone else. Are

you taking it contentedly or are you feeling resentment? Are you quietly manipulating or negative? You are tested in many ways: through your activities, duties and responsibilities. Your life routine, duties and responsibilities are not bondage; your bondage is due to your blocks and desires. So, search your heart and mind thoroughly and seek peace. It is there.

I say to relax so whatever is in your mind will emerge for you to see. You may say, "I am relaxed but I do not see God." But you did not remove your blocks. Will God come and remove your blocks? No. Because there are blocks there is no God. Not because He does not exist, but because you do not see Him. You are occupied with your blocks to the extent that even if He comes, you will not see Him. Even if He sends you love and joy and bliss, you will not receive it because of your blocks. Therefore, I say to be meek. When you are simple and humble your blocks leave you. You instantly get peace. I tell you: instant coffee takes time but instant peace does not. For instant coffee you have to take out a cup, open the jar, take out a spoon, heat the water and pour it into the cup, all of which takes time. Peace has nothing to do with time and space.

All blocks are conceptual, whether it is greed, attachment, possessiveness, ego, fame or self-gratification. And through these concepts we exist, crudely, to make them reality, though they are not really so. Blocks are flimsy, like clouds, vapor, but we cling to them as solid. Therefore, we lose our peace. Then some magician comes and removes the clouds and you have peace. You think, *He gave me peace*. You do not know it is magic, a trick. I am not giving you peace. Peace cannot be given; it is pervading, always, everywhere. I am just helping you remove your blocks. If the kingdom of God is within you, where is your peace? It should be at your feet. You invite suffering by blocking your own peace. God has already given you peace but you have lost it. You get thorns instead. You may be hurt for the time being, but out of that misery and suffering you will find peace again. Those sufferings become a blessing in disguise.

Forget being great. Forget being *anything*, if you can, and you will become everything. To be humble, truthful, simple, genuine and faithful is not against any culture. We have forgotten this due to our desires and motivations, hidden or surface. Peace is the one thing you cannot avoid. Nobody has to teach you this. You



# **Your greatest joy and bliss come out of absolute relaxation. Follow any method, you will reach the same goal. Be like children: simple at heart, then you shall see God.**

must have tasted it somehow, somewhere, therefore you are seeking it. You want peace because you have lost it. When you say, “Thy will be done,” do tears come in your eyes? He is your Lord, your beloved. Does taking the name of God fill your heart with joy? Do you remember God as indispensable? Have you made God your living Lord? Are you busy seeking God or are occupied with being great, with attachments, possessions and belonging? Are you occupied with investments, enterprises and achievements? Even God has become a kind of agent for fulfilling our desires.

Peace is within you. Light is within you. You are the embodiment of That. Each one of us is a flame of light. Why do you not seek That? Be simple and innocent and you will see it. If you want peace, be genuine. Forget anything else. Have faith, no doubts. Not only is light within you but you *are* light. You are conscious Being. You formed from pure consciousness by your own will and desire: the concepts you make materialize the body for you. It cannot be separate. Thou art That, just realize it. Those who begin with faith end with Realization. This is not denominational or dogmatic but supreme faith—faith in your Lord, faith in your spirit, faith in your being embodied Light. You are the embodiment of what you have willed. From that Substance you are made, which is Spirit, Light, Consciousness, Brahman. Remove your blocks and realize.

If you have insecurities, fears or doubts, if you worry about the past or future, it is only because you have desired that way and it has become so. Now if you want peace, you will have it. Everyone is qualified. Whosoever wants it will have it. Your deficiencies, inabilities and incapacities are created by you, by your desires, your own blindness. We could all have peace today. If I have peace, you can have peace. Why not? It is not my monopoly. I am not privileged. You have a right to have peace. Focus on this. Give up resistance and blocks. Can I disturb you and have my peace also? Can I harm or hurt you and also be happy? You cannot live isolated and have peace. Having peace is easier than anything if you want it. This moment you can have peace. Do not resist because this creates negativities.

Resistance is opposite of release; therefore, it comes back to you as blocks. When you do not resist you are released. You will see peace come from within you. If I give you peace, I do not lose my peace. But if you want to take my peace, you are bound to be disturbed. You cannot steal it or keep it as your own. It is all pervading. I do not lose peace when I give it to you. On the contrary, it becomes more established in me.

There are three sources from which you can attain peace: directly from God, directly from your Master, or directly from your inner Being. All three will give you equally. You choose according to your temperament. If you love your God with all your heart, mind and might, your ego will already be gone. If you relax totally, your ego will be gone. If you give up all desires, your ego will cease to exist. Ego feeds upon desires. Your omnipotence comes out of desirelessness. Your greatest joy and bliss come out of absolute relaxation. Follow any method, you will reach the same goal. Be like children: simple at heart, then you shall see God. If you are simple-hearted you will relax, you will love, you will *know*. Let me give an example. If there are scratches on a camera lens it will not accurately show the image. It will be distorted or blurred. It will not reveal the truth. But if the lens is clean the image will be quite sharp. In the same way, when you are simple you catch the truth. Everything reflects on you. You are not colored by your own complexities. Therefore, Jesus said, “Be simple at heart for thou shall see God.” 🌸

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