

**“That is only a beginning of the higher sort of spirituality. As a result of it, our senses become summarized to have their own share in the Being.”**

- Raghavan Vallur

Dear Brothers and Sisters,

Namaste!

Hearty salutations to Masters of Dr. KCV order. Also, I express my deep gratitude towards my trainers, both current and past ones. It will be the first time for me attempting to summarize my ideas and thoughts on the current topic chosen from the talk delivered by Babuji Maharaj at the Centenary Celebrations of Lalaji Maharaj at Madras on 24<sup>th</sup> Feb. 1973.

The topic of the seminar is “That is only a beginning of the higher sort of spirituality. As a result of it, our senses become summarized to have their own share in the Being.” This is my experience, says Babuji in the chapter ‘Master who leads to Realisation’. (SDG 29) When we rephrase this statement, it briefly means that our perception/awareness/consciousness will be epitomized to become a part of the Divinity when we start to experience the higher sort of spirituality. If one were to closely read the above statement, it would occur to one to pose the following queries to oneself and get the answers to those queries in order to better understand what Babuji is trying to convey us. The queries are,

- A) What is this beginning of the higher sort of spirituality?
- B) What will happen once our senses are summarized?
- C) What are the obstacles on the path to having the summarized senses, and how can we overcome those?

**A) What is this beginning of the higher sort of spirituality?**

If we read a couple of previous paragraphs in the same chapter from which the current topic is chosen, we will come across Babuji mentioning the following. *“The effect of our deep devotion begins to resound in a way, that we feel the Ultimate is remembering us. That is the justice of Divinity. When you have*

*played your part fully well, the Ultimate cannot fall short in playing His part.”*  
(SDG 29)

With a clue from above statement, we understand that **the beginning of the higher sort of spirituality is when the Beloved starts remembering us**. Babuji also assures us that the Ultimate cannot fall short in playing His part when we play ours fully, which is equivalent to safely assuming that half the job is done by default. However, the other half is on our part to practice the constant remembrance of the Master via the methods prescribed and use the special occasions like the birthday celebrations of the Masters to our benefit. This is also reflected in the following sentences from the Master. I quote *“We should utilize this occasion in getting into the Master and Master alone, which will act as food and tonic for spiritual elevation. Remembrance should be in a way that we feel the thought of remembrance oozing out from the objects everywhere. It is the real remembrance which mortals can have. It is a play for our good.”*  
(SDG 29)

## **B) What will happen once our senses are summarized?**

**Briefly, when the senses are summarized, they become a sort of a force and create a base, which will help us evolve spiritually.** Babuji says, and I quote *“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. The base becomes a sort of force and begins to reinforce the substance required for our elevation. When the base is formed within us, the charging with its contents, is also there affecting the entire fibre of our being.”* (SDG 30)

Eventually, summarization of senses affects the entire fibre of our being. Rev. KCN garu also mentions in his book Path of Grace quoting Babuji as *“After crossing the Visudhha chakra sphere our path is straightened since we get filled up with power and the process of divinisation commences. By divinisation I*

*mean that all senses and faculties are harmonised, assuming their original state and are merged in the Real. The final state of divinisation comes when every atom of the body becomes one with the Real state - the Ultimate." (PoG 160)*

**C) What are the obstacles on the path to having the summarized senses, and how can we overcome those?**

*Babuji asserts "The main difficulty we find is that all our actions are directed unwisely. Actions are results of thoughts and thoughts are our own actions. Truly speaking, we give wrong suggestions to the mind. People can object to it. How do we give such suggestions? The environment creates the circumstances to have such ideas. We move in that sort of environment." (SDG 30)*

In the above paragraph, Babuji is saying very categorically that it is we who create obstacle by giving wrong suggestions to our mind. He also mentions that the external environment too has its impact on us in this process. As Dr. KCV puts it, *"If Ego is one barrier, sangha is the other. Both could be bonds for the man who seeks more valuable than either, for example, God."* (Complete works of Dr. KCV Vol. I 267). This indicates that one has to cross the main barriers of family/community/society and self to realize our own true nature. This only means to hint that there are several thoughts and ideas floating around in all these different strata that will make us believe in certain things which may be or may not be true. Further, when we start believing in those things, we form a network of thoughts and beliefs which in subsequent times get solidified and can potentially become obstacle on our path to Realization.

