

DIVINE INTERVENTION AND MEDITATION

Chicago – June 22, 2012

Friends, welcome to this meeting in Illinois. I know a lot of people have come from out of town and out of the state, and I welcome you all. This started as a very small group for the local Chicago people, but I noticed that it is expanding now to include people from outside.

The purpose of these meetings is to discuss issues about our self. Who are we? We very often are wondering, “What is the problem in knowing who we are?” We know who we are. We have our name. We have our identity. We go to work. We have a family. Everybody calls us by our proper name. And we forget that all these descriptions are of our body, and our body is a very temporary vehicle. And if the body was our only self, then we wouldn’t have all the kind of problems that we complain about. We complain about emotional problems. We complain about dreams that have nothing to do with our external life. We complain about our not being able to find what we seek, and we don’t even know what we seek. These are not issues connected with the body. We even complain about our imagination...what we can imagine, what we can create in our imagination. That is not connected with the body.

Obviously there is a lot more in a human being than the physical body, so therefore, when we ask this question—“Who are we? What is really our self?”—then we are left wondering, because this question—“Who are we?”—has been asked for several thousand years. And philosophers, mystics, saints have all tried to answer that question. So obviously it is not a very simple question.

This body of ours is only a very temporary vehicle, but we do not know that. We have no evidence to show that this body is only a temporary vehicle. We are told—it’s hearsay—that the spirit, the principle of life in us, is immortal, that the soul is immortal. It’s a hearsay. Who has ever seen a soul? Who knows what is a soul? How do we know there is anything else besides this body? People have—the materialists have—questioned all the time, that all the things that we say are beyond the body are made up by the brain within this body, by the physical brain can make up all that. So then we have to go back and see what is the physical brain, how does it work? How is the body constituted?

DNA and the Law of Karma

When you look at the simple principle of the body, and you find that a very small molecule called the DNA is responsible for creating the whole of this body, that the one little microscopic, little entity called a DNA contains the entire body and that DNA is existing in every cell of our body. It’s only recently with the genome projects and other researches that we have found that the DNA of a human being is carrying with it the history of millions of years of life, that the DNA is not only telling us what this physical body is, which is a very short life, maybe 50 years, 100 years, 120 years, not more than that. If the physical body is only this short and the DNA creating the body has millions of years of life, obviously, even physically from the structure of the body we can see there’s a lot more in us than we

realize.

When we look at the genome project—genetic makeup of the body—we find it contains not only who we are, what will be the color of our eyes, what will be the color of our hair, it also now shows if we will become a smoker or not at age 40. Sequences have now been discovered in the DNA molecule which can predict in advance all the illnesses we will have. Even now they are studying if accidents can be found out as a prone-to-accident sequence in a DNA. Isn't that amazing that DNA is containing our life story? Not only a life story of the past one million years through evolution, it contains the story of what is going to happen till we die and maybe even beyond death. A physical entity like a DNA molecule, sitting in the middle of every living cell in every living organism on this planet, is containing the history of the entire living force. It's amazing that this is not that simple. Even the body, if we take the body to be our own self, it contains a lot more than we realize.

Then we come up with theories, like the theory of karma, very old ancient theory from the East now being more and more accepted in the West. I came to this country in the '60s first time, and karma was a natural joke! I saw a big cartoon showing a fat, very fat swami sitting, with a turban on his head and pouring out Karma Cola for people to drink. So theories have since changed, and now we don't make a joke of it. People are able to explain several events of their life as having no visible cause in this life, and therefore we attribute it to the law of karma, which means we somehow implicitly recognize a life prior to this life in the body. This is very interesting, because if law of karma has to be accepted, we have to accept reincarnation. How else can you explain?

On the other hand, there are many metaphysical questions that arise when we look at the law of karma. One of them is—if we are pure spirit, pure soul, the immortal soul, part of the Creator, having come from an area where there was no karma—how come we landed up in an area where there's karma? And how did we pick up our karma? When did we create this karma when we had no karma where we were? How can we possibly be blamed for something—and be punished and rewarded for something—that we had nothing to do with?

Because it is obvious that the law of karma only operates in time and space. Where there is no time and space, you cannot have law of karma, and if we truly belong to something that is beyond this time and space continuum in which we live now, then how come we created this karma? And then karma can only be explained if we say there is a past life, a past life in which we performed certain actions and now we are bearing the consequences of those actions. They may be good; they may be bad. Sometimes they may be indifferent, but mostly they are either good or bad. But what is this karma? If we have no past life, there can be no karma. And if we have past life, when did the past life come when we were in a pure state with no lives at all? If the purity of the soul, the purity of our spirit, the living consciousness that creates who we are, had no karma and we are now all of us in this little body of ours going through karma all the time, how do we explain it? This is a metaphysical puzzle still not fully solved by people.

Now those who have done meditation and explored not the outside world but the world inside themselves, they give some answers to these questions. And those answers are also often questioned. An answer is given that if you withdraw your attention from this physical body into your consciousness,

not into the body anywhere, into your consciousness. If you don't know where your consciousness is, then just imagine where is it. Contemplate where is it. How are you a conscious being in this body? It does not take very long for anybody to realize that consciousness is operating from some point in the head of the physical body.

