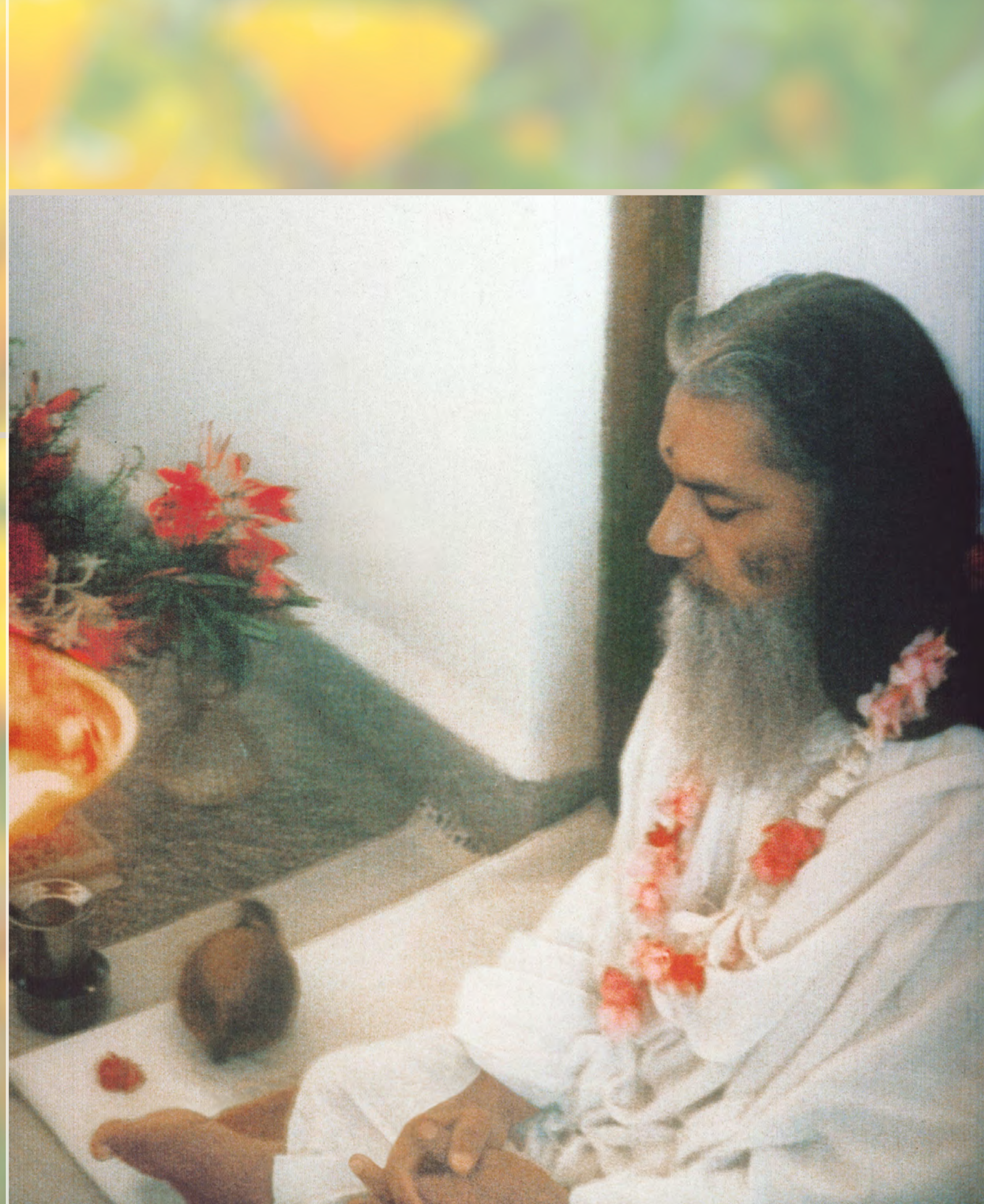


Satsang by Swami Amar Jyoti

Transforming the Mind to Stillness

When you have made peace
with your mind you have made
peace with the whole world.

