

**“In comparison to Reality, we are but a drop in the Ocean of Almighty and somehow we should try to become a river from the drop”**

The topic of the Seminar is taken from the message delivered by our Revered Master Sri Babuji Maharaj and published in Showers of Divine Grace titled “Love Him who Loves all”. I would like to present my thoughts and understanding on the above topic.

In the above sentence, revered Master uses water cycle analogy and compares the Individual Self with the drop, Ultimate Reality with the Ocean, and states that we should try to become a river from the drop so that it can continue its journey and finally merge with the Ocean. Master quotes this analogy to explain how human consciousness should expand and evolve into Universal Consciousness to merge with Ultimate pure consciousness in the soul’s journey towards homeland.

In Sahaj Marg Philosophy, Master States “***The highest spiritual attainment is possible only when we go beyond the limits of religion. In fact spirituality begins where religion ends. Religion is only a preliminary stage for preparing a man for his march on the path of freedom. The end of religion is the beginning of spirituality; the end of spirituality is the beginning of Reality, and the end of Reality is the real Bliss. When that too is gone, we have reached the destination. That is the highest mark which is almost inexpressible in words.***” Thus, the individual soul passes through 4 different stages in its journey such as Religion, Spirituality, Divinity and Real Bliss before it reaches its Ultimate destination, the Absolute.

### **Stage-1**

In the first stage of the analogy used, the Drop finds itself **separated** from the Ocean through a process of evaporation caused by Sun’s heat and later

through condensation and precipitation falls on the earth, becomes **Isolated** and remains **stagnant**.

This represents the stage where

- Drop consciousness feels **separated** from the 'Ocean of Almighty' through the heat generated from the fire of Divine and gets wrapped up within by a veil of ignorance caused by the creative force (Maya) as explained by Master in Commandment 1.
- Individual Soul (Jiva) gets manifested due to reflection of Drop Consciousness on Veil of Ignorance (Avidya) and it feels **isolated** when it identifies itself as a limited entity.
- Further the individual soul remains **stagnant**, covered by veils of grossness and trapped in material existence, due to continuous heating in the form of thoughts and actions.
- At this stage, the soul begins its journey in Religion.

### **Condition of Individual Soul**

- It sees itself as a **dependent soul** relying on religious structures for security and guidance. It forgets its origin and becomes focused on its own unique identity, name, body, attributes, and "I-ness".
- It finds itself associated with a religion by birth and searches for God in outward forms and follows external modes of worship and rituals by developing faith in external authorities, scriptures, and established dogmas which provides preliminary education.
- It remains in a state of ignorance and is self-centered by a deep identification with its ego, material desires, and social conditioning and remains focused on career, family and social achievements.

### **Perception of Individual Soul**

- It perceives the external world through **external vision** using its mind and senses and finds that it is separate from God and also from others.

## **Evolution of Individual Soul**

- It evolves through a slow, natural accumulation of experiences over many lifetimes, often without the individual recognizing their spiritual trajectory. It is **a silent transformative process driven by Nature without any awareness of the individual.**

## **State of Consciousness of Soul**

- At this stage it is **bounded and conditioned** as the reflection of consciousness takes place on the lower mind which is preponderantly Rajasic and Tamasic in Nature. Master says it is a **state of consciousness of the lower type** and all activities are driven by ignorance and passion and is primarily focused on physical, vital and mental spheres becoming aware of only bodily sensations, hunger, thirst, and other basic instincts and is trapped by habitual reactions born out of desires.
- The subconscious mind not only governs automatic bodily functions such as breathing, heartbeat etc which is active even during sleep and dreaming but also serves as a repository of all past thoughts and actions, memories, habits, and unresolved emotions.
- The conscious mind which operates through the five senses is responsible for logical reasoning, analytical thinking, and deliberate decision-making and it is used during every day activities.

## **Nature of Thoughts and Actions of Individual Soul**

- The thoughts and actions are primarily driven by **the lower mind**. Its thoughts are self-centered and actions are impulsive and reactive. It functions mostly in autopilot mode based on past programming in the subconscious mind.
- It is unaware that the challenges, sufferings and miseries that are experienced by the soul are the results of its own thoughts and actions. Instead it tries to find fault with others and external circumstances for

this and in the process develops negative qualities like falsehood, hatred, revengefulness.

- Due to the inner craving of the soul for happiness, it feels that this can be acquired only through satisfaction of its desires that are born out of its own likes and dislikes. It makes an all out effort for the same and in the process develops negative qualities like lust, greed, possessiveness, jealousy and pride, and also resorts to cheating and stealing others.
- Thus the individual soul, with self-created veils of complexities, impurities, grossness and darkness finds itself trapped in Samasara, the cycle of birth and death, to undergo the effects or fruits of the accumulated samskaras or impressions created by its own thoughts and actions.