If we were to withdraw our attention from everything around and focus it on consciousness within our head and try to realize what exists there...and not what exists outside, which is the subject of experience of consciousness...if we try to analyze what is the nature of the experiencer of all the experiences we are having, what is the nature of that substance (if we can call it) inside us that is creating all experiences for us, including the law of karma...when we do that, the experimenters tell us that strange experiences take place, and they open up new doors and new experiences as if the experience outside of us is not the only experience we are having, that this body of ours is not the only body we have, that we have several bodies and they are lying one within each other and there are several worlds opening up with each body, that each body creates a separate experience and separate world for us.

Now, it's quite possible that this is all a very big figment of imagination. A strong imagination may be able to create all this, but then they begin to have things which are beyond imagination. They go into areas which are so far beyond imagination that there is no description available for them. They go into areas of experience within themselves in which time ceases to exist, in which space ceases to exist and yet you exist. The self still exists in a state in which there is no space and time for having an experience. Therefore, the experiencer disappears and yet the self exists. It is a very strange thing that the experience itself can disappear and we can still be there.

Why Meditation Often Fails

This is called the result of deep meditation. Not many people have done it, because there is no interest in doing it. There is no incentive to do it. When we try to do it, our attachments to this outside experience are so strong that when we close our eyes to look what is inside our head, we only see darkness. The reason is that we only see things with the external light outside, so internally it is dark and when we sit in meditation or contemplation, looking at the darkness inside, it will remain dark forever. There's nothing to pull us inside. There's nothing to create an experience inside. Therefore, in 99 percent of cases that I have observed, meditation fails to create any experience that we are trying to find, because we are sitting in darkness. Closing the eyes only creates darkness. It does not create light. Our concept of light is outside. It's not inside at all.

So therefore, there has to be some pull inside. There has to be something that really attracts us inside in order to change that darkness into some kind of light or some kind of a vision or some kind of an internal experience. If we do not have anything of that kind inside, meditation fails and does not provide any answers to our metaphysical questions. We just roam around and ultimately become cynical and critical of all the theory of the gurus coming and teaching us how to meditate and the swamis coming and saying...they say this is all big mind game. It's all big game just to make powerful suggestions to people, and by powerful suggestions sometimes they can see some imaginary things—sometimes they

don't. And there is no reality inside. That is where a lot of us stand. So I am coming here to tell you that there are exceptions to this rule and there is a way in which you can create an incentive. You can create an attraction inside.

Now I must tell you: What is the law of attraction? That only that will attract you which you like. If you don't like something, it will never attract you. What do we like in life? What is it that we can say really pulls us? Look at our experience. You will find that the only thing that really pulls us without our effort, without our thoughts, is the experience of love. When you love somebody, you are pulled in that direction, your attention is pulled without any effort. Nothing else really can pull like that. Now can you imagine that if there is love for somebody that you have to figure out how to be pulled? You already know: You are being pulled by the love itself! Love is the greatest power of attraction that exists.

Now supposing there is something inside our head that we can love. The power of that love can attract us and pull us inside and change the whole course of our meditation. That, according to me, is the real reason for the existence of Perfect Living Masters. Perfect Living Masters are beings, persons like us, just like us, ordinary people with one ability...an ability to establish themselves in our heads, an ability to manifest in some form within ourselves, so that when we close our eyes we are pulled by the love of that person. You have seen the person only outside, but somehow they manifest inside and that makes meditation successful. I do not know any other way in which we can really create great meditation, because if you love somebody and that beloved of yours appears every time you close your eyes, you won't like to open your eyes. You like to stay there as long as you like. Meditation will no longer be a chore, will no longer be a problem. If you are able to have that, and I think that is the main reason for existence of a Perfect Living Master, to give us the experience of real love, pure love, love that can be experienced by closing our eyes, love that is always available 24/7, because it is inside us, not outside. The beloved lies inside, not outside. When that situation comes up, automatically meditation becomes successful, and we are able to pull our attention within. When that happens, then we discover that we are not alone, that this kind of beloved, a Perfect Living Master, Who can create that experience of love within ourselves, is always with us. The deeper our meditation goes, the more companionship we get with the Master.

The Cure for Loneliness

People complain to me all the time about loneliness, and I tell them the only solution I know to overcome all loneliness is to have the company of a Perfect Living Master manifested inside your head. You will never be lonely again forever. It's such a powerful experience. Now with that...having said that, that the Perfect Living Master, as an attraction inside, can draw your attention, pull your attention inside with that experience of love, an experience we have already had outside—it's nothing new. We have all had experience of love outside, very often very disappointed in love outside, but the love inside is not disappointing for a very special reason: that the definition of a Perfect Living Master is One Whose love is unconditional. He does not say, "If you love me, I will love you." A Perfect Living Master loves you if you love Him, and He loves you if you don't love Him, and He loves you if you hate Him, and He will love you if you kill Him. That's the nature of a Perfect Living Master. If this quality does not exist in a human being, He cannot be called a Perfect Living Master. People give definitions of various kinds about Perfect Living Master. I give a simple definition: A human being like ourselves with unconditional love can qualify to be a Perfect Living Master, because that unconditional love is what pulls us within.

Once we are within, then we discover that these so-called laws that we were thinking of—law of karma and retribution and revenge—all these are happening because of a series of tablets inside, similar to the DNA molecule on the physical body, and those are recorded in different bodies in us and can be seen and studied the same way like we are studying the genome project here. They can be studied with equal accuracy that how all these are embedded and that what we call the events of life are predetermined and taped and videographed and placed inside in different forms of our bodies.

