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Title of Seminar: Our duty is to grasp it firmly and stick to it at all cost. The renunciation develops automatically in our system.

Namaste dear Brothers & Sisters. I am here to share my current understanding of the Master's message, taken from the Master's article titled "Craving of the Soul" – SDG pg. 160

Master is exhorting us to grasp what is truly significant. He explains to us that we have our own ideas, and our thinking revolves around it. We are so caught up in it, so opinionated, that everything coming to us is colored in it. Thus, we react rather than respond in a considered manner. When human beings are newborn babies, they seem to have no opinions. They even accept someone other than their natural parents as parents. As days pass by human beings' form ideas about who is a parent, friend, what is pleasant, important, and so on. And thereafter the shift continues further and further from that state of innocence of a child.

Ideas of beauty, ambition, career, fame, wealth begin to take shape and become strong currents in our thinking. This in turn motivates us towards action and sometimes pleasant successes and at other times disappointment and despair results.

While all this is going on the larger nature is at work too, which we seem to take for granted and don't pay any attention to. Our sense of wonder is rather dimmed due to our thought patterns. However, nature is quietly moving our breath, pumping our blood, running our pancreas, digestion, and a multitude of processes unknown to us. It is also moving the planet and solar system quietly. It is giving life to all the greenery, birds, and animals. Despite all our material advancement we are unable to create a natural living leaf, an ant or milk. And we cannot

even dream of moving the Earth or radiation like the Sun. Thus, if we compare our endeavors to those of Nature it is quite miniscule. Yet our eyes are turned away from what is immense to what is small. If a material analogy were to be made, it is as if we are blinded to Billions, while fussing over change.

Master is exhorting us to become alert to what is truly unfathomable and not losing sight of it. It is our duty to do so.

When we take to proper meditation in our system, our ability to go inwards starts to develop as we begin to meditate on the Divine Light present in the heart. First we experience some calmness and lightness of heart and spirit, which allows us to get out from under the clutches of materialistic thoughts and could be seen as beginning of Vairagya.

Later in the message Master says people will be attracted when they know our method is correct. Indeed, we need to consider if we are, we radiating like the sun, bringing light or instead are we the problem that we seem to think is outside of us. Notice the effect on abhyasis when they were around Babu ji, Sri KCN and others versus what do our family and friends feel around us. Do they see something better and nobler at work to feel encouraged, or do they still see a confused grasp between something better and the mundane - career, finances, some spirituality, some goodness etc.

Master says give a fair trial and have your own experience versus us unfairly being distracted and having an incomplete experience. Even if we are distracted, have lapses, if we fairly analyze it will point us to what we lost - the lightness in our hearts and clarity in our minds. Which again only proves to us the method is correct, even when we have misses.

“Problems are there for humanity” according to Babuji. A few days earlier I was attending a class about work and related challenges. First, I was surprised there were 100 people

attending from around the world. Second the instructor used the term “VUCA – Volatile, Uncertain, Complex and Ambiguous”. If humanity is feeling such conditions, there are problems and it seems people are seeking something better. And Master is asking us to awaken to something better something nobler and grasp it.

To do so he says it needs purpose or goal, determination, love, patience, and cooperation. Thus, he guides us to put our attention gently on the heart. Not intensely, full of ourselves and our effort, but gently with as little of ourselves, as subtly as we possibly can, on that given day.

The system gives us the determination, the hope, and the practical experience of being closer and closer to the Divine reality present within us. We may have to work more, and sometimes there seem to be setbacks, but there is a clear sense of progress and clear sense of purpose in our endeavors and that I feel is the love of the Master, showering on us.

Thank you. Love and Regards,

-Ranjit