

As You think, so you become.

---By Meena from usa

My Dear Brothers and Sisters.

Namaste.

I express my gratitude for this opportunity to share my understanding about the topic which is taken from Master's message "**THE SUBTLEST METHOD**".

In the message Master provides us with the method to seek God which is simple and straight and talks about getting closer to the original home. Both these points make us think about the two important aspects in today's message.

What do we think and What do we become?

On contemplating further on these aspects following is my understanding.

When we think about origin or homeland first thing that comes to our mind is that we all came from same source and we all are bound to go back to it. But what is stopping us from going back, it is our self-created problems with which we are so attached that we do not want to come out of them even if help is offered. Master gave us the method which brings us close to the homeland but instead of thinking about the goal and following the method suggested we get deep-rooted in our problems and do not like to free ourselves from entanglements and in Master words "**The only way to free us from the entanglements is to divert our attention from them and fix our eyes on the very real thing.**" The question here is how do we fix our eyes on the real thing when our very own desires are the main cause of miseries. Talking about miseries Master says, "**One who is born in this world is sure to taste miseries.**" and "**Total absence of sufferings and miseries in life is however impossible and unnatural.**"

But circumstances sometimes force people to pray, seeking to get rid of the miseries as they do not like to undergo sufferings.

Let me share my own experience here. Occasionally I get thoughts related to the sufferings of family members especially my kids and I feel helpless and without

my conscious knowledge I start praying for help to overcome the problems. When I realized that my prayer was coming out of anger, greed, and fear instead of gratitude I felt I was making a deal with God. Afterwards, I cried in bedtime prayer and submitted my helplessness before Master. Next morning, I woke up much lighter and after morning meditation started my daily routine and could feel a change in my thought pattern, problem still existed but I stopped looking at it as a problem and instead worked on the possible solution and learnt to ignore things which are not in my control. Whenever I feel stuck at any point, I start reading Masters literature and contemplating on the messages, made me understand that sufferings are the results of our own samskaras and no one else is responsible for it. When our mind comes to a harmonious state, circumstances and environments will have no impact on us and we will discharge all our duties in the thought of Master thinking that Master himself is doing it.

We should understand that every other attachment other than the Divine causes misery and attachment to God alone can give happiness. When our thought is firmly fixed on God, we do not pay attention to miseries or joy. We either feel sad about the condition or enjoy the condition that we undergo momentarily, but do not get attached to the condition. This balance is possible with the support of Master through Pranahuti the force through which we derive confidence and courage to face any situation.

When we do our Sadhana with proper understanding, faith and confidence develop and our attention is firmly fixed on the goal that we need to achieve and all other luxuries or miseries will have no impact on us. We feel connected to the Master and will be in tune with the nature. Single pointed orientation to Master helps us maintain our thought on him.

In the message Master says, **“The density of thought can only be removed if we take to the subtle method.”**

The question here arises is the need for all of us to become subtler and what should we do to make ourselves subtler. The reason for us becoming subtler is that the Divine can express itself better and we start feeling the grace flowing to us and we can make ourselves subtler by

- Doing Morning meditation.
- Meditational practices on Point A and Point B
- Purificatory process
- 9 Pm
- Bed time prayer
- Following all the ten commandments
- Reading Masters literature contemplating on the messages and discussing them.

In addition to the above practices, regular Satsangs that we attend and individual sittings we take from our trainer helps us a lot in making ourselves subtler.

Here I like to share my experience in orienting ourselves before Satsangs and Individual sittings and the attitude we need to develop.

When I got introduced to the system in my college days, I had other classes to attend in the evening and sometimes I used to go directly from college to Satsangs and used to be late by one or two minutes thinking one or two minutes should not matter. One of the trainers who observed me doing this asked me the reason why I was late I told her I got stuck in traffic. She told me traffic is something you cannot control but definitely you can prioritize your daily schedule and start early so that you come few minutes before the Satsang and orient yourself.

Before taking individual sittings, we should make a note of the changes we see in our sadhana and make a note of the challenges we face and address them with your trainer. The trainer is an important link in the System. Pranahuti by the trainer is always backed by the Divine Will of the Master. As Master says in the message **Preceptors clean grossness out but people enwrap it again. So, you have to seek the solution yourself, just as you have to walk on your own legs.**

Here my understanding is, we get introduced to the system and we get help from our trainers but unless we do our part we will be not be seeing any changes, just like you enroll yourself in a university you have the required material to study and you get the support and training from the professors but unless you do your part by studying and clearing the examination you would not proceed further. In our

sadhana the real examination is intermittent self-introspection we do to check ourselves by making sure we are doing the right meditational practices and following all the commandments. This way we can feel the changes and if there are any obstacles, we could always approach our trainers whose help is always there for us.

In connection to the goal clarity and our expectations, I would like to share an incident which came to my mind that happened few years back though not related to sadhana but gave me some pointers for today's topic and made me realize my role as a Sadhaka.

This happened in the year 2015 when I had to volunteer for a class of children with learning delays. When I entered the class, I was not sure as to how do I go about the teaching process, one of the teachers made me comfortable saying the following words.

- You entered the class with certain expectations as to how the kids should behave in a way that you expect them to behave, but they in turn expect you to think like them.

- In simple words "Think like them act like them and become like them." This will help you understand the way they think and once you become like them, you can work on the common goal that is in best interest of both.

When I started writing today's topic, I just took the key points i.e. thinking becoming and the goal that we need to remember and related them to the role of a Sadhaka. If we think like our Master, if we behave like our Master, we are sure to arrive at our destination and will become more and more like our Master.

We have the method given by our Master which is simple and straightforward. Sometimes instead of thinking about the method we get deviated from our path and expect the results to be the way we want. Instead we should do our part with full faith in the Master and the system. As Master says, **"When you have done your part the ultimate cannot fall in short playing his part."**

If we have our goal of becoming a perfectly balanced person, we should do our sadhana properly and nothing else should be of more important to us. When we have decided to follow the Master and determined to reach the destination, we should not get deviated by things that will lead us away from the goal.

In conclusion all we can think is a life which is dedicated to his service and become a part of his mission for human transformation.

I would like to end my paper remembering Masters words **“Let the light of the Real, shine in the heart of everyone so that we may rise up to the expectations of the Divine.”**

Thank You

References:

Showers of Divine Grace

Silence Speaks

Reality at Dawn