We All Have Multiple Bodies

What we call our mind, the thinking mind, is also a body. We will discover that the bodies are already functioning in us, even when we are in the physical world outside. We are looking at this world outside. It does not mean that those bodies are lying somewhere else. They are functioning right now. If the mind body was not working, we couldn't think. Similarly, the first body that we encounter when we withdraw our attention within ourselves, which we sometimes call the astral body, is nothing but our own sensory perceptions. We make big mystery of these things as if they're really different kind of angelic bodies or something. No, they are simple, functional things in ourselves which are happening right now. The fact that we can have sense perceptions means we have an astral body. Without the astral body, you will have no sense perceptions. The fact that we can see with these eyes means that we have inner eyes that can see. If the inner eyes were not there, we could never see, and if you thought that it is the retina of this eye and the optic nerve of this physical body that is looking at anything, you could never see dreams, you could never see imaginary things. Therefore, when you look at the whole nature of sensory perceptions, you will find that the sensory perceptions constitute a body, and that's our first inner body.

The second inner body is our own thinking machine, the mind. We are thinking right now, which means the internal thinking body, which we sometimes call the causal body, is functioning right now. Now when you look at the DNA molecule on the physical body and compare it with the DNA molecule on the causal body, you'll find that it's exact physical replica, a crude replica of what exists on the causal body on our own minds, which means the mind contains all of our life. We can predict all lives just by studying the imprints already existing inside our own minds just by withdrawal of attention to that level. Now this of course requires a number of steps to go through. It requires that you go first to the sensory body, get accustomed to that and then you go to the mental body of the mind, which is causal body, which causes all experiences to happen.

And yet these are all bodies. We have still not discovered our self. We talk of an immortal self. None of these things that I have talked about are immortal. The physical body, of course, is not immortal. It has a very short life. The sensory body has a longer life. It has a longer life than this physical body. In terms of physical time, it's estimated to be a thousand to three thousand years physical time of each sensory body we all carry right now and are using it right now, which means when we withdraw our attention completely from the physical system into the astral body, we can recall our state of being much prior to the birth of this body. We don't have to go into any theories of previous lives or not. We experience within ourselves. When somebody asks us, "Do you remember if you had breakfast this morning?" we don't go and consult anybody. We use our own memory.

Therefore, if we want to know if we have a past life, we don't have to consult anybody. We just go back into our own self and discover where the sensory body is containing memories of periods much earlier than this physical body and in that we had other forms, including forms of other human bodies, and, therefore, we can remember them and know who we were.

It's really amazing that all the knowledge that we are trying to get through books and discussions and outside studies is all available inside, in a much more authentic form. So when we see the sensory body and find it has a much longer life, we also find it has its birth and death. Therefore, it's not immortal. When we go to our causal body, which is our mind, a thinking mind that contains the imprint of all our lives and can be read there. In literature they call it the Akashic Records (or the Akāshic Records), which means records of our lives written on the sky. Akash means the sky. Those records are lying in the sky in our own mind and you can see them. It's not that you have to believe somebody else. People say, "We went to some Akashic Record readers." I said, "Where are they? Do you know you are a reader yourself?" You have to go within yourself to read those Akashic Records. Nobody else can read them from outside. They are all inside.

Infinite Lives, Infinite Space, Infinite Time

But that contains a history of all past lives. And how many past lives do we have? Infinite. How many future lives do we have? Infinite. How much time do we have? Infinite. How much space exists at each level? Infinite.

We have to understand what is infinite. What is forever? People say, "Can there be something

forever? Do we exist forever?" Nobody has ever experienced forever. It exists as a concept. Forever is a concept, and it is created because we can keep on moving in a direction endlessly, but we can't move forever, and we call it forever because we can move more. How far is space? You can keep going as far as you like. You can still go more. Therefore, it's forever; therefore, it's infinite. The concept of infinity and forever has been created by us so that we can place limited events into it.

Now it is true that forever can be a concept here, but what about the state above the mind? If there is no space and time above the mind in which our own soul, our real consciousness, our real self exists, is it forever? We can say it is a zero moment, or it's a forever moment, and there is no difference in the two. None of the descriptions in any language that we have here can ever describe a situation or describe a state of being that exists beyond time and space for us. And that is why our descriptions end with the mental states. We cannot describe anything above that, and yet we want to describe, because we want to know: Is there something beyond?

The truth is that with the same process of withdrawing your attention from a body, from an external experience of a body, into the source of consciousness in the body, you can move from this experience of the world into an experience of another world, from there to another world and ultimately to an experience of no worlds but yourself. When that experience takes place, you realize that your immortality is immortal not because immortality exists but because there's no time. And where there's no time, you are immortal. You can say it is zero time or you can say infinite time. It's immortal. Your immortality is arising from the fact that you belong to a state where there's no space and time, and yet consciousness exists. Now that's amazing! Because if consciousness alone exists, which is our own source of life, we are here, I am talking to you, you are listening to me because we are conscious. It's all a game of consciousness and awareness. Whatever we are aware of is our world, is our life. Therefore, if our awareness and our consciousness is the creator of all our experiences, all our life, to be able to find out that we are the source of all that is being created is amazing.

The Ultimate Definition of God

When we say there is a creator, we say there is a God who created us, where is that God? Where can you find that God if you find through meditational experiences that the entire experience of everything, including a definition of God, is arising from your own total consciousness within. You find that the ultimate definition of God would be your own totality of consciousness. That the creative power that is creating all levels of creation, creating all planetary systems, all worldly systems, all cosmic systems, all astral systems, all spiritual hells, heavens, everything that we think of, is being created by a simple process of consciousness.