### **Awakening of the Soul**

- In the midst of sufferings, miseries, bereavement, betrayal, diseases, discontentment, stress, and anxiety, when the individual soul begins to question itself and explore the cause of such repeated occurrences and gathers information from different sources and pious persons it gets spiritual awakening by the passing air of Divinity as explained by Master in its message 'Method of Training' (SDG)
- It is an individual's natural state to long for immortality, truth, and unconditioned happiness. This innate longing makes him dissatisfied with the limitations and ignorance of mundane life and purposeless desires, eventually leading him to explore spiritual transformation.

### **Stage - 2**

In the second stage of the analogy, the Drop which falls on the earth, feels the **gravitational pull** towards the Ocean, **understands its destination** and starts to **flow and move** towards it through infiltration, run-off or re-evaporation etc.

This represents a stage where

- The individual feels the inner yearning of the Soul to reunite with the source in the form of a magnetic pull from within.
- It realises and develops spiritual awareness of its true nature and destination.
- It starts the inward flow and movement towards Divine through an active spiritual pursuit and learns to navigate through worldly challenges.
- This marks the end of religion and beginning of spirituality.

### **Condition of Individual Soul**

- It sees itself as **a seeking soul**, starts a journey of seeking connection and transcending its isolated self and turns inwards searching for deeper truths, consciously recognizing its spiritual trajectory.
- The focus is shifted from dogmatic belief in God to personal quest for direct experience of the Divine presence within oneself. Truth is discovered personally through intuition and meditation rather than solely through scriptures.
- It moves from external worship of God to Internalised search of God through meditation and prayer.
- It fixes the goal to achieve complete oneness with God with firm will and determination following commandment 3.
- It starts to practice cleaning and seek the support of the Master through Pranahuti to clear the blockages for the flow of the consciousness or the Individual soul that is caused by veils of grossness and past impressions. It starts to bring Individual pralaya by adhering to Commandment 4.
- As the impurities are brushed off through daily practice, the vacuum created thereof is filled with Divine current turning the individual soul's path into a moving stream.

## Perception of Individual Soul

- It develops **inner vision** when Master initiates it through Pranahuti and activates the inner divine current to divert the tendencies of mind from its current outward flow towards worldly distractions, to inward flow towards the Divine residing in the heart.
- It finds and experiences the external world as a mirror of its internal states and learns that the perception of the external world changes when one changes oneself through self-transformation.

## Evolution of Soul

- It develops an understanding as to what is behind everything in this external world and **discriminates between what is real and unreal**. It becomes conscious by realising its identity as a soul rather than just a physical entity.
- The Soul's evolution takes place consciously through self-effort, meditation, cleaning, self-introspection and self-reflection. It tends to actively cooperate with the divine process. It engages itself in a continuous process of change and evolution.
- It brings inner transformation to **remain detached and dispassionate** towards external dramas, and nurtures the qualities like compassion and courage and maintains inner peace, love, and purity regardless of circumstances. It relies more on inner voice and intuition.
- It tries to transform itself as a human being by acquiring virtues like Satya, Ahimsa, Asteya, Aparigraha and Brahmacharya and learns to be truthful, not to harm anyone through thought, word and deed, not to accept anything that does not belong to it, refrain from being greedy, possessive or attached to anything and develop attachment towards Divine and slowly detach oneself from seeking sensual pleasures.
- It tries to accept miseries as divine blessings for its own good and develops qualities like tolerance, patience and forbearance, following commandment 5

## **State of Consciousness of Soul**

- At this stage it is **balanced, steady, calm and ethical** due to reflection of consciousness on the higher mind which is preponderantly Sattva in nature. Master says it is a state of **super-consciousness of inferior type**, where an individual rises above logical reason to connect with their divine nature. He finds it as a source of true intuition, creativity, wisdom and spiritual insight.

## **Nature of Thoughts and Actions of Soul**

- In this stage, the activities of **the lower mind are brought under the control of the higher mind** with the support of the Master through yogic transmission. Its thoughts are orderly, logical and transparent and its actions are disciplined and purposeful.
- With discriminative intelligence the higher mind guides and directs the lower mind to perform rightful actions.
- Individual Soul learns to perform every thought and deed feeling the presence of Divine, motivated by a desire for inner peace and self-refinement.

