

“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”

SDG, P-149, Clue to Reality (Feb. 20th, 1972, Channapatna)

--- Raghavan Vallur

Dear Brothers and Sisters,

Namaste!

Hearty salutations to the Masters of Dr. KCV order. I express my gratitude towards my trainer for consistent and constant push to explore more into my experiences and for the encouragement to present the same at the forums like this one.

The topic of the current seminar, as mentioned above, is from a message delivered by Babuji Maharaj at the inauguration of a house of an Abhyasi (in Chennapatna) that was dedicated for the practice of Sahaj Marg. The message deals with answering one of the core questions as to how one can lead a happy life. In my opinion, this fundamental question is being posed to various masters since times immemorial and shall continue to be so as long as the humanity exists with the current level of understanding of Life vis-à-vis Spirituality. However, Babuji says that the problem lies with us (vis-à-vis our understanding of Life) because of our moving forward facing our backs towards the Sun/God/Master. I would like to address two fundamental queries that would arise when we start to contemplate on the topic today's seminar, and they are as follows:

A) Why do we move forward with our backs towards the Sun?

B) How can we turn towards the Sun and start moving towards It?

Below is the more detailed discussion on each query,

A) Why do we move forward with our backs towards the Sun?

It is because of our sheer ignorance that arises out of our intellectual thinking. Babuji exhorts that **‘The intellectuality works in its own narrow sphere’** (SDG, p-149). There are various things in the outside world that seeks our attention, rather

distracts us from feeling the Oneness in everything. Not only they distract us, but they also make us feel they are the real sources of happiness. Babuji says, '**the world is a sensed object**' (taken from Voice Real audio tapes). So, we need to have highly balanced senses.

At this juncture, let me share some of the thought processes, which I thought would lead one to live a happy life, that I encountered in my life. I thought that,

- Getting a good score in a particular class or a test would guarantee me a stable career
- Doing higher studies abroad would earn me a higher paying job
- One needs a life-term plan, and having a good education/degree would lead to having a marriage alliance from a socio-economically higher stratum of the society
- Reservations across board in jobs and other academic admissions (in India) are spoiling my career, and rather without reservations I would have been doing so well in my career
- Having so much of agricultural land and money will make me and my family happy etc.

In addition to the above-mentioned thought patterns, I also had to take the beating of my lower senses caused by overwhelming sensuousness in the beginning days of my practice. However, with the help of Pranahuti, and Point A and B meditations, my impulsive tendencies were controlled to a great extent and in a shorter time than expected. As I progressed on the path, the lower senses have started to become even more balanced. Also, many a times brooding about past or future events also makes us get distracted from the Real Goal.

Further, as we travel on the Natural Path and progress to the higher realms of consciousness, we do encounter different types of distractions here too. They are mostly because of our old habits and preconceived notions/ideas. Let me quote an example from my own experience. When I finished my PhD and just came back to India from Germany, there was a mishap that happened (after a day of my arrival in India) in my family – lost one of my maternal uncles in a car accident. It was a very critical period where I had to deal with my future career dilemma on one hand,

and on the other, the overwhelming sadness encompassing the whole family, and even worse the after-effects of one's passing away (e.g., assets, finances, people with different characters being exposed etc.). The whole episode has evoked one major question in my mind i.e., **what really is Life and its Goal?** While withholding to this query in my heart, I happened to travel to Hyderabad and started to attend the Satsanghs at Rev. KCN garu's home regularly. In one of the Satsanghs, I was drowned in the feeling of LOVE and my heart was least inclined to do anything else, except to cherish the present moment and stay in that condition as much time as possible. However, I did have a habit of meeting relatives and friends whenever I go by in the route back to home. My heart was totally not inclined, but my habitual neural pathways were so strong that I ended up meeting my relative and later that night I had to beg pardon to the Master for the lost opportunity of being in the state of LOVE as long as possible. It was one of the most valuable lessons I learnt - to **stay in the condition ushered on to you as much time as possible**, and that helps in owning the condition too.

B) How can we turn towards the Sun and start moving towards It?

We can only turn towards the Sun, **only when we turn our attention towards inside** (into the heart). The more we turn inward, the closer we get to the Sun. As this process keeps happening, there are few changes that we can notice as below,

- We start to adhere to His Ten Commandments and Practices prescribed more strictly in word and spirit
- We would develop more 'naturalness' in all our dealings
- We tend to be more mindful of the presence of the Master in our hearts
- We tend to spend more and more time thinking of the Master, or try and be in His thoughts (helps in developing Love and Devotion towards the Master)
- We tend to discuss more about His thoughts in our leisure time
- Our engagement with the outside world, as and when required, is kept to a bare minimum
- Also, if we carefully consider the above-mentioned ideas discussed under the first query, they all in one way or the other boost our petty self or ego. As we move forward on the Natural Path, the ego takes a big beating. There are

various shades to our ego and all those shades shall be addressed at an appropriate time. All we need to do is to be sensitive to what is happening to us and accept the changes and co-operate with the Master/Trainer by doing our Sadhana properly and by taking help of Pranahuti.

Before I conclude this paper, I would like to share a small story that was narrated by Rev. KCN garu that talks about why a soul left the God/Sun. The story (taken from BP Vol-5, p-211-215) is as follows:

“There once was a soul who knew itself to be the light. This was a new soul and so was anxious for experience. It found that it is all light and pure consciousness. Yet all the knowing of it and all the saying of it, could not substitute for the experience of what it is. And in the realm from which this soul emerged, there was nothing but light. Every soul was grand and every soul was magnificent and every soul shone with the brilliance of God’s light. So the little soul was like a candle in the Sun. In the midst of the grandest light, of which it was part, it could not see itself, nor experience itself as to who and what it really is.

Now it came to pass that this soul yearned to know itself. So great was its yearning that God one day said, whether it knew how to satisfy its yearning. The soul replied that it does not and added that it would do anything for satisfying this yearning. God replied in such a case it should separate itself from the rest of the souls and then it must call upon it the darkness. Perplexed the soul asked what this darkness is. God smiled and said “that which you are not” and the unfortunate soul understood. And the soul did so, removing itself from the ‘All’ going unto another realm. And in this realm the soul had the power to call into its experience all sorts of darkness. And this it did and later started crying “Father, Father, why hast thou forsaken me?”

God replied: “I have never forsaken you, and I stand by you always, ready to remind you of who you really are and ready always, to call you home.” Our true nature is light and bliss and the Vedic prayer ‘Tamaso ma jyotir gamaya’ in reality has no meaning as darkness is a term that the Spirit does not know. Darkness

really is the absence of light. We can study light, but not darkness. We know how dark a certain space is by measuring the amount of light present. Darkness is a term used by us to describe what happens when there is no light present.

It is the desire for the experience that makes us create a statement of who we are and what we want to be. **It may be noted that it is this desire to experience that is the basis of all bondages later..."**

Although the story goes on further to explaining about the soul's request to the God to experience the Divinity (which it already is), I thought it is appropriate to stop it here as this particular episode of the story as mentioned above would fundamentally explain as to why we tend to move forward with our backing towards the Sun/God.

I conclude this paper with a sincere prayer to the Master that we all shall reach our 'Real Goal' as soon as possible.

Pranams!