

# Go Within and Practice More Meditation

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<https://youtu.be/gbpNSWUdDG8>

Friends, welcome to this Holiday Party. It's nice to have a holiday. People tell me that Santa Claus comes and brings a bag of gifts. I like this story. When I was very young, I used to go up into the sky and see if Santa's really coming. Maybe it was a dreamlike state, or maybe my imagination was very sharp, but I could see in the sky Santa coming and the red-nosed reindeer leading his flying carpet on which he would come and bring bags of gifts. But a few years later I met a real Santa Claus, the Santa Claus with the real white beard, not an artificial one, and that Santa Claus gave me the best gift I could ever get. The bag he brought, directly in front of me, not through a chimney, that bag was so big it contained everything. Besides the little toys that other Santas bring, this Santa Claus with the white beard brought a big bag and put the entire universe into it. He put all the universes into it. On top of it, he put himself into it and said, "Here is your Christmas gift. Here's your holiday gift." I couldn't imagine a bigger gift than that. And he said this gift is not to be given once a year. You can get this gift every day and every night.

So that's the kind of Santa Claus I've loved all my life. And then I come and share my holiday with you. That's what I'm sharing with you, that the real Santa Claus can give you gifts that you can't even imagine exist, gifts of everything, gifts of all that you can possibly conceive or not conceive. They're all put in the same bag and given to us if we have a real Santa Claus. The real Santa Claus is not sitting outside anywhere. He doesn't come from outside. He emerges from within our selves. All we have to do is to go and meet him at his point of rendezvous where he meets us. It's a very, very simple thing. You all have that Santa Claus in you. You can all get the gifts that I got from my Santa Claus. And the Santa Claus comes to us right inside our head, right behind the eyes. And when we shut these nine doors that are upon our body, the nine doors that open outward and create the experience of the whole world for us—the two eyes, the two nostrils, the mouth, the two ears, the two lower apertures... These nine doors take our attention outside and they create our experiences of this world. They attach us to this world. They trap us into this world. They make this world our only reality. They cut us off from our self. They cut us off from our own Santa Claus. They cut us off from our own real, true self. These nine doors, when you can shut them, you open the tenth door. The tenth door is not outside of the body. The tenth door lies behind these eyes and opens inwards. When you open the tenth door, you will find that all the universes are already inside you, that the bag that the Santa Claus brings is already inside, and you have that gift given to you in advance by the creator who created this physical body of yours.

It was not a gift for any special people. It was not a gift for any particular race. It was not a gift for any nationality. It was for all human beings, for all time. All human beings at all times have had that gift given to them by the creator inside their physical bodies, inside their heads. All that you have to do to see that the gifts are there is to open your tenth door behind these eyes, inside your head.

Shouldn't be difficult at all. I sometimes wonder what's the big problem about it. The problem is not the opening of the tenth door. The problem is the traps we have ourselves created through the nine doors, the nine doors that have led our attention outside into this world. These nine doors have trapped us into this world. Not only have we got attached to the experiences that came through these nine doors, but we also created new desires. Based on one experience, we create more desires, and still more desires, and therefore still more attachments. To what? To things that are outside and can only be seen through these nine doors. The nine doors have been the big trap for us. And that is why it's so important to at least see what the tenth door is like. At least go in and find out.

That's not a big job. Just ignore these nine doors for a while. Shut them off and go inside. The whole technique of meditation on a spiritual path was designed on this basis, that you are able to cut off your experiences of the perceivable outside world, which is being perceived through the five perceptions, five senses of perception, and see if there is something lying more worthwhile, better, inside you. Meditation was merely a technique, a method, by which you could open up the tenth door and see what lies inside.

We have never done it. Right from birth till death we spend all our time, all our attention, looking outwards, putting our attention outwards and focusing on things outside of ourselves, attaching ourselves there, creating issues and problems with things outside, little realizing that all this is a temporary show. How long does this last? Do you realize that the outside show lasts only as long as the physical body lasts? The physical body does not have a long life. In terms of cosmic time, imagine how much time we have in one physical body. It's nothing. We talk of billions of years and billions of light years. You can't even count as a nano second in that cosmic time as human life. And yet, in this human life of a short span—hundred years, hundred twenty years, nobody lives more than that—in this short time we put ourselves completely at the mercy of things that are outside of ourselves.

We don't even realize where is this coming from? How are we having these perceptions? What creates these perceptions? What creates our life? Why do we have so many people looking so different, having such different destinies, interacting with each other? What is creating these relationships? And these relationships are the ones that tie us down further and put us into attachments from which we can't get out.

Why are we living in this shadow life like that? Just because nobody told us, nobody taught us how to do it. It's fortunate that there are people who not only go within and find out what is behind the eyes, they go all the way, right to the top from where this creation starts. They go to the source. They want to find out what's the source of consciousness, what's the source of life, what's the source of all experiences we are having in every life that we have here. They go and find out personally, not through books, not through the search on the internet, not through Google, but going within themselves own, own self, going into the interior part of their own consciousness, studying what makes them conscious, studying what makes them aware, studying what life is all about and why there are such differences in the destinies of different people, what constitutes these differences. And they come up with some

wonderful conclusions. Their conclusions are so great and wonderful. If we want to test them out, the best way to test them out is to do the same thing they did. That means to go within, check it out, find out, go within the innermost depths of consciousness, and find out how it operates, what happens, in successive stages, and how we've come out to where we are.