And how can it operate like that? Because of the very nature of consciousness that it cannot exist...consciousness as an entity, as a substance, as something, cannot exist if there is nothing to be conscious of. Therefore, it is automatic that consciousness exists when it is conscious of something. Therefore, the creation and the Creator both exist at the same time. A Creator cannot be a creator if there is no creation. Consciousness cannot be conscious if there is nothing to be conscious of.

Therefore, when we go beyond all these known experiences of consciousness, these external physical worlds, these ethereal worlds, astral worlds, causal worlds of Akashic Records and so on, when we go through all those experiences and then ultimately withdraw further into our own consciousness and discover the source of all creation was our own consciousness inside, and what we were calling God was our own total self. If you want to discover the self, that is where you have to go. Who are we? Even at this time.

Somebody asked me simple question at lunch yesterday. “Are you suggesting that if we go within ourselves that we will find out that we are the ultimate Creator?” I said, “Yes.” “Can everybody do it?” And I said, “Where is everybody? It is the same consciousness. It is just like saying, if we go to sleep at night and meet 100 people in a dream and we ask each other, ‘Are we all dreaming or only one person is dreaming?’ and they all say, ‘We don’t know. It looks like we are all dreaming.’ ” But whose dream is it? And we wake up and find that all the 100 people are created by one dreamer and not anybody else. In the dream you can create the many.

Very fundamental question is why creation requires the creation of the many. We have seen that one, if the ultimate totality is one and we hear the literature saying, spiritual literature says the ultimate Creator is one and everything is part of it, that all that you see is part of one. If there’s only one, what’s the need of having the many? Why should we have many if there’s only one and the many are being created within the one? Must be for some experience. What experience is needed to have more than one?

We go back to fundamentals now and the fundamental answer again comes back to what I stated in the beginning. It is to experience the power of love. The one becomes the many to experience the power of love. People say it in different ways. Religions have said it in different ways. God is love, the Creator is love. What does that mean? In some terms, it means nothing at all. The Creator is love. What does it mean? But when you say the one needs the many to experience love, it makes sense. Therefore, the whole creation is actually based upon the principle of love. Then we add on other things. All other experiences have been added on to add on to the experience of love.

Therefore, one might say the primordial experience of consciousness is love and all other experiences are added on to it. It’s nice to have variety of experiences. As we create more bodies upon our self, as we create more levels of creation and more levels of consciousness upon ourselves, the experiences get more and more varied and the show becomes more interesting. If you were the director of your own show and created a show within yourself, you would like to do that...put up a big show but you are all the actors. So you will multiply yourself into many actors and have a great setup. And then, in order to enjoy the show more, you will hide yourself so that you can see the show, a real show that is not part of you. Having hidden yourself, then who is going to see the show? So you have to spread yourself into all the characters that you have created, make them into part of yourself, that everyone sees part of the show. It’s wonderful how we can create such a nice wonderful creation which exists today.

Why Creation Exists

When you understand this basic principle that consciousness created this whole show—as a show—on a stage of time and space that was created successively in terms of time as we see it from here, then we realize that the show has been set up in order to intensify, in order to increase the appreciation of the existence of consciousness, so that we can appreciate consciousness as something that can be conscious of shows like this. So the whole creation is a grand show, very big show and to make it absolutely real, we instilled into the show all elements of reality we could put in. And one of the best things was to make each level of consciousness independent as a reality. We used the great power of illusion because within consciousness, if you want to be conscious of something and nothing is existing, we can call it illusion. We can say the power of illusion. Let's say the great power of illusion was used not to create illusion but to create reality. All reality that we see is illusion, but it's not really illusion because we have made it into reality, and we have shut off any other source of comparison so that at one time we only experience one reality. And when you look at one reality, there is nothing to compare with, so that's real.

So by creating this illusion of this creation of the world, creating the many out of one and all operating within that one, which is indivisible, we have really created an experience that is so remarkable and so wonderful and to intensify, we introduced a great principle, the principle of duality, the principle of pairs of opposites, so that we could create an experience and have the experience by creating its opposite. If we don't have opposites to the experience, they either disappear or they are too insipid. They're not really interesting. But when you make a contrast between experiences, high and low, dark and light, morning and evening, night and day...when you...happiness and unhappiness, pain and pleasure, when you put opposites of everything, they all become real and become intense. Therefore, it was very natural that we created the world of duality, the world of pairs of opposites to intensify our experience.

Now having done that, we belong to the original consciousness, which is not in duality at all, so how could we appreciate our original state if we are able to, through a meditational technique even in the physical body sitting here, we can have access to all this information within ourselves and have all the experiences within ourselves, what will we get by going to the other end and finding out that we were all one consciousness and this was all taking place as a show? How will that be any appreciable experience for us? That is because by creating the world of duality, we have allowed our original experience to be the opposite, as a world of non-duality has become the opposite of the world of duality. So even in our non-duality we have created duality by creating an opposite of the world of duality. It's an amazing way we have done it! The structure is so beautiful.