We speak of a calm mind but that is actually contradictory. When you are truly *calm*, not just keeping quiet, the mind does not exist. It merges into its Source—Consciousness. This depth of calm we call *great silence*. We cannot speak of *silent mind*—silent mind is *no mind*. For example, if I am not speaking, there is no speech. We do not call it *quiet speech*. We use this language in our normal speech, like *peace of mind*. Ultimate silence or transcendence is nothing else than the mind merging into its Source.



An example is waves. When waves subside, they merge into the ocean. They are not kept aside somewhere. In the same way, you cannot get away from your mind. You have to solve it, purify it and let it subside. It simply means getting to the Source of the mind: the reality or truth beyond it. You cannot transcend the mind unless it is purified. An impure mind will hold you back. Even if your mind is positive, that is also a snare. The mind should not be considered a block or something to be shunned. It has to be pacified and quietened, not by control or pressure but by the sweet will of merging. *That* is the meaning of transcendence.

Peace of mind and peace in the world are relative. Peace of mind is not the same as great silence where the whole mind has been cleared, cleaned and purified. It simply means that the disturbing tensions, negativities and agitations subside and the mind holds on to positive, harmonious vibrations. For spiritual transcendence, peace of mind is helpful but it is not the final step. If your mind is peaceful, positive, harmonious and balanced, then it is a sweet mind. It still exists but it will not allow you to transcend because you enjoy it; it is comfortable. You may think, “Since it is not disturbing, what’s wrong with it?” From the spiritual point of view it is still a snare. The mind will not allow you to transcend until you become truly still. Because of this, attaining peace of mind is only a stepping-stone toward transcendence, though millions are starving just to have peace of mind.

You cannot still your mind without first making peace with it. If you achieve that much alone, you are much better able to tackle your situation at home, in society, wherever you may be. When your mind is disturbed or painful, everything will look like a problem and you may wish to give it up and transcend. Even then you cannot avoid it because it will pull you back. If you avoid your mind in outer life it will pull you back in your dreams or in meditation. You are not honestly dealing with it because you do not want to face it.

Transcendence is not escape. Escape is when you do not want to deal with your mind; you want to run away. Read any number of books—they will not give you peace. You have to deal with the issue. When you heroically purify and quiet your mind, then you transcend. You are not leaving the mind behind—it is simply not there. When the mind is completely calm like a quiet pond, the full moon shines through and it is

The mind’s wandering can be endless, because it moves in a circular motion, a *chakra*. To arrest this motion, you take refuge, focusing the mind on one point.

blissful. What happened to the mind? Who is there to care? *Who* does not exist!

When the light shines, darkness is no more. It does not vacate or vanish. It is nonexistent. When your mind is peaceful, you can give more attention and concentration on issues and problems that occur in your life, and tackle them more efficiently. With a disturbed mind, a mind full of tension, everything looks like a problem. With a peaceful mind, when a problem happens, you have the correct angle of looking at it and you can solve it amicably, not making it greater than it is out of stubbornness or wrong perceptions.

Peace of mind, therefore, brings a congenial atmosphere in our personal lives and in society, which is very, very essential. It makes life livable. It also allows you to think more deeply. But even when you have achieved peace of mind, that comfortable state cannot last long. If you try to make it last, it will get stagnant and you will again lose your peace. It is by going deeper that you transcend stagnation. You realize that peace is relative; it must be the product or outcome of something greater. From that peaceful nature of mind you begin meditating upon the Source. You come to stillness and see that peace emerges from that only. Peace of mind is a pale reflection of true stillness. And when you reach perfect stillness, you are not the person you thought you were. You are only “me” awareness and nothing beyond it.