## **Awakening of the Soul**

- When the individual soul realises the presence of Divine in every being and sees everyone as equal and part of the Divine family it gets awakened to the thought of Universal Self which is beyond individual self. The yogic transmission enables him to know that there is a Universal being that exists beyond the limited ego.

## **Stage-3**

In the third stage of the analogy, the Drop that starts to flow and move, finds that there are other drops like it which are moving towards the Ocean,

recognises that it is a part of a 'flowing river', and joins together to collectively become a river.

This represents a stage where

- The individual soul finds that all other souls in the universe too are moving towards the Ocean of Almighty and realises that it is part of the 'Universal flow' towards the ultimate goal.
- The spiritual force from the Master through Pranahuti and Divine grace pulls these individual drops together, transforming them from a stagnant "drop" into a powerful, forward-moving force to become a river.
- The individual soul begins to treat others in the spirit of universal brotherliness and joins the collective moving force of Divinity by offering selfless service to fellow travellers.
- This marks the end of Spirituality and beginning of Divinity.

### **Condition of Individual Soul**

- The Individual soul sees itself as a **manifested soul** when the true Divine nature begins to express itself. At this state, the individual identity or ego progressively gets modified and thinned. The Soul begins to float with the current of Nature without conscious resistance.
- It realises its essential oneness with the Divine and moves from a state of feeling the Divine within to a state of being with Divine gradually losing the ego.

### **Perception of the Soul**

- The individual soul undergoes a fundamental shift in perception. It develops a **cosmic vision** and perceives the Divine as the underlying reality within every animate being and the same sacred spark resides in all. This vision transcends external differences, recognizing the universal presence of Divine.

- It realises that one experiences happiness only by changing internally rather than forcing a change in others and external circumstances.

### **Evolution of the Soul**

- The journey progresses through different regions **moving from the Heart Region to the Cosmic Mind and Supra-cosmic Mind Regions**. At this stage, the mind gets regulated where desire gets transformed into love and devotion. The sufferings and pains are considered as pathways for evolution through acceptance and take them with gratitude by following **commandment 7**.
- Due to continuous and effective cleaning, including Point B, the subtle and deeper veils of impurities, grossness and darkness get removed and the inner light and glow comes to the forefront and the individual soul experiences expansion and the field of universal consciousness.
- Through effective practice of Point A, it realizes universal unity and the interconnectedness of all beings. By practicing **commandment 6** the individual starts treating everyone as part of the family.
- The individual realizes that every soul is at a specific and a different stage of a vast evolutionary process. Regardless of their current state, all souls are inherently moving towards the same ultimate goal, reunification with the Divine, often described as the "Ocean of Almighty". There is Nature's force behind this movement. The Master states in his message "Tasteless Taste of Mergence" that – some are proceeding consciously and some unconsciously. Those who are awakened to spirituality, move consciously and swim in calm waters and those who are not awakened are also moving, but unconsciously, beating their hands and feet in the sand of the desert.

### **State of Consciousness of Soul**

- At this stage it is **universal and witnessing** as the reflection of consciousness is on the cosmic mind that transcends the three modes

of nature and uses Sattva guna as an instrument. Master says it is a state of **super-consciousness of superior type**, which fosters profound empathy and non-judgment, as every being is seen as a fellow traveler on the path to the Infinite. It does not differentiate between beings. The individual's personal consciousness becomes attuned to the Ultimate consciousness.

- The individual becomes a "divinized" reflection of the Creator where every particle of a person's being is eventually transformed into divine energy. This happens when the individual is devoid of all past impressions and Samskaras, becomes desireless and attains a pure state. Then the individual boundaries begin to dissolve.

### **Nature of thoughts and actions of Soul**

- At this state, **the higher mind comes under the control of the Cosmic and Supra-cosmic mind**. This is a high state where the Divine Being within guides and pervades all thoughts and actions. The individual soul acts in accordance with the Divine Will by handing over the steering wheel to the divine power that is both immanent and transcendent.
- Similar to a River, the soul develops a common goal and restlessness to be one with the Divine and develops virtues like service, sacrifice, forgiveness and mercy. It gains the capacity to work in cooperation with others and serve a higher purpose, moving towards the source with greater strength and persistence.

### **Awakening of the Soul**

- When the individual soul with perfect purity becomes capable of rousing love and piety in others as stated in **commandment 9**, then with the support of the Master it moves till the banks of the ocean.
- The soul gets awakened and observes that every particle of the being is gradually transformed into energy and "divinized". This awakening

serves as the final refinement, preparing the soul to cross into the Central Region. It is characterized by a "forgetful state of calmness". It is not just an absence of noise but a resonance that touches the soul's core. Master states it in the message of the topic as ' a sphere where even Silence is silent'.

