

“The Present Question Before the World is How to Lead a Happy Life. But the Difficulty Comes When We Move Forward Backing Towards the Sun”

(Clue to Reality, SDG P-149)

---Dr. Madhava

My dear brothers and sisters,

The topic for today's seminar is “The present question before the world is how to lead a happy life. But the difficulty comes when we move forward backing towards the sun.(clue to reality page 149)”

My understanding of the above idea is as follows.

Sun is the Atman /Brahman or the immaterial absolute and our mind has taken birth from that source.

The moment mind becomes animated from its quiescent state or when it comes out of its homeland by an irony of fate it acquires coverings like Avidya, Asmita, Raga, Dvesha et cetera. which act as a veil between its self and the sun.

In fact sun is the treasure house of the nectar of happiness and until and unless one becomes successful in this adventure of treasure hunt he is deprived of the means of leading a happy life. Instead of searching for happiness in the heart where the treasure of the nectar of happiness is present he searches for the treasure outside himself. He believes that happiness is in earning money, power, prestige, enjoying sensual pleasures and developing relationships et cetera. Thus he unfortunately sets himself up for sadness, frustration and disillusionment.

He does not reckon with the painful realities of the pain involved in the process of birth, death, old age, disease, and the defects of the objects which he tries to possess.

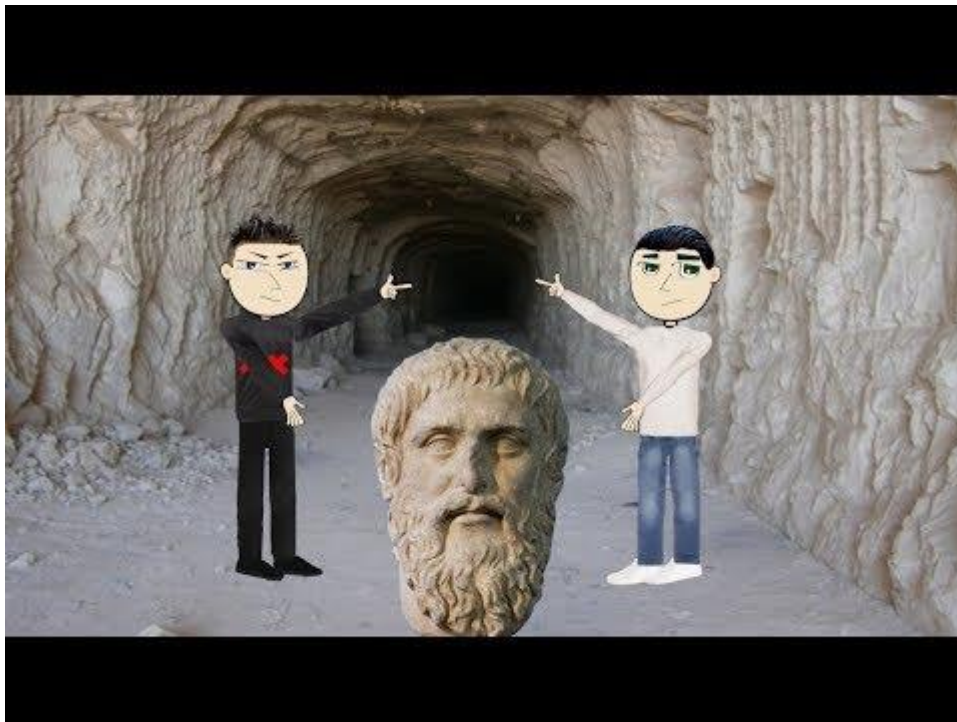
Besides the painful consequences due to the interaction of the following three forces, adiDaivika, adibhoutika and Adhyatmika constantly thwart his desires of leading a happy life by fulfilling his desires.

We cling to life and ego even though our intuition says God is the real truth and real peace. We do not know why we cling to life and ego. Man is in an unenviable and problematic situation and dilemma from which there is no Escape and tragically no intention to escape.

We require master to bail us out of this situation. Even to grasp it contradictions, problems of life or to understand what is life in life , to draw an exact image of it in our mind is beyond our power. How can we solve it then? Only master can help us.

To come to the point of master's idea why do we move forward backing towards the sun. If you try to look into the sun and try to walk in the direction we are blinded and pained by the heat and light of the sun. We have to immediately close our eyes and if you walk with our eyes closed we will definitely fall into a ditch and our journey ends there itself. You require a guide who can lead you by taking your hand and leading you to the homeland. The guide by definition is the one who is familiar with the topography very well because he has travelled the path successfully before. Even though you are blind if you trust your guide he will guide you past the ditches and obstructions along the way and takes you safely to the destination. I am going to show you a small clip about Plato's Cave analogy which makes the idea clear.

[Plato's Allegory of the Cave](#)



The ego which is nothing but Satan is too clever and a true Machiavellian type of a politician and an expert in deceiving you. Such an expert Conman that you don't even know that you have been robbed. It creates a feeling that you

already know about God and this feeling closes the path towards the sun / homeland, besides you can get stuck in various knots and buffers where only a guide can extricate you.

I close my paper with a quote from the great masters work 'Reality at Dawn' under the chapter 'Spiritual Training'

"Proper spiritual training, fitting closely with the present worldly life is, therefore, the only thing required for the spiritual growth of the common people and which has so far been unfortunately neglected. For such a type of training we stand in need of help from outside in most of the cases. This help comes from the Guru or the Master, who is the only person able to shape our destiny. When this help comes, the spiritual life is awakened and the higher powers of soul are roused to help our growth.

Such impulse is to be sought only from one of our own fellow beings of the highest calibre, who may be within our approach ready to solve our difficulties at any time. The practice of seeking inspiration or guidance from gods and demi-gods or from some departed soul treating it as Guru or Master is in most cases very dangerous. Similar is the case with those also who seek guidance from their inner voice, as they call it. I have come across people who lay great stress upon their inner voice, which they think to be the real guide in all controversial matters arising in the mind. We have concrete examples of people relying on their so-called inner voice who are found to have been misled in the spiritual field. Really what they think to be their inner voice or an impulse from the departed soul is only the play of their indisciplined mind. This undesirable practice, if followed for some time, makes the mind so much unduly powerful and over-active that it begins to question and answer by itself. This the people often misunderstand as a stage of Yogic attainment where one acquires the power to inter-commune with departed souls. They are really far away from it. The inner voice or the voice of the real self is no doubt never misleading, but how many there are who are advanced enough to catch it. To most of those who profess to follow the inner voice it is quite inaudible. They are merely be fooled by the wonder-working tendencies of the mind, which can create anything and everything by itself. It can even present fearful ghosts to their view or make them hear strange voices in trees and stones. This is all due to the activities of the mind in its indisciplined and polluted state. Unless the coverings of Mal, Vikshep and Avaran are removed and the mind is brought to a state of perfect poise and moderation, inspiration or guidance from the inner voice is meaningless. Most of those

who pose to follow the inner voice or seek guidance from a departed soul are really following the dictates of their own unregulated and indisciplined mind. It is mere hallucination. If we develop this vicious habit we are lost forever. It leads us to constant mental worry and harassment.”

Let us train our minds to rest its attention on the presence of divine light in the heart which is the reality, unchanging and eternal. The divine light or the divine master is a true friend who is waiting to embrace us in his bliss. Let us dare to dive into his consciousness like a moth which immolates itself on the flame. Grasping God is possible only if we die before our death.

Pranams,