If you go through meditation and see all that I have been talking about, you will find there is a perfection in the way this has been established. It's very difficult to alter it. I have very often thought if I had the choice to redesign the whole of creation, how would I ever eliminate pain and suffering? How would I eliminate these things? But then I realized you had to install those things in order to make the opposite effective, to appreciate the opposite. How would you do it otherwise? So there seems to be a perfection in every principle that has been used in the exploitation of our power of consciousness in

creating all these experiences.

Once again I would come back to the point that love was the original thing. Therefore, love continues to be the greatest instrument that has been used by Perfect Living Masters to give guidance to their disciples, to give guidance to seekers who want to have this experience. And they give simple methods by which you can discover the experience of unconditional love, not only in the physical world, not only through physical experiences, but internally at every stage.

Take a Vacation Inside

The real joy of meditational practice comes when you are having the company of a Perfect Living Master within your own self. In your ascent into higher levels of consciousness, when you have that permanent company and you explore all different regions, the vastness of which is much larger than the vastness of this universe we are living in, then you find what a great vacation it becomes, what a great joy it becomes. Meditation should never be a chore, should never be a task to be performed! It should be a fun vacation. We should go on a vacation trip within oneself and enjoy all that is offered. You'll be surprised how much great adventure there is lying inside us. The adventures inside cannot be even compared with any adventure outside. These are very fake. You have to compare this with the adventures inside, and you will know how great that adventure can be. Therefore, do not just think that meditation is merely to soothe our spirits or to calm our nerves or to do something just to help us or to perform yoga for our physical body or to solve small physical problems. It's the greatest adventure you can ever have to discover who you are. In discovering who you are, you will discover everything that exists anywhere, in all the three universes and beyond.

So I am recommending that instead of spending time only on books, instead of spending time only on listening to discourses—including this one—you might as well see that the real answers are lying within yourself, that the real answers exist inside our consciousness, and we can see all these laws working. What we call laws of the universe are simple experiments. For example, the physical universe that we have created here has certain laws like gravity. Gravity is a law that holds us onto this planet, that holds everything together, that makes all the electrons move in a certain way around the nuclei. All these are rules and laws that apply to a particular kind of creation. It does not mean these are the only laws that exist. There are several other creations following different laws, which are impossible for us to know sitting on this planet. But you can know it from within.

If you go within yourself, you can go to other existences, other creations where different laws are operating. For example, there is another universe on the astral plane, not very far away from us, very close to us—you can't imagine how close it is. It's just closing your eyes, in fact, and just withdrawing attention sufficiently to ignore what is outside and open up what is inside and you will find there is a universe where time is controlled by each individual. Just like here, if you are walking on the road, we can determine at what speed to walk. Somebody can walk faster than the other. Supposing five or six of us are walking, somebody can go ahead, somebody can stay behind. There is a world existing which you can visit in which the time is controlled by you, so somebody can be left behind in

time and somebody can move faster, then you can catch up by moving faster in time. We can't even imagine the existence of such laws in this universe. But such universes exist. Other universes exist with completely different laws.

So the nature of time that we are experiencing here is a very, very controlled time. This time that we experience is a creation. This creation of time binds us down to move only in one direction. We can only go from what we call the past that is left behind, present is going on now, future is still to come, and we can't change the direction. We can't change the speed. We look at our clocks to see what the speed is. Speed of time is not determined by our experience here but by the calendars and the watches that we wear. That was one hour. Even if we felt it was five minutes, we say it was one hour because the watch says so.

On the other hand, there are areas of existence within ourselves which can be opened up where you can hold time, freeze time if you like, and in the causal plane you can travel both ways with equal ease. The past and the future are identical in the causal plane. You can move into past events as easily as you can move into future events. It's unthinkable over here. We are so used to, so accustomed to thinking the laws of this universe are universal and apply everywhere. They do not. How can we find it? We are sitting too far, too remote in physical universe to see that, but within in meditation you can go and explore those universes and see them for yourself. So it's amazing how much opportunity we have to discover new experiences, new worlds just by a simple technique of going within ourselves.

And going within, when we say going within ourselves, it only means withdrawing attention. It does not mean any special exercises or to do headstands or do any special yogic exercises. Going within means withdrawing your attention to the point where you think you are thinking from, because the point where consciousness is operating in our body is the point where you believe you are. At all times you know where you are because that's the point from where you are thinking, contemplating, and listening to people. Where are you doing this in the physical body? It does not take very long. You are not doing it out of your hands and feet and legs. You are not doing it out of your belly. You are doing it out of your head. And therefore, little contemplation with eyes closed in a quiet place will tell you that the center of consciousness is lying within our head in the physical body.

Going Within Is Not Going Anywhere

The whole process of meditation, good effective meditation, consists of withdrawing attention to that point where you already exist. It's not going anywhere. In meditation you don't go anywhere at any time. All the experiences you call journeys into higher regions are all taking place at one point, and that's the point of consciousness. The consciousness appears to move. The consciousness appears to move with our body right now. We think the body is our reality, so wherever we go we are carrying our consciousness with us. But when we go within we find that the whole experience is moving around us. Consciousness never moves, and similarly, even when within the body, we have different experiences.

For example, the experience of going to sleep and having a dream. Consciousness is still at the same place, but its location, notional location changes and sinks below the eyes. In the wakeful state

where we are talking now in a physical universe, the consciousness is behind the eyes. When you go to sleep, it drops down. When you have dreams, it's in the throat center. How do I say that? Because if you can keep your attention on both sides of wakefulness and dream state—that means semi-dreaming—if you can do that, you can experiment yourself: that you want to touch your eyes. You can easily do it in the wakeful state. You are awake, you can bring your hands up and touch your eyes. You close your eyes, you can still touch your eyes. You know where they are. When you are half asleep, try it tonight. When you are a little half asleep, try to touch your eyes. Your hand will touch your nose, and you think you are touching your eyes. It's already descending.

