

# Oxygen Mask

- Pujya Sri Ramchandraji Maharaj

The world after so many beats of time has begun to seek what is the best in which to take refuge. Necessities influenced the mind to think out this problem coolly. Thinking continued and it resulted in thinking of something higher, the centre of which is still unknown to the present day humanity. We proceed from the matter around us. Thinking which is also subtle, took them to its own base, where is nothing but vacuum. The scientist has said that air becomes thinner and thinner till it becomes almost vacuum. Going further, we know there must be something where there may be the end of vacuum also. Vacuum connected with the vacuum is the base and that we should seek for. Now we proceed from the air around us on the earth. It is heavy and we can easily breathe. At higher altitudes, it gets thinner and thinner. One cannot breathe without an oxygen mask. Similar is the case here. We have to go from earthly consciousness to the ultimate consciousness. Earthly consciousness is part of the ultimate consciousness and they are connected. What is there in earthly consciousness? Heaviness.

When we proceed on, we begin to cross the heavier part. The heavy part gets left behind gradually in the process of proceeding to Reality till we come to the state of vacuum. Here now begins the awakening of the

ultimate consciousness. So the distance we cross is “Soul” and the destination we reach is “Brahma”.

When we begin to go upward, we use the oxygen mask for breathing, what is the oxygen mask here in spirituality for the abhyasi? It is the meditation which helps in breathing freely. It works in both ways, it prepares you to breathe at the higher altitudes and also gives push towards it. We take it from the very beginning for this reason. What we require in the higher sphere of spirituality, we take it from the very beginning. It is my own experience that when a man reaches to that height and accidentally comes down to the earthly consciousness, his breathing will be heavy and he will feel trouble in breathing well. People often ask for the difference between Jiva and Brahma. The heavier part of air is Jiva and lightest part, almost vacuum, is Brahma.

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