If you go in and examine all this, you will find some wonderful things. The most wonderful thing you will find is that the origin, the source of all that we are experiencing, including all of us sitting here, including the entire population of all the universes of this world, including all the galaxies that have been created, including all the universes that have been created—the source of all of it is just one point of consciousness from which it originated. There was just one totality of consciousness from which the whole thing originated. There was only one. And one alone created the whole thing. And that we really belong to that one, that we are part of that one. The rest is merely a creation. The rest is merely an experience. The rest is merely created to have different types of experiences. The totality is only one.

Supposing any one of us happens to travel like that within ourselves and find out that ultimately we are all one. Can you ever have criticism for anybody after that? Can you have hatred for anybody? Can you have enmity for anybody after that? Who are you going to have enmity with? It's all yourself. There's only one self. The self is totality of consciousness and the whole show is taking place within that. And the different experiences are being generated from that. How could you have any hatred for anybody? Love would flow automatically because the love is coming from the source which is the same source for all of us. You will look at everybody and see how they're part of yourself. Not by trying to understand it, not by trying to assume we must be one at some point, but by actually seeing it.

Therefore, these people who have had these experiences of going within, they made it very clear what we want to share with you is not intellectual. It's not for debate. It's not for discussion on the merits or the demerits of it. It's not a method by which you say, is it right or it is wrong. What we are sharing with you is, go within and see what the truth is, what the reality is. Then tell us, are we not all one? Don't say from outside. It makes no sense to say from outside, "But inside we believe we're all different, we look different, we behave different, we act different, and we say we are all one." Means nothing. Go within and see that this divergence, diversity of experiences that have come are all because of the source being only one, the source being only one total consciousness and the show of the many is taking place within that one. Go and see it. Go and check it out. The path of these true masters, who have come and shared this information with us, has been experiential and not intellectual. They have not said, "Let's debate about it." They have said, "Go and check it out. Experience it."

Therefore, it's not worthwhile trying to discuss these things. The only worthwhile thing if you want to follow a spiritual path, to understand who you really are, is to experience it, to go within, to practice it. If you don't practice it but merely talk about it, it means nothing. This is not a subject which you can only discuss. This is a subject which you can practice and experience. It's quite possible that when you experience it, you may have no words to explain it. Because how will you explain that the one is acting as the many? How will you explain that time is not real, has been created to create a past, present and future? How will you explain that what we're taking for granted, that time and space must exist for us to

be here, is an illusion? How will you explain all this? You will know it. You'll experience it. You'll understand in the best possible way by your own personal experience, but it's difficult to explain to anybody. And therefore, the whole path is experiential and must be tested out personally.

Therefore, if you say we're having a holiday party, the best gift you can have is a gift already placed inside you, the greatest gift of all—the gift of the entire creation and the creator himself sitting inside you. Isn't it amazing that we as individuals, even as individual souls, are sitting in exactly the same place where the creator of us is sitting and we don't know each other? And we're sitting outside looking for the creator, that we are building things outside. We are building churches, temples, things outside to look for something that is inside us. That we run around attending workshops, attending seminars to understand who we are when the whole truth is lying inside, which is running around with us. We're carrying the truth with us and running around with us. Therefore, the real gift of a holiday lies within us, and we should go within if we really want to celebrate.

People tell me about 21st of December. They ask me lot of questions. "What will happen on 21st of December 2012?" I told them something somebody wrote to me, very beautiful explanation. He said there was a very powerful king, Mayan king, and he found out that in those days there was no calendar. There was no way to determine on which date what event will take place. You could make no appointments. You could not say meet me at such and such time or such and such date. Because there were no dates. So therefore, he said, instead of using the old method of deciding when to meet, which was, to say: "I will meet you in three days, when you take three pieces of stone and put them near you, and every morning when the sun rises, remove one stone. The third stone is left, say now we are going to meet." And both parties would use the three stones to meet in three days. He said: "That's not a good method. We will design a better method, a Mayan calendar." So, the Mayan calendar was carved, engraved upon a big piece of stone. He asked the best sculptor of his time, "that you bring the big, biggest rock you can find and cut a slab out of it, and make a disc, a big disc, and in the center write zero. That's a starting point of our calendar. Then start going round and round it and write all the numbers. And as different people will bring different calendars, put them also on those numbers. When you reach the calendar's end, tell me."

The sculptor went on, as our modern calendar came up, he put, began to put these dates also. When he reached the end of the big slab, he turned to his majesty, the Mayan king and said: "Your majesty, there's no more space on the disc." He said: "What date have you arrived?" "Twenty first of December 2012." He said: "Leave it there and let people wonder what'll happen after that." So, we are going to wonder what'll happen after that.

A lady wrote, wrote an email to me last night from London, said on 21st, with the alignment of the stars and the planets that we're hearing of, is there anything special we can do? And what'll happen on that day? So, I wrote back last night to her. I said: "Nothing will happen. The special thing you can do is to pray, and say 'Thank God, nothing happened.'" That'll be nice. So, we are making good preparations for the 22nd. I am making good preparations for my next holiday trip on 22nd of December. Because it's

good to be sure that nothing will happen. If something happens, none of us will be here to tell us whether it happened or not.