So this does not mean that consciousness is really something that moves around. Its focal point, its notional point shifts, so but all the notional points, even to the highest level of experiences I am describing, are lying within the head in different points. So, therefore, this whole experience is taking place by pulling attention to yourself, to where you believe you are at that time. The best time to meditate is when you are awake in the physical body. There's no better time. You can't do the same meditation in a dream. You can't even do the same meditation in a higher state of consciousness. It's amazing that in the higher state of consciousness you drift into a predetermined pattern of life, predetermined pattern of experiences.

So people have sometimes asked me, "Do you come to know all your future events in the astral plane?" The answer is yes. The answer is that here you are unaware of what is going to happen tomorrow. Not totally unaware; you are half unaware. You are aware that the sun will rise in the morning. No question, nobody questions that. You are aware that when you go to sleep and wake up in the morning, you wake up in the same body. Nobody has ever asked that question. There are a lot of things that we take for certain, no question. There are other things, "Will I be able to go tomorrow on my trip? Will it be possible to go and meet that person?" There are other questions where we use free will, where we make choices. We don't make choices in all our experience. In fact, we make choices only in 20 to 30 percent of our experiences. The rest are set.

Free will that we talk of which exists here is very limited to a few choices that we make. The rest are set. We can do nothing about it. So when we say, "Do we have free will here?" Yes, we have free will because we make choices. But when we go to the astral plane, we find that the choices we make, the way we think about making those choices, are already written up in advance. So we are playing, replaying something that exists there. Therefore, once we come to know what choices we have already made, it is like living with the 80 percent of the other things that are happening here. But does it also mean that there can be no change in the destiny already written up in the astral plane?

Destiny and Divine Intervention

Yes, destiny can be changed...because there is divine intervention. There is divine intervention here. We say we go to a holy person and say we pray, or we pray ourselves, to God within ourselves and things seem to lighten up. We say, "Yes, prayer has been answered." We go to the astral plane and find the prayer was answered before we even prayed. It was recorded there. Then what happens in the astral

plane? Is it all fixed? No, that can change also with divine intervention at that level. So even though we have knowledge of the whole thing, here we have knowledge of 80 percent of things, there we have knowledge of 100 percent of things, those 100 percent can also change with...divine intervention. But then what happens? You go to the causal plane. Divine intervention was already recorded there: that *this* divine intervention will change. What happens in the causal plane? Can that also change? That's where the Akashic Records exist, where all lives of all people they say are predetermined and recorded and we bring our destiny from there and live here. Where all previous lives are also recorded. Therefore, when we as pure souls come for the first time into this universe with no karma at all, we just pick up a predetermined life, almost like picking up a DVD or an album from a library and then playing it out and that becomes our life. It not only becomes this life, it becomes all our previous lives, infinite lives.

So going to the first question, "How can we have past lives when we were pure souls?" The answer is that we didn't have any past lives. We created this one and this had to be sustained by a past life. We picked up a DVD that's recorded for having this life and these will be your past lives. They became our past lives with never having lived in them. Therefore, the whole theory of karma is based upon action and reaction, so everything we are doing can be read somewhere in the past.

What we picked up in the causal plane as pure souls to come into this universe was one life. When we picked up that one life, then we saw that this life was created by past lives and became our prior past lives. Other words, you couldn't pick up just one life. And it also became the basis for all future lives. We, picking up one life, picked up infinite past lives and infinite future lives.

Some people say, "There's only one life."

I say, "I agree."

"There are many past lives."

I say, "I agree."

"Are you not contradicting yourself?"

No, I am not. I'm only explaining that this whole system that is based has contradictions, because we are comparing things on one level of consciousness with another, and you can't do that. Then it becomes contradiction. What can be explained at one level of logic becomes illogical at another level. But if you see the logic of each level, they are very well sustained. And if you see how the logic of the lower level is created by the logic of the upper level, then it becomes very logical too, but you have to keep the different experiences of different levels separately. Are we one or many? Well, we are one, but we are also many. Which is the truth? Both are true. It's like that. A contradiction arises because of different levels of consciousness.

So we have picked up our karma ourselves. Not only that, what about the design of the causal stage? What about the Akashic Records which we picked up? Can they be changed? Yes, again by divine intervention...with one subtle difference. As you noticed that the divine intervention takes place one level above the level where the change is noticed. Which means, when we see a prayer answered, when we see something changing in the physical world, it has not occurred because of any change done here. It occurred because of a change done and prerecorded in the astral plane. When any change

takes place in the astral plane, to which we have complete knowledge, and that changes, it is changing because of an intervention from the causal plane. When change takes place in the causal plane, it changes *ab initio*, from the beginning, so we never notice the change. It looks like it was always there. The change is done, so Perfect Living Masters who operate even sitting amongst us as ordinary human beings, they operate from levels above the mind. They operate from levels above causal plane.

