

“AS YOU THINK, SO YOU BECOME”

--Meghana Shah

My humble pranams at the holy feet of the Master and pranams to respected Brothers and Sisters,

I feel happy to share my little understanding on this seminar topic taken from of the Master's Message “**The subtlest Method**”

Today's topic and seminar is one's Journey

- Becoming animal to human and to Divine being. Becoming subtler and subtler as the consciousness grows
- From our current state of grossness, solidity, complexities and ignorance to become softer, simpler and nearer to Real Self – Original state, when we separated from the God first time.
- Journey to merge into the ocean of spirituality (The Ultimate)

Millions of rivers, all flowing towards one destination, the ocean. Like rivers, we are all different from each other. When we reach the ocean, we lose our identity. We are no longer different rivers. Our differences evaporate when we empty ourselves into the ocean. We become part of the ocean.

Every river has to merge one day in the Ocean. Some are fortunate enough to merge in this life and some are not. Some may leave halfway and some may choose different path.

In every situation we have choices to make and we need to see if we are keeping our Goal – Master in view or make other choices. This we have to keep asking ourselves. What we choose at every step, decide our progress in the path of spirituality.

Let's peep in to the journey

Our journey resumed when we were born in this life. According to our past karma we take birth in particular religion, family, country etc. We just think and speak in the language of cry, when we get hungry or have pain, otherwise sleeping mostly. Very simple, but as the child grows so many things add to his mind according to what their parents teach and the environment he is exposed to. *Master has beautifully explained this in the 2nd Commandment, “Veils after veils began to set round which were caused by the effect of the mother's habits, the father's thoughts, the type of training and all external influences which began to display their respective actions. All these influences had a touch of materiality. The multiplicity of actions made him*

uncognizant of all the various changes which he had undergone during his march towards grossness. Now he is so intensely engrossed in it that it defies all efforts to get out of that state of complete grossness. Later on it took another turn. He came in touch with the world around and was influenced by the dealings and associations of others. The environment caused its own effect. Desires began to creep in and attract his attention. His entire existence being coloured thus, he assumed a changed form and began to attract material for the same. What was he, and what has he now quite out of view?" (IB – p24)

Earlier people realize, Life is not the material life that we are living. There is something beyond or feel the need of real peace, calmness and happiness, they start searching for the correct method and capable guide. When we start thinking about the correct path, we are sure to get it.

By reading Vedanta or Gita or any saint's literature do help us to get control of mind and divert thoughts in correct direction but that too temporarily. By bookish knowledge we cannot get moderation in our life and we are not able to clear off grossness that we gathered over a period of time and we cannot understand real meaning of literature of any saint.

However everyone has recommended meditation for control of mind, peace, calmness etc. The question is which meditation will help?

Master answers, *"Meditation on the simple, pure and Ultimate alone can save man in his crisis. There should be the subtlest method to realise the subtlest being."* (SDG p62)

Sri Ramchandraji Maharaj (Our Master) gave us the Natural path in which meditation is simple and natural hence easy to follow. We are fortunate enough to come into the Natural path and established connection with our beloved Master. He has shown the spiritual way of living through his Commandments which relate to the attitudes in life that we have to develop to progress in the spiritual path.

In Natural path, Master asks us to meditate on the heart assuming Divine light is present in the heart and ignore everything else that come your way during that time and also start feeling that Divine light within is attracting you. The more sincerely we do as prescribed the more we benefit.

Our real journey begins when we start practicing the system. As we meditate on Divine light, it reduces the wandering tendencies of our mind and mind is regulated. Due to effect of Pranahuti we move from the animal self to human self. As our

solidity of thoughts and complexities start melting and we feel peace and calmness to some extent. At that time, we have very narrow view of looking at things.

