

As You Think So You Become

- by BPhani Krishna

Pranams to the Holy feet of Master and all His disciples.

Man is just a collection of thoughts. The Ahankar, Ego or "I" is nothing but *_Raga_* and *_Dwesh_* (desire and hatred) towards the other and *_kartrutwa_* / *_bhogthruthwa_* (doership and enjoyership) towards oneself. If one's thoughts are full of these undesirable qualities, one becomes a hateful person, a person full of desires etc.

Such a mind is incapable of seeing Divinity. Ramakrishna Paramahansa says "The Soul is like an iron filing with inherent tendency to rush towards God (magnet). We are unable to move fast towards Divine because of our coverings- our wrong thinking.

Karma is not the action but the thought behind the action. Repeated thoughts form *_Samskaras_* which have to be worked out at a later stage.

When we are fortunate to meet a Guru of calibre, the nature of thoughts (asuras, which separate us from reality), slowly transform. From the *_Tamasik_* thoughts like sleeping and eating, they evolve into *_Rajasik_* thoughts of doership and egoism. Then come the *_Satwik_* or selfless thoughts. This too, is a hindrance as they are a manifestation of subtle ego. Swami Vivekananda asks "who are you to serve? If not through you, nature can find a hundred other ways of getting its job done. Be thankful to the receiver for giving you the opportunity." These *Satwik* thoughts lead one to *_Suddhasatwa_*, thoughtless states/nothingness/ *_Adwaita_* /No-Otherness. Here, there is neither the Guru nor the disciple. Only the Truth prevails.

When there are *_tamasik_* thoughts at death, one may remain a log of wood for a long time. When there are *Rajasik* thoughts, one may become a king or a CEO but will be stuck in the cycle of *_Samsara_* i.e. birth and death. We have to come out of this cycle by moving tangentially and that needs a leap of faith. With *Satwik* thoughts we may end up in

the next birth as a Rishi or born in a devout family but still the purpose of life is not fulfilled. The man has not yet become complete.

It is by reaching the thoughtless states that we become deathless as in a way we have become Living-dead or *_jeevanamuktas_*. It is this state that our Master aspires for everyone. I make Masters, not disciples, he says. May we all follow the Natural Path, to develop the right thinking and help our Master reach His goal which is not individual, but a collective improvement in consciousness.

At bed time prayer, placing our smallness in front of God, the I further dissolves and merges with the blissful ocean, the Master's consciousness or Nothingness. Even the 8 hour sleep then becomes a puja.

In our system, the change in thought process happens continuously, from the time we wake up to the time we sleep. Once we are stabilised in the day by *manana* and *Nidhidhyasana*, the goal of life is easily reached.

The morning prayer gives us these selfless thoughts, that Master is the real goal, that we are in a helpless situation, the thought that only Master can bring us out of the Samsara, which is another name for mind, by His grace.

By following commandment 1, starting the day with purity, we become pure.

By being plain and simple, our thoughts are kept at a minimum and the complexities of mind are shattered.

By knowing all people are our brothers, our individual "I" is minimised and consciousness expands to include the other. This is further aided by the Universal Prayer.

By not being revengeful and hateful, thoughts dissolve and we become more loving.

At bed time prayer, placing our smallness in front of God, the 'I' further dissolves and merges with the blissful ocean, the Master's consciousness or Nothingness. Even the 8 hour sleep then becomes a puja.

Thank you,