There was a friend of mine, a college student who went to Calcutta, and there is a big river there, the Hooghly river, and on that river sometimes it's very stormy. The boats can sink. They were crossing the boat, and the weather became bad, and the boat began to rock. And everybody got panicked that the boat is going to drown, and everybody will be drowned with the boat. It'll sink. This man, an intelligent student from my college, he got up, put his hand up and said: "I just got message from God that this boat will not sink." And the boat did not sink. And everybody worshiped him as a prophet. I met him many months later when I heard he had become a prophet. I said: "How did you do that?" He said: "It is obvious common sense. I said if I make an announcement that the boat won't sink, then everybody will be calm, which they were. And if the boat sinks, nobody is going to check what I said." So one can make predictions like this anytime.

Many years ago, somebody brought the book of Nostradamus to me and in that he predicted that after so many years, this world will end. And the world did not end. Then they re-predicted from the same book, that the world will now end after so many more years. It did not end. And he kept on predicting, and it still hasn't ended. The, the Nostradamus was a very clever guy. He wrote poetry in such a way that you could make any interpretation you like of it.

In fact, I lived in a state in India called Punjab. Punjab means five rivers. The state has five rivers flowing in it, that's why it was called Punjab, five rivers. And then when I decided to come to this country...my idea of coming to this country was based upon my Perfect Living Master's prediction that the axis of spirituality, which is so strong in the East, will shift to the West. And there will be great seekers of true spirituality in the West. And one day they will be meeting perfect masters and getting the benefit of spirituality, whereas the East will go hunting for more monetary gains, for capital investments, for building big factories, and so on. It'll be the reverse. The West has been doing that, industrial revolutions there, and India and China and those countries have been backward in this area, but strong in spirituality. This will shift one day. And when he mentioned that, I liked the idea, and I came quickly to this country to take a ringside seat to see when that'll happen. Now I can see that happening. So I can tell you that his prediction was right. So, based on that prediction I came here.

But the fact that the axis of spirituality is going to shift could be very well connected to this particular point in time. In 1937, the Great Master, who was my teacher, he wrote to several disciples in this country what is going to happen in the future. And he mentioned that great spiritual revolution will take place, and the people of this country are already seekers. They're seeking the truth, but nobody is there to explain to them how to seek the truth within. Therefore, they have gone into religions, into different denominations of the same religion and are all looking into rituals and ceremonies and buildings made by them and thinking they're going to find enlightenment, God and the truth. God and truth cannot be found in buildings that we are building ourselves. It has to be found in a building that God Himself has created, which is the building called the human body, the human being. And God sits in this building behind the eyes, in this head. He doesn't sit outside. We look for Him outside. His predictions was right.

Therefore, I came here. And I saw that people were ready, but they did not have the answers to their fundamental questions. Fundamental question is, why are we here. This doesn't seem to be our true home. Why are we suffering here? Why is there so much suffering? Why is there so much negativity here? What creates this negativity in this world? How is it all balanced that some people are very rich, some people are poor, some people are enjoying themselves, some are not. What kind of game is this? How could there be a fair creator who could create so much disparity among his own children?

These are basic questions. Religion has not answered these questions so far. No religion has answered these questions so far. So, people are puzzled by this. So, the ideas came from all over. Many ideas came from the East. One of the ideas that caught on in the West, and is catching on even more, is the idea that there's a law called the law of karma, the law of action and reaction, that whatever action you do, you have to pay for that. And therefore, since we have created ourselves different actions, we are paying different consequences of those. And therefore, the law is operating, and we are all different, that this is our own creation that makes us different. There is some other eastern traditions that are coming up now.

But why can't we go and find out how the duality of good and evil, plus and minus, positive and negative, was created to generate a certain kind of experience? That all experiences we are having in this world of matter—and experience in the world of sense perceptions, and experience in the world of concepts and ideas, in these three worlds, which we call the physical, the astral and the causal worlds, in these three worlds—all the experiences are in pairs of opposites. That if you don't have an opposite experience, you can't have the first one either. Why don't we see that electrons and protons must go together? Why can't we see that every magnet must have two poles? Why can't we see that the day and night alone creates the experience of light? If there was light all the time, we wouldn't even notice it, we wouldn't even know it is there. We are only observing and sensing and experiencing that in these three worlds which has an opposite to it. We live in a world of pairs of opposites. It's just a mechanical method to create the experience in these three worlds through pairs of opposites.

If we understand it, the whole thing becomes clear. And then why is so much suffering there? When we discover the suffering is at shadow level, we say: "Thank God it was a dream." If you have a nightmare and get up in the morning and say, "Thank God it was a dream, " that's exactly what we will say if we were able to go beyond this material, physical world which is our only reality today.