There is no projection or predication to that *me*. “I exist. I am.” As the Bible says, “Be still and know that I am.” You exist as existence only, with no qualifications or attributes. There is no calculation or thinking there; you do not *think* and decide. You exist as stillness. And at one point you merge into your Source. “I” merges into what is unknown to you at this moment: Cosmic Consciousness. That is not *me*; that is not *I*; that is not *we* either. That is *It*.

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Stillness is not a condition, like peace of mind. Stillness is a solid chunk of Consciousness. It is as if you are sitting on the mother ship and it takes you into the cosmos. You do not *do* anything there. There is no thinking there. This cannot be explained by verbalizing; it is a *becoming* process rather than an understanding process. You simply merge, like lighting a candle from a candle. You can burn billions of candles from one candle because it is one cosmic Light—all-pervading.

In one sense the mind is disturbing and a block, yet when you relax and merge it, it is nonexistent. The solution to this mystery is that it was never a block; it was a movement. By becoming still, you stop the movement. That is why the sages say, “Be still.” When you stop the mind, it no longer wanders. The mind’s wandering can be endless, because it moves in a circular motion, a *chakra*. Whether your mind is positive or negative, optimistic or pessimistic, it is a snare because it is still movement. Positivity is better than negativity, harmony is better than disharmony, but all come from a mind in motion. To arrest this motion, you take refuge, focusing the mind on one point. Those who know the secret of stillness—and it is in every path and religion—are lord of their own nature. You are in full control of your destiny. You know what you are doing, where you are going, what will happen tomorrow. You live happily.

What is wrong with mind and movement? Nothing, if it does not trouble you. But it always troubles you. You have made it move through desires. Desire motivated it, and now it keeps circling, and when you want it to stop, it is not in your control. Therefore people commonly say, “I can’t control my own mind. I sit down to meditate and it runs and runs.” You have set your own mind in motion and now it controls you. Therefore we say, “Take refuge unto something, unto God, unto Guru, unto Reality.” One-pointed focus is needed to slow the mind’s motion until at one point it stops. It cannot be done by thinking. Thinking keeps the mind moving.

When you achieve stillness of mind you are a rock. When you have made peace with your mind you have made peace with the whole world. Fighting to have peace is a contradiction. The answer is: you have to be peaceful. By your own peace and lovingness you become a preceptor—by *being* what you are preaching. Prophets and holy people were the embodiment of peace. Do not try to control your world, just make peace with the world in your mind.

When the mind is completely calm like a quiet pond, the full moon shines through and it is blissful. What happened to the mind? Who is there to care? Who does not exist!

Sit in deep meditation and slowly get to stillness where thinking subsides. Relax and reside within yourself and you will feel lighter and subtly cheerful. There you have no blames and claims against others, no back-thoughts or revengeful thoughts. You forgive all. You let go whatever you were holding onto, washing the whole slate clean and rewriting it again. With that kind of submission to your inner being, gradually the “I” goes on residing into the crystal-clear foundation of stillness. Words cannot explain that stillness. You will feel deep love and longing for the Lord. With a disturbed and agitated mind you do not long to see the Lord. You blame Him. You doubt whether the Lord even exists.

When you attain stillness you no longer doubt. You long to see Him or Her, to be Enlightened. This is what has captivated saints and sages, kings and emperors, to leave everything and attain this golden treasure. For them, kingdoms and great empires had no value. When you achieve stillness, you reach the *summum bonum*, the Reality before which empires are nothing. The Jews told Jesus, “Be our king.” They had heard predictions that the Lord was going to come and save them from oppression, and many believed Jesus to be Him. But they minded it when He told them, “If someone slaps you on one cheek, give him another too.” If you get some position, everything else is forgotten. And here they were offering Jesus kingship of the Jews to free them from the Romans and He said, “I have come to do the business of my Father in Heaven.” Can you admire His bravery and boldness? No temptations worked on Him.