Moderation in Life

Pujya K.C.N Sir says, *“If take stock of our practice over a period of time we find that imperceptibly our attitudes have undergone a sea change, our behaviour tended to be more pleasant to others, our feelings and emotions considerably controlled. The degree of change may vary amongst us individually but the change is something that is tangible, that is more perceptible to others than ourselves. We have not been asked to practice specifically any sama and dama or yama and niyama; yet due to the effect of the infusion of Pranahuti or transmission into us considerable moderation in all aspects of life seem to have seeped into us. “(Bodhayanti Parasparam Vol II p159)*

As we experience moderation in life, we develop more faith in the Master and hence we start reading more books and develop courage to practice and stick to our goal. I had observed that in the first three years of sadhana, my brooding nature and its effect got reduced a lot. I was more happy and peaceful.

For further progress, it is necessary that we write in diary about changes in thoughts patterns and feelings. It is important to send monthly report. More importantly, how much we can express our self openly before God or trainer. Are we able to convey our difficulties, lapses and anything that is binding us? We may end up hiding something due to our ego or afraid of opening up ourselves. But it is very important that we should be humble and naked before God during bedtime prayer so that God can help us remove grossness and darkness.

Obedient to the Master

During our spiritual journey, trainer guides us/ tell us based on our situation at that time. The question is, how obedient are we to him and how soon can we implement it? Again sharing my experience, 12 years ago I was in the habit of watching TV and it had stronger effects as well as emotions related to that. I found it difficult to let it go easily and related thoughts used to come in next day's morning Meditation. Realising this as an obstacle, wrote it to Pujya Sir in the monthly report and He suggested to reduce watching TV and engage yourself in better activity. I felt that it should be followed but my attachment towards TV programs was so much that I kept watching. Even after understanding, why are we not able to follow or obey our guide? Just because we are enjoying that kind of thoughts and these things are pleasing to our senses as a result we get more attached to it rather than attaching to the Master. We have gathered so much grossness and complexities that we cannot leave it

immediately. Over a period of time, as I continued with sadhana effectively and started attaching myself to the Master more, as a result felt that grossness reduced. Our thoughts keep fluctuating between materiality and Master. We struggle to keep our thoughts in the right direction. Sometime we succeed and sometime fail. But that does not mean we should be dejected. We should keep trying just like child learning to walk falls many times but doesn't give up. Each time he tries with more intensity.

Let's look at Master's example. "Once he was in the habit of playing cards devoting four or five hours a day. It continued for a week or so. He was instructed by his Master Pujya Lalaji Maharaj in a dream to stop playing cards as they are influencing him and He obeyed the order immediately. Such was his implicit obedience." It can be attained by resigning ourselves to the Divine Will.

We have examples of Pujya Dr. K.C. Varadachari, Pujya K.C.N Sir, and Saint Kasturi before us, where we see this quality of obedience to the Master without second thought. When the Master's thought becomes our thought we have already started changing and putting it into action will define our becoming. More the gap between thinking to action that much more time we will take to reach the Goal. So we need to see how we can reduce this gap and follow our masters and their implicit obedience.

Reducing the gap we will need to

Attach to Master and Master alone

"What we do is to attach ourselves more and more to God, and the result is that non-attachment follows automatically as a corollary. We thus come to the state of Vairagya in a natural way without any effort on our part. When the goal is before you, this means that you are getting the air of purity, which brings freshness to you and prepares you for further progress. Once the initial step is taken, the other steps follow automatically, if the man is restless for achievement of the goal." (SDG p143)

As our attachment towards Master Increases and we will find changes in our thoughts during meditation also and during the day too. Like help to others, forgetful for their mistakes, more and more service to humanity related thoughts. Also develop certain moral principles in our being and we stick to it. We see human qualities developing. We also find some Viveka developing here.

As we become purer, we get affected by the thought pollution in the environment e.g. cinema halls, malls and social gatherings. We feel heaviness. So we should leave or reduce that to minimum only. It is very necessary to have our priorities regarding our goal set at subconscious level and need to stick to that.