Why can't we see other realities that are existing side by side? And it's possible to do that. It's not that we have to go somewhere to do it. The reality that we have to find lies within ourselves. And all we have to do is to go within ourselves, within our own consciousness, which lies inside our body at this time. Therefore, we start by going within our body. Where do we go in the body? From where this consciousness is operating, from where we are talking to each other, from where we listen to somebody, from where we think we're operating if we were a unit of consciousness in the physical body. We're not operating from our hands and our feet. We're not operating from our torso. Operating from the head. We look out from the head through the eyes. We think from the head. We do things directly from the head. So, it must be in the head. If we are in the head, why can't we just close our

eyes, go in and see what's happening there? We don't do that. We try to look outside. We learned how to focus our attention on different things. We never learned how to withdraw our attention to our own self. The secret of discovery of the self is how to withdraw your attention to yourself and not how to focus attention. Every time you focus your attention on anything, you're moving away from yourself because you are where you are, and the point at which you focus is away from you at all times. The spiritual path cannot be discovered by focusing attention on anything. The spiritual path is to travel backwards into your own self, into your consciousness from where it originates. You put your attention to the point where attention is going out from, where it originates, not something else that is catching your attention. If you go to something that is catching your attention, you're going out from yourself. To go within, you have to go back to the point from where your attention is flowing out.

It's not that difficult that it looks—only we have never done it. We are inexperienced. And the only other difficulty, catch is, that when we try to withdraw our attention to ourselves, through a proper meditation technique, which of course can be easily learned, when we learn the technique of withdrawing our attention back to our own self behind the eyes, the only problem arises that the thinking mind, which we are employing all the time, and which we think is our own self, thinks of so many other things, and takes the same attention away to those things that we're thinking about. Therefore, it doesn't allow us to be steady about being where we are. That's a little catch, but over time and practice one can overcome that also and defeat the mind's diversionary tactics to take us out, and move inwards back to where we are. The moment you are able to pull your attention back to behind the eyes at the center of the head, the tenth door opens, and you'll see a whole new world opening up. It's as simple as that. Everybody has it. There's no special person who only has it and comes up and says: "I alone have this enlightenment." No, this enlightenment is built into every human being. A child of five years old and an old man of a hundred years old can do it and get inside. It's as simple as that. It's open to the whole humanity. It has never been restricted to any particular class or group. It does not require that you form a religion. It does not require you form spiritual group. It does not require you to form any class or group at all. It only requires practice how to withdraw your attention to where you really belong from where you're operating right now. You don't have to go anywhere. You have to stop going everywhere. Therefore, this spiritual path, which comes to mind right today because of my Santa Claus, tells me to share with you this information that great times are coming. That you are not going to worry about this 21st of December, but there's a very great revolution taking place. The great spiritual revolution that is taking place is bringing all the great teachings, the great methods of self realization, the great means of enlightenment to the West in a very big way. So, I'm looking forward to seeing all that.

What will happen to the countries that had so much spirituality in the past? They're going to manufacturing, more factories, more money, running after money and copying what the West has done and failed to get any happiness out of. They think they'll get happiness out of that. We think we get happiness out of these material things. My richest friends are the most unhappy. I'm sorry to say that. I meet the richest people, the celebrities in Hollywood. From...on the screen they look so good. You go and live with them for two days, you'll see how unhappy they are. They're all having miserable lives. So, what...happiness does not come from those things that we think it does come. When you don't have

them, you think that is what'll give you the happiness. Happiness comes from an internal understanding of who you are, understanding of the game that's going on, looking at the game as a spectacle, looking at life as a drama and you are partly the audience and partly the actors on those, on those shows. If you get into that stance, you'll be happy at all times. Therefore, take it like a great show. It is a great show that's going on, and you will be able to enjoy happiness.

I am not suggesting that don't exchange gifts. Exchange gifts. It's nice to share anything with anybody. We are all together here. We are all products of the same consciousness. We are all, really, in truth, in our source, one. We are wearing different costumes, and our different costumes have created these differences. The difference is not in us. There's no difference in the soul of a person, another soul. The difference in the costume they wear. There're three costumes, very important costumes we are wearing. The first costume is the costume of our own mind. Our mind is like a costume. So therefore when we take a mind on and put it on our soul, then the mind carries memories, mind carries old actions that we have done, carries what reactions should take place, carries the whole law of karma on it, and carries the ability to confuse us, and ability to create doubts in us, ability to create fear in us. It's doing a good job. The mind as a costume is doing a great job doing all these things.

But that's not the only costume we are wearing. On top of the mind we are wearing another costume, called the costume of sense perceptions, the astral costume, the costume which gives us knowledge of what's happening outside of ourselves through senses. And that's another very great costume because we are attached to those senses, and we think the whole world comes to being only through our senses.

That's not all. Another top costume on that, the very thick one, called the physical, material body. Everything is now hidden inside this material, physical body. So, to pierce through these three costumes, three covers upon our selves, is real enlightenment. Self knowledge comes when we are able to shed these three costumes and discover who we are. And then we discover what a soul looks like. Then we discover what consciousness, as a unit in its purest form, looks like. It's a beautiful sight. It's all, to describe it in physical terms, just a piece of light. It's so much light. I give you example. If sixteen of these suns shining outside in our planetary system, if these sixteen suns are put together, the brilliance of that sun is the light of each one of our souls. It's all sitting inside us right now. That much light is sitting inside us. Just go in and you'll see. These eyes can't even stand the light of one sun, and that's our own light. There's so much.