He and other Realized Souls had the spiritual wealth, the golden treasure. They were King of kings. A few haughty ones still were negative but that was their problem. Jesus was too good when he said, “Father forgive them, for they know not what they do.” Sometimes being too good is dangerous. When

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Pilate asked the Jewish authorities, “What is wrong with Jesus?” they told him, “He is dangerous.” What they implied is that Jesus was too good—that was why He was dangerous. I still remember a cartoon I saw long back: In heaven there is a line of apostles standing before God and He is asking them, “Who will go to Earth as the Messiah this time?” And every one is saying, “Not I, not I.” They are remembering Jesus’ crucifixion. Once was enough.

When we trouble ourselves, we are troubling those around us, be sure about it. We have to understand that if I am hurting myself, I am hurting others too. If I am in tension, agitation or anger, it manifests to everyone around me. If I am dark, that darkness affects others. If I am Enlightened, that Light shines on others. It is a collective responsibility, not just individual. We have harped too much upon individual rights, as if we can remain isolated islands. It is not true. We are

all linked together in Oneness. Therefore, “Love thy neighbor as thine own self” makes sense. This is *ahimsa*, harmlessness. My good and bad do not end with me alone; it affects my family members, friends, fellow seekers, coworkers and everyone around me. We are the Totality. As individuals or as nations, we have a collective responsibility. If I am powerful my evil is more damaging to others. If I am powerful and good, that good powerfully benefits others.

We have to understand this responsibility, not only to ourselves but to everyone around us. It is not as though, “I’m drinking intoxicants in my own home—what does it matter? That’s my right.” But tomorrow you are going to meet other people and your intoxicated brain is going to affect them. *My individual rights* are a myth. You will understand the secret of how we are all connected once you achieve stillness. You will see how with irresponsible behavior you are damaging your own soul and that of others who are associated with you. We are all bound to the law of karma, both individually and collectively. It may be obsolete today to say, “Repent,” but it is true. If we do not understand and repent our wrongs, how are we going to progress and transform? If I get stubborn—“I am what I am!”—how am I to progress? Repentance is within one’s own heart. Whatever wrongs I have done, I have to assume responsibility and accept that I will not do it again. That is a starting point of reformation, and when we reform, others feel good about it. It is collective.

We need to understand that our one ripple at this end of the cosmos sends waves to the other end of the cosmos. Our every thought or feeling, positive or negative, projects throughout the universe. The more we think we are isolated and separate, the more we perpetuate our ignorance. Throw a stone into a lake

and watch how it creates innumerable ripples. It is the same truth. You think you can do something secretly and nobody will know, but everything you think and say and do is recorded in the *akashic* records.

When we achieve stillness we will see the whole creation very clearly: how we should be loving, kind, positive and compassionate to each other. We will be sweet and gentle, and we will love to be so. Water is one of the gentlest things but it can cut through rock. Tenderness is a great strength. Only the bold and courageous can do this. Buddha was gentle and tender but He was the strongest person. He sat under the Bodhi tree and vowed, “Let my bones and flesh and blood dry up. I will not get up until I attain Enlightenment.” Is that weakness? After ten hours of fasting you start making pudding and pasta—“Lord, ten hours I didn’t eat anything.” Buddha swooned and fainted but He would not give up. Then after attaining Enlightenment, He wandered for decades the length and breadth of India, the embodiment of peace and gentleness. That was two thousand five hundred years ago and yet Buddha is so alive today. These great ones are so silent, so still, harmless, loving and compassionate.

Do not think that stillness is otherworldly. It is your greatest treasure within. Prophets and Realized Souls have been guiding and inspiring us since millennia to get to that stillness. Great saints and sages were mad to see God at any cost. They wanted God and nothing else. Make peace with the world—not only with your mind but with everyone around you—then sit in silence. When your mind attains stillness you will long to see God’s universal form, Divine Mother’s form. That is the only Reality you will seek. 🌸

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