Therefore, their intervention is such that when they intervene, the whole of life is changed and we can't notice it because it looks like that was the life. They don't change a life from this point onwards; they change it from the beginning. Therefore, their change is the most subtle change, that it looks like life has changed, but if you study back, all the past lives have changed, too, to sustain that change. Everything has changed, so their intervention from the spiritual level, which is above the causal level, alters even the Akashic Records. So do not think that although everything is predetermined it cannot be changed. That is a poor definition of predetermination if it can be changed. But it can only be changed at another level, not at the same level.

So we are here, not trapped. We thought we were trapped in this universe. Not trapped! We are here on a vacation. We are here come to enjoy a new experience. But we forgot that we set it up for that purpose. We thought this is the only reality. We thought we will enjoy it more because it was real. We made it more real to make it more enjoyable, but having made this universe more real, now we are suffering because of our own reality created by us, and we do not know when we created it, how we created it.

How to Get Out of the Show

And if we are really trapped and trapped forever, that's terrible, but have we made some arrangement to get out of the trap? When we decided to set up a show that looks so real as it is looking now, did we make any arrangement—okay, if we want to change the show and want to get out of it, there should be some key we should keep in our hand to get out. Of course we kept a key! What was the key? To create within this show, which is being created by our own consciousness, the experience of meeting a person, which is being created by us, and calling him a Perfect Living Master and giving him the power to have a consciousness connected with our own original consciousness, and then working our way through here and He does nothing but acts like He knows more than us. He does nothing but guide us to go to our own self, guides us nowhere and ultimately we discover He was our self and we made that arrangement to get out.

So we have already made a good arrangement to get out by providing for, in the show, a system in which a being like ourselves should come and whom we can address as a Perfect Living Master and Who will have the qualities of having consciousness of all levels while we have closed our own and He should look like He's separate from us and should guide us in this area of separation so that we can ultimately go back and discover we set up that system and we were the same Perfect Living Master, that there was no difference—we were one. And that is the actual experience that we have through this meditational technique.

So its wonderful to be able to find the whole truth about everything, that the whole truth that we can find how the whole thing is working and how it has been set up. And this is not something that you have to believe in. There is no scope for blind faith in this principle. In this practice of discovering yourself, there is no place for blind faith. This is experiential, and you must experience yourself, not believe anybody. Do not believe a Master in this matter. Believe only what you personally experience and go with that. Lay that as the foundation, then believe more if something more happens. Go along. Living faith is different from blind faith. Blind faith is: Somebody said something—you believe it. Living faith grows with everyday experience. Everyday something new happens, and we say, yes, now we know a little more. Even in the physical life, things happen and we know something is going on and we begin to understand more and more. The little miracles of life create more real living faith than a big miracle that we can see once in a while. So that is why the little miracles, which will increase as our faith increases—a little catch-22 in that, that the more faith you have, the more miracles you have, and the more miracles you have, the more faith you have—but they both go together. So, therefore, it's not a question of blind faith.

All that I am sharing with you is something for personal experience. My own teacher, my Master, the Great Master, Hazur Maharaj Baba Sawan Singh, the man with the white beard, who taught me this stuff and told me how to go around on this road, told me, “Do not believe even my word unless you can experience it.” And He also told me something else. He said, “If somebody in the world can give you something better, take it! Don't say, ‘I am tied up with one person.’ Don't make it a cult. Don't make it a closed society. It's an open knowledge for the universe, for humanity.” Everything is in every human being. There is no special group of people who say they have God inside them, others don't have. Everybody has the same thing that I am talking about. And every person of every nationality, every color of the skin can have access to it. It's not reserved for anybody. So He told me, “If you find something better, take it,” and I tell you as a human being I took Him very seriously.

Meditation is Not That Difficult

So I tried very hard to find something better, and I am still trying, in fact. I am 85 years plus, I am still trying to find. If I find tomorrow, I'll take it. If anybody of you can tell me something better than this, I'll take it! So this is not a closed book or something like a closed society or a cult or something. It is an open thing. We all have this knowledge within ourselves. It is our own consciousness. It is our own experience. This is the way this show has been set up. We all have the ability to go within. No man has created and put into us. The Creator, consciousness itself has made this arrangement in all of us, and this meditational technique is not that difficult. We have to understand it properly and practice it. Practice with guidance. Don't practice on your own.

I got a very distressing letter from a friend in India the other day about a bad experience a young college girl, a medical student, got. She began to meditate that her mother was dying, and she should not be going there. Some problem with her mother and she left and she didn't want to go and her mother died. So she was feeling bad, but then she meditated. In the meditation she went into a level

where she could see the mother, and she said, “Mother, I want to be with you.” Mother said, “I have to go. I have to go somewhere else.” She said, “I want to accompany you, go and meet my deceased father.” So the deceased father was also somewhere else and she was able to have access. Then somebody stopped her, “Don’t go there. You are not supposed to go there,” and she said, “No, I will.” Then there were horrendous experiences that took place. So now after those experiences, the child has problem with mental health, problem with physical health, got a paralytic stroke, a lot of things immediately after all this event.

So she and her friend have written to me, “How can this happen?” I have just given her a reply this morning that if you go into unguided meditational experiences like that and have no experience where you are going, you must know that apart from the five stages I am talking of, which is the physical state, astral, causal, spiritual, total, there is a stage which is an overlap of the physical and astral stage we call the astrophysical overlap in which you can be in the astral and also be in the physical. Most people after death survive in that state, and we call them ghosts or spirits, disembodied spirits, and they survive there or they can recirculate into different bodies. But there are a lot of negative entities operating there, lots of them, and if you are going unguided, these negative entities attack people.