Therefore, the pure soul does not have any of these things—the karma, and sensory systems, and duality, and opposites, and all that. It doesn't have any of that stuff. These [are] all put on to create different experiences, which we are creating now. So therefore, to get true knowledge, one has to pierce these things. How do we pierce? How do we take these bodies off? Well, one way is we die and take one body off. This body dies. Is born, grows, lives and dies. When it dies, what happens to us? We don't even know, because while we're in this body we think this is the only reality. We can't see any other reality. We can't compare with anything else. We've never gone in. If we had gone in, we could compare with something else. We could know this is just a temporary thing. We have another life inside going on. But when we cannot go in, then this is our only life, our only reality outside in the physical

world. So we say when somebody dies, he's gone. We don't know where he's gone. Maybe he's there. Maybe he's not there. We don't know if the soul travels somewhere, outlives. Books say soul is immortal, but we've never seen it and therefore we don't know what happened.

Then what happens? Supposing somebody is clever enough to say: "Okay, I'll be able to tell you a little bit about what happens" and comes back from almost dying. If he completely dies, he's gone, can't tell us anything. Supposing he says: "I want to tell you something..." not completely dying but nearly dying. Then he comes and tells us near death experiences. Books and books have been collected on the experiences of people who nearly died, and their near-death experiences showed, almost in every case, that there is another world sitting there. There are other people sitting there. There're people who died here earlier are still living there. They come up with a lot of stories that there is a whole big universe existing beyond this world.

Supposing we say "Okay, we can believe some of them, that some of them may be making stories. Maybe there's too much lack of oxygen or too much oxygen went into the head and therefore they made stories." Doctors have their opinions on these things. But supposing we were able to find that there is another body sitting inside this body which does not die when this body dies. And that'll be great. Then we have to see how long has that body been there? Does it have a life or is it permanent? Is that the soul? And we find that for those who have had more than near death experience, but the experience of completely leaving this body and coming back and telling us that that body also has a lifetime, but much longer than this lifetime. That life of an astral body, or the ethereal body, or body that creates sense perceptions, is a thousand to three thousand years of physical time. That's a limited time also, very limited time.

Then we can go further. What about the other inner body, that mind we were talking of, the causal body? Well, if somebody has gone that far, they can tell us it also has a span of life. It is born and dies but has a span of a few million years of life. So, we have a million years' mind placed upon an immortal soul, a thousands of years sense perception body placed upon top of that mind, and a short, hundred years' physical body put on top of that. We change several physical bodies while we have one astral body. We change several astral bodies and physical bodies while we have only one mind, and we have several minds in total cosmic time. People tell us that. Is it possible for any one of us to verify it? Should it not be possible that we all should be able to verify, instead of relying upon on these few rare cases of near-death experiences and nearly dying? Can't we die properly and have the whole experiences of nearly dying? We can. We can have the experience of full death while we're still sitting in the body alive. We can die while completely living in this body and that's what meditation teaches us how to do it.

Meditation teaches us that we can withdraw our attention from this body in the same way that attention is withdrawn when a person actually dies in the physical body. If you have seen physical bodies dying in hospitals or elsewhere, if you've had the chance to see somebody dying in stages—some die suddenly so you couldn't see what happened—you will notice that the first thing that the person says who's dying is: "Where are my feet? Where are my hands?" That means the consciousness or the life force from the hands and the feet goes first. That means he doesn't know, maybe says: "Put my foot this

side.” The foot is already this side. I’ve seen patients do that. Then the legs disappear. The arms disappear. The torso disappears last. The person is still speaking to us. And then, when the attention is pulled back into the head, he’s brain-dead, the person’s dead. The process of death is the gradual withdrawal of life force from the extremities to the head, and then the life goes out of the brain. That’s what happens.

How can we simulate this process? How can we copy this process? In meditation we can. We can put our attention, withdraw our attention to the point behind the eyes, and as you practice withdrawing attention, the same thing will happen. You will not know where your feet and hands are. You will not know where your legs are, where your arms are. Eventually, will not know where your torso is. You will not know where your body is. Body will disappear, and yet you will have a body— a personal experience that you have another body inside this body. It’s not based on anybody else’s account. It’s based on your own account. It’s based upon your own experience. And the truth is that all of you sitting here and everybody, every human being, has this capacity. You all have the capacity to test it out that there’s another body sitting inside this body and that is revealed. Not only that, if you fully reveal that body, for a time, and understand how that body’s operating, and how long it has been operating, go back into the memory of that body, you will be able to remember things that were way earlier than the time of this physical body at all. You’ll be able to recall events that happened in that body much earlier than this body. So, you’ll be able to find out that that body you have had for a much longer time than this. That body can move from one physical body to another and has been moving. You’ll recall how many bodies you have had. You think your name is what is given to this body. Inner you’ll discover that you’ve had many names. And you have a different name for different bodies. Names were given to the bodies, the physical bodies, the covers upon us.

These experiences are the best way to see what happens after death. Instead of dying, you die while living. You get the experience of dying without actually dying. Then you can tell everybody what happens. Otherwise you can’t tell if you physically die and the body’s buried or cremated, then you can’t tell anything. But with this way, the same body’s still there. You can share this information with the others who are still around you.

