

## Seminar on “When we inwardly develop, in and out become the same. In this way, purity begins to reign all over.” (SDG – 106)

Dear co-travellers on the path,

Humble pranams,

Very happy to present to you understanding and imperience on today’s topic of the seminar, which describes the complete process of our development in 1-sentence.

***“When we inwardly develop, in and out become the same. In this way, purity begins to reign all over.”*** (SDG – 106)

This is taken from the chapter, “Tasteless Taste of Mergence” where, in the starting He says, ***“Life is not life we are living. There is something beyond and beyond. I hope all of us will see the better days, if we are devoted to Him and Him alone.”*** (SDG 103)

The question is, if Life is not the life that we’re living then what is beyond and beyond?

At another place Master says, ***“I want to create Naturalness in you but you prefer Mechanicalness.”*** (SDG 63)

Now we need to ponder over what is mechanicalness that we’ve created and how do we move towards naturalness. Mechanicalness means doing something out of habit or routine without any belief in it. When we look at our activities, behaviors and responses to the situations we find that many of them are instantaneous without thinking.

e. g. When someone asks “How are you?” Will your answer be different depending on your state or will it be same? What I observe is that for many it is same, no matter what their internal state is.

Similarly, when the trainer asks, “How was your meditation?” “What did you feel/ experience?” “What type of thoughts were there?”

How different are our answers week-to-week or month-to-month?

Many times, abhyasis say I don’t know what I’m feeling or same answer (good, calm, peace etc.) for months & years. This means that we are not used to looking inside and recognizing our feelings.

As we start our practice of PAM, let us examine how we develop inwardly.

The first and foremost thing that starts with introduction is diversion of the flow of thought energy from lower to upper portion of the heart. In my experience following things happen internally.

0. Generally people are in the habit of enjoying lower consciousness thoughts as we feel that is what most people are doing and enjoying the life. Here we are suppressing our true nature and focused on pleasure seeking. But internally we know that this not true happiness.
1. As we practice, we become aware of lower consciousness thoughts (related to envy, jealousy, enmity, possessiveness, selfishness, satisfaction of drives) and feel uncomfortable with it but we are not willing to change the behavior.

2. Then these lower level thoughts are reduced and more thoughts related to human consciousness (i.e. Satya, Ahimsa, Asteya, Aparigraha, Brahmcharya and Parahita). There is more inclination to stick to upper level of thoughts
3. As we stick to Human consciousness and ignore lower consciousness, we gain courage to change the behavior.
4. As we keep changing our behavior, we feel happier. Courage & confidence to remain in the human consciousness increases.
5. This becomes our natural behavior.

This is how you can see that in and out becomes same as the purity increases.

Similarly, when the flow of thought energy is diverted from human to Divine consciousness, one can observe the above steps with the qualities of Divine consciousness.

One thing to share is that, this is a gradual progress in terms of the % of flow towards Upper and Atman, which gets reflected as the % of time we are in the Human consciousness and Divine consciousness as well as display these qualities in the behavior. When I observe myself I feel that many of the qualities have been developed, whereas there are some desires, some behaviors of lower where I'm struggling in step 1. The key is how much we introspect as well as attach ourselves to the Master, which helps us in moving to higher planes. The more the courage and more the speed of change in behavior reflecting our inner state and faster the progress.

In the beginning of the chapter Master says, "Life has its meaning because there comes a force with it, and that reminds us of something which should be very precious to those who want to keep it within them. Accepting turning towards the spiritual life is the beginning of life, and the highest state of it is 'Life in Life' which lies hidden in life itself."

So the question is what is this Spiritual Life?

This is something I would request every abhyasi to think, contemplate and share in terms of their meaning of the spiritual life. While talking about this with few abhyasis, it was surprising to know that in-spite of practicing for some years they did not give serious thought to it. For some the answer was living better material or social life. Someone said to lead a life of contentment in job and family. Another abhyasi mentioned that he wants to live in harmony with family members and they should respect him. Even I had misconception and thought that the spiritual person should not have any problems in life. In current Corona situation, you all must have observed that people are doing yoga, pranayama, taking immunity booster medicines/ food and in-spite of doing all this the mind is disturbed due to the fear of death.