“If we drag ourselves towards the world, things of fear begin to display their character and when we are towards the Divinity, Divinity plays in Divinity itself. So, both the things are remarkable because they belong to the same centre. But we should be wise enough to take the right thing and reject the wrong one. This will be for our own good.” (SDG p68)

Few years back, when I was in a school as a computer teacher. Love to teach students. After two years, felt that the school environment was affecting my purer state of mind and found getting dragged in unnecessary things than teaching to students and I am also an emotional during that time and so little disturbed so what is the use of continuing the job if I can do better another activity as I am not the main earning person. My priority was clear to give more importance to real goal of life than anything else, so I left the job. My major point to convey here, each person has to do their duty but no need to getting dragged in anything unnecessary and you should be clear about your goal of life. If we have real craving within we can surely do that.

Some difficulties that might come in our way

Master Says, *“I want to create naturalness in you but you prefer mechanicalness.”*

During our Spiritual Journey, sometimes we do find that our sadhana has become somewhat mechanical. When the mind keeps us pulling in all the directions and we chase each of them our thoughts become weak and we do not know what to do. At this time if we let the mind play and ignore our heart then it creates mechanicalness. In spirituality, as Masters says we need to give up mind and listen to the heart and that comes by practice. It can be attained by resigning ourselves to the Divine Will during bedtime prayer in very humble way feeling helpless. Remembering Him more and more in each and every activity, while eating, playing, in office etc. *“By devotion to the Highest, we make a channel from us to Him that serves as a path to Him. When the way is cleaned of all dirt and refuse, there will be no difficulty to tread on it. The path is cleaner in proportion to our devotion. You receive a push from the heart, while meditating on Him, to impel you on the way. To come back again towards the goal with ever increasing efficiency.” (SDG p161)*

While following one God, one Master and one method, we go in to path to become more balanced, more subtle and happier in every circumstances we slowly understand deepness in each and everything. It is our own growth of consciousness and becoming more natural and keeping one goal (whatever level we understood like simple attained to pure consciousness) in our mind. We start developing divine

quality to in us like we can start seeing god in every being at certain extent, we were fear less at whatever misery comes as we put complete faith in the Master.

The world appears to us to be, depend on the way we look at it

Let's see example, when saint Ramdas was writing the Ramayana, he used to read it out to his disciples. It is said that Hanuman used to come in disguise to hear the same, Once Ramdas read out, "Hanuman went to Ashok van. There he saw white flowers." Hearing this Hanuman came forward and said, "I did not see white flowers. What I saw were red flowers. Please correct what you have written." Ramdas insisted, "No what I have written is correct. The flowers you saw were white." Hanuman said, "I myself was there. How could I be wrong? Finally this dispute was taken to Lord Rama. He said, "The flowers were indeed white, but Hanuman's eyes were red with anger, hence they appeared red to him." The point of this charming story is that what the world appears to us to be, depend on the way we look at it.

At last will say that "Be like a lotus."

"Being merged within the water of worldliness we may like lotus or waterfowl be absolutely dry and unaffected by it. It is possible only when we transform our life of body into life as spirit."(Event Horizon p23)

When we are totally lost in Natural path sadhana after having the divine flow of transmission in our heart by Master, our inner starts getting beautified with the divine beauty. And our being such like that everyone can make out divine beauty within us. And we blossom like a lotus who even though surrounding by mud it blooms every morning untouched by the mud with ever ready naturalness in it, opening each petal one by one clean and pure. It plunges to life from beneath the mud, it does not allow the dirt that surrounds it to affect its growth or beauty. And in the long run we find ourselves stretching throughout the Godly Empire. Here at this stage , we find that we will not get affected by anything so I just mention earlier my problem about t.v watching and job related issues that are not at all affects me anymore and other people get influence by us as they can able to see godliness in us.

Concluding this seminar

I am very grateful and thankful to the Master for my current state of being. I just have an idea what is Realization but not that clear about it. I surrender myself to the Master and feeling that I am under complete care of the Master, now in this physical form as well as after that too.

Pranam