

“That is only a beginning of the higher sort of spirituality. As a result of it, our senses become summarised to have their own share in the Being. This is my experience.” (SDG – P29)

- Dharmesh Shah

Humble pranams to all brothers and sisters,

Salutations to the great Master who has enabled us to meet virtually and who is giving an impulse in unbroken silence encouraging us every moment to remember Him again and again. Now the question is,

Are we really silent? For how long is there an unbroken silence?

The more silent we are, more we can listen to the Master/ God. Master says, “*We should utilize this occasion for getting into the Master and Master alone so that it serves as food and tonic for our spiritual elevation.*”¹ He further elaborates, “*Remembrance should be in a way that we feel the thought of remembrance oozing out of objects everywhere.*”¹ (SDG 29)

What does this mean? Contemplating over it multiple things came up

- Feeling the Master within our heart
- Feeling the Master/ God in all animate and inanimate
- Feeling the Master as whole of self – vibrations head to toe
- Feeling that everything is coming from God
- Feeling Godly touch, in all that is happening and no bad feelings for anyone

Then what remains is Pure and Unalloyed Love

My experience is that these are the stages of development in the spiritual path as Master has explained in the book ‘Towards Infinity’ and Pujya Sir’s elaboration in ‘Path of Grace’.

“*This is the play for our good.*”¹ What I understand from this is that we have to attempt continuous remembrance as much as we can. Master says, “*Mere consciousness of God cures many evils of the mind and removes difficulties from our path. We have thus to become conscious of God for the most part of the day during all our worldly activities*”² (BWS 252)

Initially, we remember the Master only during distress, misery or during trouble. Then starting any work we think that it is the Master who is doing it or we are doing it as a duty to the Master. As we keep practicing it just like the player doing practice before the match, it becomes natural and undue attachment to objects, work, family and

friends reduces and we stop forming impressions, which is very essential in the spiritual path.

I would like to quote a hint given by the Master, *“For this, we must snatch a few minutes from our hours of rest (preferably at bed-time) and pray to God with a sincere heart for His guidance and support on the path of duty. If we do it regularly with a heart full of love and devotion, the prayer shall never go unheard.”* ² (BWS 252)

As we progress on the spiritual path, continuous remembrance keeps increasing as **our,**

- Orientation to the Master increase
- Undue attachment reduces
- Faith in the Master increase
- Questioning attitude to each and every circumstances reduce
- Feeling that the Master is omni-possessive (owns everything – money, property, family etc.) increase
- Belief in whatever comes to us is coming from Him for our good increase
- Having expectation in each situation, this is how it should happen reduce
- Inquisitiveness to know, “why me or what have I done wrong?” reduce
- Curiosity to know the future reduce

We begin to accept everything as coming from the Master without questioning and our gratitude for the Master increases. Then we come to a stage, where we imperience that everything is coming from the Master and also understand the cause sometimes.

Going further, Master adds that, *“Now a new chapter opens in the web of life. The effect of our deep devotion begins to resound in a way that we feel the Ultimate is remembering us.”* ¹

What is this deep devotion?

To my understanding when we feel everything is coming from Him, we also understand our role in making this world better and we are inclined to serve Him more and dedicate ourselves to His mission. In order to serve, the qualities required are of empathy and compassion followed by unconditioned love.

When we look at the life of Pujya Babuji Maharaj, we see the unconditional love being displayed to the colleague who harassed Him so much that He even thought of committing suicide. Further to that He even helped son of that colleague.

This is **the one thing** if I may call it as our **Real test of spirituality**. Master says, *“Only remove hatred and universal love is there.”* ³ (SDG 122)

Whenever I introspect myself on this, I've always found lapses. However knowing these lapses has really helped me understand the amount of spiritual progress required and as I understand it is only possible when we surrender whole-heartedly and unconditionally to the Master.

As a test, you can introspect and see if you've the unconditional love to the person, who from your perspective,

- Has done harm to you, your family members, or
- Is spoiling the society, or
- Is harming the institute, or
- Is interfering in the Master's work

Remember everything is your perspective.