Go Inside with a Guide

I have heard many cases of this kind. This just happened this morning; I gave a reply. Do not go unguided into these areas, and when somebody is trying to intervene and tell you don’t go into that area, just stop there! People have had these bad experiences. Even initiates of Masters I have known have gone into hell and had hellish experiences and so on. So that is why it’s a strong recommendation of mine: Always go into these areas of internal meditation through a proper guide. It must be guided all the time. And if there is a problem, always take good instructions in time, so don’t forget that this looks very...looks like a charming adventure, but there are misadventures also on the way, and we should avoid those misadventures.

But otherwise, if you are guided well, then you have no problem. But the guide should be one who has been there before. You know a good guide is that who has been there, not somebody who read a book. A man who has read a book and guides you, he’ll be in trouble and you will be in trouble! So therefore, don’t go after learned people. The learned people have read books. Go after experienced people. The Perfect Living Master is one who has had experience of there. He need not be learned. What is the definition of a Perfect Living Master? It’s not that He has read many books, that He has passed examinations, or is a good speaker, or that He can write well—none of these. The only condition that justifies a person to be a Perfect Living Master is He has been there and He wants to take us.

Moreover, people ask me lots of questions nowadays, “Who is a Perfect Master? Is that Master perfect? That Master?” Unfortunately, the number of Masters is growing very fast. Has become a big business, too, so they travel from the East to the West, and all over you find Masters. And if you wear a nice garb and dress up in a nice way, you can look like a good Master, too. So this has become

very difficult for people to know who is a Perfect Master or who are fakes moving around. My definition of a Master: A Master is one, a good Master is one, who tells you to go within yourself to find the truth. If anybody says that, I think is a good Master, fake or not fake, because He is giving you the right direction. How far that Master can take you will be only how far He has gone. He cannot take you beyond that. So don't worry about that either, because once you have gone there and your seeking is still there, you will find another Master who will take you further. Why do I say that with so much confidence? Because I know that you can't find a Master, nor can I find a Master. It's always the Master who can find us. If a Master does not recognize a seeker who is on His list as a seeker that he has to found by a Master, He's not a Master. A Master must know more about ourselves than we know about ourselves. If He doesn't, He's not a Master.

So, therefore, these Perfect Living Masters appear in our life, very often by strange coincidences, very unexpectedly. When somebody says to me, "I was looking at the internet for something totally unrelated to spirituality and ran upon this, and, therefore, I am writing to you." I say, "Wow, that is amazing way to find somebody." The coincidental way in which we can find the Master reveals to us that we do not find a Master—the Master finds us. What do we need to do to find a Master? Seek within yourself. No need to cry around, no need to go running around to find a Master. Just seek for a Master, seek the truth within yourself. A Master will find you. This is my experience all my life, all over the world. Therefore, one shouldn't worry, is this Master perfect or not? This Master has gone only that far. Which Master is better than the other? Any Master who pulls you. After all, if there are two Masters and you have to make a determination and you don't know who is who and how far they have gone, the best way to go is who is pulling you from inside, who affects you more, whose love seems to pull you. Go where the pull is, and if that is not the Master, you will be pulled again at the right stage after you have made sufficient progress on the spiritual path.

Be a Seeker

So don't worry about these things, about judging Masters. You can't judge Masters. We can't even recognize a Master. How can we judge a Master? That is why just recognize yourself as a seeker. You are a seeker, you are seeking the truth, and therefore a Master will find you. Supposing you are not a seeker, and you are not interested in this at all, then don't worry at all. Enjoy life! Somebody came to me and said, "You are teaching all these things, and I am not interested. Why would I follow you?" I said, "Don't. Just go on and enjoy life." After one week he came back he said, "I am in terrible pain, I want help."

We all have...we are all messed up in this world. We know it. Our karma is messing us up. Our life is messing...our relationships are messing us up. All the time we have problems. If you don't want to talk about it, it's all right, but we know internally that we are all in some kind of pain or the other. We are all suffering in some way or the other. People who have all the goodies of the world...richest people, big mansions, celebrities living...I have met so many of them, all in suffering and pain. Not because they don't have the money and they don't have the physical comforts, but their emotional life is

wrecked completely. They think nothing can help them, money can't help them, nothing can help them. So that is why it looks sometimes some people are very happy. Go and stay in their house for two-three days, and you will find out that unhappiness is very prevalent in this universe. That is why we need to get relief from it and that is why we search for the truth within ourselves to get away from this unhappiness of this life. Happiness is also inside; unhappiness is inside. It's all lying within ourselves. But when we feel experiences that make us unhappy and distressed here, then we look for a Master.

I have found very few people who are disciples of Perfect Living Masters who say, "We are very happy, and we want to find a Master." They say, "Something has distressed us, something has... there is a mess-up in our life and that's why we want to find a Master." So if we are really happy and we are enjoying ourselves, go ahead, have a good time, but when you feel that you need to seek something else, then seek within yourself. Seek the truth, and a Master will find you.

I am very happy that you all came here and I was able to share some of these thoughts with you which have arisen from my experience with my Master, and they have been very useful. My Master's teachings, and the practice of those teachings, has been extremely useful to me. I hope that when you get your chance at these things, you will enjoy the same things that I have enjoyed in my life.

Okay, thank you very much. We'll have a break.

<http://www.youtube.com/watch?v=BCOHKpD-gsk>

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