

## Seminar paper on “As you think, so you become” (SDG 62)

- by Shrikant Mahajan

Namaste, my dear brothers & sisters,

As you think, so you become, is the saying of Rev. Master’s message titled, The Subtlest Method.

It simply means our progress largely depends on our thinking. This is quite obvious because Sri Ramchandra’s Rajayoga aims at evolution of a man on the basis of thought. Naturally emphasizing on thinking would be found in almost all His teachings/works.

Here are few of them.

About setting goal of life, let us not think of anything lesser than liberation & in no way it should be a relief from worldly trouble or for physical gains/comforts. Besides, He wants every one of us to fix our thought at the very outset, upon the goal which we have to attain so that our thought & will may pave our way up to it.

For ceasing the process of creating samskaras, He has very simple advice for us to give of doing every act we do in the thought - It is Divine’s command & my duty to do so, to acquire the state of remembrance.

He says “Thought when purely Divine can reach the Source” (SDG pg 62). It means an Abhyasi’s job or his Sadhana comprises mainly on becoming purer & purer as much as possible, because the concept of God is the purest & when we seek mergence in Him, we too have to become the purest. This calls for subtlest method that one has to select for Realization. The subtlest being our Goal, grosser methods won’t help because those would take us to grosser results. Generally one tends to select method based on his temperament or gets led by charms with popular methods followed by majority of people whereby our thought & wisdom gets locked in narrower sphere which doesn’t get us away from finiteness to infinite or to broader visions. For this we have to give thought as to how we came into existence & that any creation after preservation ends in dissolution & thus all of us are destined to our homeland. The method we select should create this awareness & inspire us a consciousness of a higher type of happiness of infinite nature.

His chief complaint about us has been that we give wrong suggestions to our mind, may be because of circumstances created by environment we move in. But at the same time, He gives solution to our problems of life. To enable us give right suggestions to our mind He has prescribed meditation practices which include His great discovery of Point A & Point B. The insights we get during meditation actually enable us follow His Commandments & gradually transformation happens, & to accelerate it, He has been at our lifelong service through Pranahuti.

He has said, “It is very easy to remain in one’s own condition which is divine” (SDG pg32). What He is referring to is our true condition of being dependant on Him rather than thinking to be independent or capable. This true condition is nothing but the pure state of mind. All the creatures differ only in consciousness level on the scale of subtleness to grosses, otherwise all are same. In human beings, barring Annamaya & Manomaya Kosas, all other Kosas are almost at same level. Annamaya Kosa makes our mind to feel that we are the body while Manomaya Kosa is responsible

for most of the thinking & contemplation. And therefore our Sadhana is aimed at being all the time aware of His presence in our heart & in every other person's heart. This again is job of our mind-the thinking process.

Many a time we blame senses, but actually those are slaves/victims of our mind which is at play, so we have to be very careful about the thoughts that occur in our mind & action they lead to. Especially when attentive on Point A, as whatever we think it repeatedly becomes our fate.

Love being the major tool in the path of Realization, we have to learn to love others & for which He has been saying family life provides sufficient ground. And for that He says just remove the brokenness/hatred & you will feel the love flowing equally to one & all, & it becomes universal. And we are aware; the said brokenness is due to our defective thinking.

Elsewhere, He implies that the purpose of life could be enjoyed by permanently, as long as we live, in contact with the Being, thinking that He is the only doer & only enjoyer, & that everything belongs to Him & comes from Him, we are an instrument in His hand or nimitta matra/ trustee, which again a matter of thinking faculty.

Amongst the characteristics of human being it is said we are different from animals because we should be predominantly displaying through our thinking good of others even in the absence of any self motive. Though it is very difficult, it can become easy by following Master's teachings in letter & spirit & His assistance through Pranahuti. Otherwise we are likely to lose the title of being called human being. Only when we get rid of the animal part in us, we can head towards Divinity i.e. Realization.

Every thought of ours needs be pure because He has said, "We have brought with us the very essence of infinity & therefore we should try to keep close to it, in order to give freedom to our thought for absorption in the Infinite. If we neglect it, we remain bound to activity of thought, & not to the Reality at the root which is limitless." (SDG pg136)

Master has said, "On the basis of my personal experience, I suggest a simple & easy process which can be followed by all quite easily. If one can sell his heart, i.e. make a gift it to the Divine Master, hardly anything more remains to be done. This shall naturally bring him to the state of absorbency in the Infinite Reality. The adoption of this easy & simple technique makes the beginning of the process the very end of it." (SDG pg137) Here selling heart means self surrender or constantly thinking of Him.

In the system graciously bestowed on us by our Master, subtleness is given whole attention. It is all the work on our mighty mind. When grossness bids farewell & later subtleness also loses its charm & we get conditionless condition. Since our beloved Master says, "I earnestly pray that all of you may attain that conditionless condition." (SDG pg144), we need to develop due craving for seeking it.

Thank you all for the opportunity given.

Pranams

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