So, these Perfect Living Masters who have done nothing more than perfected their journey back to their totality of consciousness, that they have been able to pull their attention back to the top, they share this information with us. And they tell us simple methods by which we can all verify what they are saying and experience it. People say, sometimes ask me: “What’s the advantage of all this? Why should we do it?” Well, there are many minor advantages and some major advantages. The most minor advantage is that you lose certain things which have been big botheration to you, like you don’t get angry anymore. That’s a big thing. You don’t hate anybody anymore. That’s a big thing. You don’t make judgments on people. That’s a big thing. But the biggest thing of course is you discover that all of you are one. And therefore, you love everybody. That universal love comes in such a strong way, just by this discovery. That after this glimpse of who you are in your reality—when you open your eyes you see that this extension of yourself sitting around you all the time—and therefore such a strange kind of love flows for everybody. And they can all feel it that the love is there. And that cannot be induced by thinking about

it. And that cannot be made up by pretending about it. And that's a very major advantage of this experience. There's advantage in this very world, while you are here.

Other advantages are, in the other afterlives, we can see what the afterlives are. If there are other reincarnations we have to go through, we can see them. We can see the whole future, the whole past. We can see how time was created, how events have been loaded on time, how destinies are created, how destinies are stored, where they are stored, where we pull them out, how we bring them into this life. That's lot of information. Lot of very useful information comes up as a byproduct of trying to know who you are. Just trying to know who you are gives you so much other information, that it, it is an endless, it's an endless adventure.

We came out from our own home, Sach Khand, true home, our totality of consciousness, and devolved into the many, for adventure. Now we go back for a bigger adventure. We go back to find that what we thought was the biggest adventure was only a very sham, sham kind of game here going on, that the bigger adventures lie inside. And so, we reverse this process and go into the bigger adventures. And the bigger adventures can be things like going into the astral plane, which is a plane, or a world, or a creation, that overlaps this creation. We go into that overlap of this creation and fly through it, because in that part with the astral body there is no gravity, and you can speed up very fast through that universe. You can go and explore all the galaxies we talk about in science. We read those in books. Why not go and check them out personally? Why not go and see if there is life anywhere else in this universe, and what kind of life it is? Why not go and check out personally, by personal flight into that area through your sensory systems, and see, are different laws of nature operating there? You'll be shocked at finding out how much life there is elsewhere in this created universe and how many different laws of nature operate there. They don't all function like this planet. This is just a solitary, one single planet. And we think life is all over here. This is a much bigger universe.

Under the mathematical law of probability, which nobody knows how it is, how it works, but it works. If it didn't work, if the law of averages and the law of probability, two mathematical laws, did not work, all the casinos will close down. They make their profit based on these two laws. So, the law of probability says that according to the information we have gathered so far about the vastness of this universe, and the number of galaxies that there are in this universe, that there have to be at least—this is a mathematical calculation only—there have to be at least 28,000 planets identical to the planet earth. And if planet earth sustains this kind of life, the law of probability says probably there are at least 28,000 more planets like the earth in this, our own universe, which we have observed through our telescopes.

How can we imagine that life only grew on one place and didn't grow in the other places just similar to this? Therefore, can we check it out? We haven't developed the time travel to that extent that we could go over several billion light years in one lifetime, and physical body it's impossible. But in another body, it's possible where you can move faster. Therefore, why not check it out in that body? And I can tell you you can check it out. I'll give you an example of, of another universe that exists. You can go and check it out in the astral plane where time is controlled individually by every inhabitant of that universe. That means some people are moving faster, some people are moving slower in time. And they can vary the

rate of time. It's just an example I'm giving you of a universe that exists. There're universes existing which are totally different laws that operate those universes. And we are stuck with the laws that operate on this planet and think this is the only thing created in the universe. We are so bound by this little experience. Through this practice of knowing yourself and practice of just going deeper into one level of your consciousness, you can have all those wonderful experiences. If they're not great adventures, what are? I can't imagine a bigger holiday, and a bigger adventure than going and having a dip into one of those areas.

So therefore, there're many advantages of doing this. Of course, the biggest advantage is the discovery that ultimately our source material, the substance from which consciousness is made, consists of something different than what we think. It consists of those functions that are being performed, right now inside us, which the mind cannot perform, sense perceptions cannot perform, and physical body cannot perform. Those functions belong to the soul or consciousness per se. What are those functions? First, love. The experience of love we are having here is not possible without that. Two, the experience of intuition—a sudden knowledge, gut feeling, that transcends any rational feeling, that goes beyond the mind—that intuition cannot exist unless we have that. Third, the appreciation of beauty and the joy that arises from beauty. That cannot arise just by thinking about it. So thinking, sense perceptions, and body cannot create these. They belong to the soul.