#### **Stage 4**

In the fourth stage of the analogy, the Drop after becoming a river by mingling with other drops flows and enters the banks of the Ocean with a forceful push, finds that its pace slows down and becomes aware that it is surrounded by the Ocean with subtle identity.

This represents a stage where

- The Individual Soul after joining the universal flow of Divinity along with other souls reaches the Ocean of Bliss by a forceful push of the Master.
- The individual soul finds that it loses the restlessness to progress further, feeling satisfied with higher spiritual states
- The individual soul finds that it is surrounded by the Ocean of Bliss and experiences God's omnipresence.
- The individual soul keeps swimming with a thin veil of awareness and identity.
- This marks the end of Divinity and beginning of Real Bliss.

#### **Condition of the Individual Soul**

- It sees itself as a **Unified Soul** as it begins to lose its duality, experiences bliss with a faint glimmer of identity.
- Master states that it is the highest state a human can achieve while still maintaining a link to the instrumental body. It is a condition that originally existed at the very beginning of creation. It is the destination where the individual loses "name, form, and attributes".

- The Soul's movement to Ocean of Bliss is possible only when it attains absolute purity. The liberated souls swim and swim near the Centre and control the universe as per directions that come from the Absolute Base.

### **Perception of the Soul**

- The perception of the Individual soul is of the nature of absolute simplicity. It becomes a direct experience instead of just being an intellectual knowledge. The individual soul, having cleared of all veils of grossness, **becomes a clear lens** through which the Divine can act without resistance. The soul no longer looks *at* Reality; **Reality looks from it**. At the Divinity level, there is still a "perceiver" and an "object" of perception (the seeker and God). At this level, this duality collapses. At the Divinity level, the soul feels he is a servant or devotee of God, but at this level he realises only God is. It perceives oneness of all things. Everything is perceived as it is in its absolute essence. It perceives merely as an instrument or witness as everything happens automatically through the Divine will.

### **Evolution of the Soul**

- At the Divinity level, the soul evolves by reflecting Godly attributes. At this level, it transcends all attributes to become nothing. Master states it as a state of Knowledgelessness.
- The Individual soul undergoes its own dissolution. The soul reaches a point of total resignation and ceases to exist as a separate entity.
- Evolution of the soul in this region is by passing through the seven rings of splendour with the support of the Master through Yogic transmission. It reaches the natural condition of 'Real Bliss' and starts swimming in the Ocean of Bliss.

## **State of Consciousness of Soul**

- Revered Master states that in the Central Region, one reaches **Super Consciousness of the finest type**. Deity and Special Personality currently at work possess this finest type of super-consciousness.
- Here the "lower" conscious activities are corrected and converted into a force that brings the subconscious into a state of "splendour".
- At this level, consciousness becomes so subtle that it moves beyond the boundaries of "Reality".
- It is a state of absolute purity and simplicity where the individual's consciousness fully aligns with and eventually merges into the Divine Ocean. The soul enters a "swimming" state in the Central Region, where it is in direct, ever-ongoing contact with the Source.

## **Nature of thoughts and actions of Soul**

- The thoughts and actions of the individual soul are spontaneous, selfless and are **directly flown from the state of Divine oneness** for universal good.
- The individual functions perfectly as a pure instrument of Divine manifesting love and compassion which is all-forgiving and all-embracing. Every action is done as a sacred trust and one remains free from internal bondage or suffering.

## **Waiting of the Soul**

- Master states that complete merger of liberated souls with Ultimate happens only during Maha Pralaya, when the entire creation and everything in existence merges into the Source. Till such time, the liberated souls retain a subtle form of spiritual entity or identity and keep swimming in the infinite Ocean in the Central region very nearer to the Centre.

## Stage 5

In the final stage of the analogy, Drop after entering the banks of the ocean and becoming aware that it is surrounded by the ocean finally merges and becomes the Ocean itself losing its identity.

This represents the final stage where

- The Individual Soul after reaching the Ocean of Bliss and keeps swimming with subtle identity finally expands itself to become the Ocean of Almighty losing separate identity during total dissolution of the manifested universe or Mahapralaya.

## Condition of the Soul

- It is the condition of the **Absolute**, where the seeker and the sought are no longer two. It is a state of Complete oneness; total negation of the separate self. It is a changeless state.
- This is not the destruction or annihilation of the soul, nor does it disappear; rather, it expands to become the entire ocean.
- This is the end of the journey, where the "drop-consciousness" is replaced by "ocean-consciousness". Even the state of "Real Bliss" vanishes. There is no one left to experience the Bliss.

**Pranams / Shanker Kundeti**