*Babuji further states "Purity starts from being and impurities are the result of the wrong suggestions and improper utilization of the inner environment. When all these are combined, a narrowness of views is effected and this is one of the factors for creating a sort of confusion, sometimes automatically and sometimes forced by circumstances. When all these things are accumulated, they bring different colours. This affects the lower part of mind which gives*

*direction to higher part of it. Now, your direction is not correct; so mind itself becomes thorny. We do not create congenial vibrations because we move contrary to Reality.” (SDG 31)*

In the above paragraph, Babuji summarizes that as a result of wrong suggestions given by us to our mind, we will start to utilize the inner environment in an improper way. This leads to a lot of confusion and as things get accumulated they bring different colors or perceptions of the world and/or Reality. When this starts happening, instead of our higher mind directing us, it will be our lower mind directing the higher mind while giving us the impression that all that presented by lower mind is true or rather tricks us into its trap. At this juncture, let me share my own experience. Many a times during the day, I have frequently encountered various thoughts related to lower vrittis including that of sensuousness etc. in different environments. This used to make me feel uncomfortable for obvious reasons and in the initial period, it also used to make me feel, perhaps, that is what I am. However, in later times I learnt that this is also a way of cleaning and we should adopt the same attitude like in meditation and cleaning to let these things go off. Else, we will start giving wrong suggestions to our mind and eventually start to believe in lower mind.

Babuji in the further paragraphs explains how we got our mind and how the state of purity is maintained. I quote *“Before the world was born, a balanced state prevailed. When the balance was disturbed, we came into existence. I do not want to elaborate the subject metaphysically. The thought for creation stirred up near about the Centre and energy began to flow out. What was that? That was the First Mind - pure and simple, and that has woven all our frame and structure. It brought purity with it which is still maintained. So when we begin to give wrong suggestions, the mind which is absolutely pure, expels them in order to maintain its eternal purity. That is the cause of thoughts. In reality, it sends out the contents which appear like a fog covering a certain surface. We call them thoughts. When we are attentive to the thoughts, their power develops. If any of you breed the divine thoughts, mind will grasp it and*

*will not eject them because, it is the real nature of mind since it has come from the real Artery.” (SDG 31-32)*

*“If a man wants to work out the problems of his life easily, he should give right suggestions to the mind. It is the condition which comes by practice and proper moulding of one's self. It is very easy to remain in one's own condition which is divine. It is the sure process for evolution. A little inclination towards the attainment of the Reality, will start weaving the future.” (SDG 32)*

In the above two paragraphs, Babuji is essentially giving us the solution to get over the obstacle on the path to summarization of our senses. He is mentioning that as a matter of fact, our mind is basically simple and pure as it has come out of purity. Hence, it will always try and maintain its purity by ejecting our wrong suggestions in the form of thoughts. Here comes the catch-22 situation. One can now question as to why then our wrong suggestions are creating an obstacle as mentioned earlier, if they are being thrown out in the form of thoughts. So, the fundamental answer is that while our mind is helping us throw out our wrong suggestions in the form of thoughts, it is we who start to assume that those thoughts are more real than Reality itself. Once we start to feed our mind all of this continuously, it solidifies over time and we lose the sensitivity to listen to our higher mind. It is at this juncture that the role of Pranahuti becomes an indispensable part in our journey towards the Infinite.

In conclusion, Babuji is directing all of us to start giving the right suggestions to the mind and it shall grasp them easily. Another most promising thing he is saying is that it is very easy to remain in one's own condition i.e., purity as against the popular belief that it is difficult to remain stable at higher conditions. Therefore, I am confident that with these little understandings from Babuji's message, we can go a long way as one can see in the above paragraph *“A little inclination towards the attainment of the Reality, will start weaving the future.”*

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

Pranams!