This clearly shows that the goal clarity is missing.

The cause of all these is ***"Pangs and troubles created by indisciplined mind"*** as Master states and further says, ***"can be relieved only by making the mind well disciplined; and that is possible when you adhere to the principles of Satyapad Marg."***

We have example of our Great Master Pujya Lalaji Maharaj suffering from the abscess of the liver and in-spite of having the power to cure the disease in no time, He did not want to meddle with God's ways.

As we practice meditational practices our purity increases and mind is disciplined naturally. Hence following its principles – Ten Commandments becomes natural as it becomes our nature. However the key here is to recognise our inward development, the way to do that has been already mentioned by the Master, ***“Immediately after the meditation, for five minutes observe your condition and record the same.”*** The topic of diary writing has been explained in detail by Pujya Sir, which is printed with the diary every year.

Master has given and is giving us these conditions during the meditation, which means that we are developing inwardly as we keep meditating correctly. The key is to grasp the condition and hold it firmly, so that it shatters our wrong beliefs and notions. When this happens it gives us courage to live a spiritual life.

Let me share an example of Truthfulness:

Some years back, I had a boss who used to shout and insult everyone. This used to affect me and I was suppressing the feeling. As this continued there was an anger inside but outwardly showing like everything is fine. One day, in our one-to-one meeting he started shouting and insulting me. After a while, I couldn't bear it anymore and lost my temper. I replied to him in his language banging my hand on the table and shouting, “You think you are the only one to shout and no one else can do the same, what do you think of yourself? If you want my resignation let me know.” and I left the room. To my surprise as soon as I came back to my desk, I felt so much light and happy. I was laughing inside. After sometime, went back to him and apologised. To my surprise, he also apologised and after that our relations improved as well as he softened his style.

As I look back and analyse, felt that there were suppressed feelings in the heart making it heavy. As it couldn't bear more, it burst and felt lighter. Going forward suppression of feelings reduced – either tell immediately or ignore and purify.

Let me share an example of revengeful attitude:

There was a time in professional life, where I had a big responsibility of a product delivery with the team of 25 people and was really proud about developing the team and delivering lot more. One fine day, there was a mail notifying about the organizational change, where major responsibility had been taken away and given to someone else. I was devastated thinking how can they do this to me and thinking bad about the people in the hierarchy that they don't know or understand, when my time will come, I'll see. This situation had really disturbed my meditation for days. One day in the meditation, remembrance of the Commandment 7 and acceptance of the situation that it must be for my good. Just the acceptance changed the state of mind to be more peaceful and disturbance during the meditation went away.

As I look back, realised that I had possessiveness for my team, doership about the delivery and an ego that I've done something great for the company. The situation made me realise worthlessness of these, resulting in reduced possessiveness, doership as well as egoistic feeling and started attributing everything to the Master.

As you can see that both these situation – seemingly bad from social or materialistic perspective took me closer to the spiritual goal – Freedom.

As we lead a spiritual life, Purity keeps increasing at the same time, Pranahuti helps in our deeper purification and we need to purify ourselves regularly. As we become purer, it helps us imperience the conditions clearly. The cycle continues and as purity increase, following of the commandments becomes natural as they are related to Reality – our true nature.

As the Master says, ***“The true meaning of Realisation is ‘Death of Death’ or ‘End of End’. If a man is absorbed in this condition, it means, the way is clear now.”*** As we practice the system we develop Goal clarity and it becomes clear that the Goal is ‘Nothingness.’

Let me conclude by sharing related incident when I went to Pujya Sri K C Narayana for the individual sitting few years ago. I reached His place and waiting in the meditation room for Him. Before going there abhyasi brothers told me to be oriented and pray while waiting. I was thinking about the Goal – which Master says is Nothingness. So if the Goal is Nothingness what is that I should pray for? This was the confusion in mind. Pujya Sir, came to the room and He immediately told, “We should pray to the Master to give us Faith and Courage to follow the path.”

I pray to the Master to give all of us Faith and Courage to follow the path fearlessly, so that we keep developing inwardly and in and out becomes same and Purity reigns all over.

Pranams,

Dharmesh