So, when you discover who you are, that you are a soul, you are not these covers upon it, your life changes dramatically because you understand that's what's real. And that'll, that'll be your part of life that will play a bigger role in everything. You will not act on what the mind is saying, "do this" and then later on says, "no, don't do this." You'll act on your certainty of intuition, the certain knowledge, not indirect and uncertain knowledge. Similarly, you appreciate beauty everywhere, because there's so much beauty. There are miracles. You look at a flower, you'll look at it in a different way. You look at everything that's been created in a different way, and the beauty of things will be such that you'll be amazed by it all the time. It's a different life after you get this. And then you will have this knowledge which is coming from inside, and the joy that arises. This intuition, joy, love...these are the greatest things that can happen to us, the greatest gifts that can come to us. You want to have the best gifts for the holiday? Those are the gifts and they belong to you. And they belong inside your physical body. So my suggestion to you is, celebrate this holiday. How? More meditation, more understanding who you are, more going within, more contemplation, more love, more feeling of gut feeling and going on gut feelings. Do that in the holiday season and see your life change. Whole life can change with a simple procedure that I am suggesting. I think that's a great way to celebrate the holiday.

I understand that people give gifts, and I like astral gifts. When I got my surgery—I got my surgery in the knee a few years ago—and I told people: "Don't send me any flowers. Send me astral flowers." And they asked me how to send astral flowers. I told them very simple method. I said: "Close your eyes. Go within and imagine that you are sitting inside your head. If you can feel you are inside your head, that the whole rest of the body is below you, and you are sitting behind the eyes in the middle of your head, if you can feel that, you can pick up any flowers from there and send them to me, and I'll get them." My hospital room was packed with astral flowers and I would look and say: "Wow, that's remarkable how

many friends I have.” And the advantage was for those who are more attuned to the physical world, it doesn’t cost anything. It was all free. When you buy good furniture inside, you decorate the inner home, it’s free. When you buy flowers, no fee to be paid for sending the flowers, nor to buy the flowers. So, I said that the best gifts that I can get are astral gifts. Send them to me through your telepathic transmission systems which lie behind the eyes inside you. And I will appreciate them even more than the physical things because physical things decay. Those things (pointing to the third eye center) last much longer. Those flowers were fragrant for a long time. And those flowers were very beautiful for a long time.

So that’s why, if you go inside—you know, in my meditation workshops I sometimes do the experiment of you’re sitting inside and smelling flowers, and eating snacks, and drinking beverages—all those experiences are merely to show you where they exist. If you have done even one of those meditation workshops, you will know how to send astral gifts. But if you want to send, give people, your friends, your family gifts, give them with love. Why am I saying this? Aren’t all gifts sent with love? I thought they were till I found my friends here crying. “Oh, we have to buy the gifts and send them.” I was surprised. Why do you have to send them? Why, why is it necessary to send them if, if for you’re crying over it? “Oh, I didn’t have enough money, but everybody expects that.” As if it is a big punishment. I didn’t know that buying gifts and sending gifts on a holiday was a punishment. And, there are so many people who are feeling it’s a punishment. I said: “What have we done to this holiday? What have we done to the whole concept of gifts?” Gifts were supposed to be given out of love and freely, free feeling of love for somebody. And here these people are being coerced into giving gifts. That’s not kind of gift that I would recommend. I think it is better to send astral gifts in such cases. Send good wishes, or send a nice card, or make up your own card and send it, instead of feeling so pressed down.

And then I found that people are pressed down not only by having to buy gifts, they also get depressed for other reasons. They get depressed: “We have nobody with us. We are lonely.” I was shocked to hear the highest suicide rate in this country is during the holidays, that people out of depression kill themselves. “I am alone in this holiday. Nobody is with me.” Wow. Why don’t you go inside and sit with your Master? Sit with your permanent friend and companion inside and enjoy the holiday. If you could just learn how to practice a little bit of meditation under the guidance of a Perfect Living Master, whose face you can remember and project it inside, he will appear in a holiday, and keep company, and play games with you, and make it a real holiday for you inside. Why can’t we do that instead of going and killing ourselves? So, these are shocking things about a holiday. It doesn’t look like a holiday at all. And you should be so depressed because it’s a holiday.

So, we get into these strange habits. We get into these strange trends because of society. Society tries to conform us to certain things—you must give gifts for this. You must do that for this. You must have company. You must have a vacation like this. All standardized things. What have we lost in this process is freedom. I am glad that there is one method to regain freedom. Meditation. Meditation. Spending time with a true friend. I must define a true friend at this time. Spending time with true friend is always the best vacation one can have. And who is a true friend? A true friend is one whose love for you is unconditional. That means, there’s no condition attached. “You do this for me, then I will do this for

you.” That’s not a true friend. “Why haven’t you done this for me?” Not a true friend. “You are a naughty person.” Not a true friend. “You have been evil.” Not a true friend. “You did bad things.” Not a true friend. A true friend is a friend who will be your friend no matter what, no matter. There’s no judgment involved in true friendship.

Therefore, this unconditional love from a true friend is what we need. When we get that, we can never be depressed. You can’t...you can really write off depression completely, forever, if you have a true friend with unconditional love for you. And who is that person whom we can call a true friend with unconditional love? There may be many such people in this world, but I know that the Perfect Living Masters always are. The Perfect Living Masters are those who have personally, internally, gone to the area where they have seen that we are all one. When they’ve seen personally and experienced that we are all one, their love is always unconditional. They cannot put a condition on us. When they look at our traps, how do they feel? They feel we are trapped. They don’t feel, “Oh, why are they not doing this?” They say: “They can’t do it.” They are sympathetic. They are empathetic with us. They love us and they want to help us because they can see our state, that we are blinded by our own covers upon ourselves. And therefore, we can’t see the truth. Therefore, their love is unconditional, and they do not judge us for anything. We judge them. We might judge them, but they don’t judge us. And therefore, that kind of friendship lasts forever. The only permanent friendship that I have experienced is with a Perfect Living Master. That’s really perfect. It’s really permanent. It’s up to eternity. I am sure of that. Because they come from where eternity is created. They come and tell us how to go beyond eternity. They come and tell us how to go beyond time itself. Therefore, their love is not conditioned by time, space or anything. That’s the kind of friendship that will be an excellent and the best antidepressant I can think of.