In order to serve, more the universal love, better the quality of service. Even the state of devotion for serving the Master, we go through many various states of mind,

- I want to serve and feel restless to serve
- I'll do these things to serve the Master - which means it is my desire
- I feel that I'm serving the Master - there is doership here, which increases ego
- It is my duty to serve the Master
- Submit my will to the Master and surrender, let Him utilize as He deems fit and waiting
- Doership is now gone away, however I've awareness of the work – ego in subtle shade
- Work is being done automatically and no awareness before or after

"It is total unawareness and it is in this condition work of the higher type get allotted."

⁴ (BP Vol 4. p328) as Pujya Sri K C Narayana has mentioned in the 'Rings of egoism' as well as beautifully explained how these shades of egoism affects the Master's work and how Bhakti transforms into finer types as we transcend these rings of egoism.

What I feel, now we've played our part coming out of grosser (body) to finer types of the doership. Of course, **it is all Master's work and only His grace can take us this far.** *"We feel the ultimate is remembering us. This is the justice of Divinity, when you've played your part fully well the Ultimate cannot fall short in playing His part."*¹

Master further adds, *"This is the beginning of higher type of spirituality, where senses become summarised to have their own share in the Being."*¹

This is extremely important as Master has pointed out, *"The greatest impediment in the path is the unregulated action of the senses which have gone out of control. For*

this, the method of suppression or strangulation hitherto advised under older systems are not of much avail. Really it is not suppression or strangulation that solves our difficulties but the proper regulation of their actions. The Sahaj Marg does not advise those cruder methods which are hardly practicable in the routine life of man. Under the Sahaj Marg system of spiritual training the action of senses is regulated in a natural way so as to bring them to their original state, i.e. just as it was when we assumed the human form for the first time.”⁵ (SDG 11)

The greatest boon that we've in this system is that rather than suppression and strangulation, by doing Point A and Point B meditation along with Morning Meditation, Purification and Individual sittings, senses gets regulated in a natural way. Just one thing to add here is, this doesn't mean we can let it do whatever it wants. This means that we're shown our real condition during the Pranahuti sessions and it is for us to "Approve" or "Reject" lower level thoughts related to the sense satisfaction. More determined we are, more we can reject them and faster they're summarised. This is where Master adds, *"Not only this, but the lower vritties which are working independently are subjected to the control of higher centres of super consciousness. Hence their perverse action is stopped and the higher centres, in their turn, come under the charge of the divine centres and in this way the whole system begins to get divinised.”⁵ (SDG 11)*

The senses coming to the original state would mean being in the service of the Divine/God, which is its purpose. Our whole Being is in the service of the Master. *"When they are summarised they become a new force for our regeneration. Now, this is another instrument for our help. When this thing is attained, we have formed a base for our further approaches. It begins to modify itself when the effect of Divinity starts to percolate.”⁶ (SDG 30)*

This is when the Master takes over and the whole of the system is divinised as Master has described in the 'Efficacy of Pranahuti', *"I must add that during our march to Reality, of course at a higher point, the atoms of the body, begin to convert themselves into energy, and then energy into its absolute. The whole of the system is thoroughly divinised. And a man becomes dynamic.”⁷ (SDG 110)*

When we look at the life of the masters, we see that they are like walking temples. Wherever they go, the environment is charged with the spiritual force. When we hear them our state of mind completely changes, their glance brings vibration throughout our body, their smile brings us to the state of happiness and their touch relieves us of pain.

This shows that masters are dynamic and they can foment us with this spiritual force. Hence it is very important for us to read masters' work, hear and listen to their talks, see Him and be with Him.

Finally, I would like to conclude with the tip from the Master for Constant Remembrance, *"I am happy that all of you follow the meditation prescribed; but there are a few who remain non-attached after the meditation is over. They forget the idea of God and begin to remember themselves throughout the light of the Sun. **It is their work to shape themselves for the Divine purpose. At its start if they think that this is our Mission and our God then they will be helped much in His remembrance.**"*⁸ (SDG 117)

So let us feel Master's Mission as our Mission and dedicate ourselves to the Master (our God), imitate Him by serving relentlessly for the transformation of Human consciousness.

Pranams...