Therefore, where do we find such a friend? How do we find such a friend? Can we find one? Oh, I’m sorry, we can’t find one. Because how can we know? Because these people, in order to be with us, are exactly like us, ordinary people. They have to be totally ordinary to be friends in the first place. If somebody is not ordinary like us, somebody is different from us like he flies in the sky, in the physical body and we sit here, can we be friends with that person? No way. I’ve never seen anybody who can be friends with a flying person. If a person comes flying right now into this hall while we are sitting here, what will be our reaction? Some of us will say there must be some catch here. Some string is there and he’s playing a trick. And if he’s not playing a trick, some of us will swoon, might faint. How’s he doing it? And we may even admire him, even worship him, but nobody will love him. Nobody will be a friend of his. If he happens to fall down, many of us will get up and say: “Are you hurt?” And we’ll have some empathy and love for that person. You have to be utterly, entirely ordinary, like us ordinary persons, to be a Perfect Living Master. If you are not like us, you cannot have this kind of friendship. You can have teachers who may be above you. They can teach you, but they cannot be friends. Friendship requires that you be at the same level.

And therefore, these Perfect Living Masters—who come from a different place and a different purpose—their purpose is not to teach us anything. We like to be taught so they become teachers. Otherwise, they don’t have to be teachers. They don’t come to teach. They come to take us back home.

They're true friends. They say: "You are ready. I want to take you back. We'll go together." They never say, "Go, I'll show you the door and you go."

I think somebody sent me a cartoon in which there's a dark place and a little curtain in front. And the person is saying: "I said I'll take you to the door. You are to go in yourself." (Audience member says. "Oh, I sent you that." Ishwar Ji replies, "You sent that, yes.") It's very telling how many, how many teachers tell us, teachers tell us: "Now, you do it on your own." Not Perfect Living Masters. That's not their way. They say: "We'll go together, not alone. We'll go together all the way, never alone." We'll never be alone again. If we follow this path of Perfect Living Masters, we'll never be alone again. So therefore, they take us with them. And this is the greatest friendship that I have found.

We can't find them, but they can find us. At least, that's a good thing. So, what can we do to be found by a Perfect Living Master? Only one thing, seek in your heart. Seek and you will find. Seek and you will be found. Seek in your heart. Don't shout outside. You don't need to shout outside if you want to find a Perfect Living Master. If he needs to be heard outside, he's not a Perfect Living Master. He should be one who can hear your heart, who can hear your soul. And if the seeking is in your heart and soul, and he appears in your life through a coincidence, test him out for a while and see if he could be that person. But he will appear in your life through a coincidence, through a strange happening. And he will use any means to appear, and gradually convince you he's the one that you are waiting for.

Why gradually? Why not all at once? Because of our mind. We have a mind as a filter. To check. The mind says: "Oh, no, you can't be sure." The mind always says you can't be sure. The mind is always afraid. The mind creates doubt and fear, so it has to be overcome. So, with private miracles, one after the other, with different kind of experiences around us and inside us, we get convinced: "Yes, this was the person we're waiting for." And once that is established, and he accepts you as an initiate, after that the friendship is permanent forever. It never breaks. Its love is unconditional. You can experience it. These things happen. That changes your whole life to have a friend with unconditional love. Changes one's life completely.

So that's why in this holiday season I say take full advantage of this opportunity of having an unconditional friend. Seek in your heart. You'll find, and when you find, take the first leap on trust. First leap to see: "Let me see if there is something inside" on trust...the rest only on personal experience, only believing what you see and not what other people are seeing. You don't have to believe what others are saying they are seeing. Believe what you can see. And then build upon that. Build upon your own experience, not other people's experience.

And remember, the spiritual path I am talking of is not a mechanical path at all. It's not that you can sit in a certain posture, in a certain asana, in a certain yogic situation, and then perform certain exercises and you will get anything. Unless there is love and devotion in the seeking, in the prayer, in the meditation, it's all hollow. Beyond the mind, nothing pulls you towards your true home except love. Therefore, if love is missing, you are going to go in circles, round and round in your mind only. Without love and devotion, all worship, all meditation, all seeking is futile. It does not take you to your true

home. It makes you go in circles in the law of karma and goes in circles in the mental realm. Therefore, any kind of meditation that you do, any kind of prayer that you do, should be done with the utmost of love and devotion for your Isht. Isht means your beloved. If you have a Perfect Living Master, he's a great Isht. He's a great beloved. If you don't have one, there's some beloved good enough for meditational practice for doing yourself. You're not doing it for your beloved. You're doing it for yourself. But love and devotion for a beloved is essential for meditation to be successful and to be spiritually effective.

I keep on reminding my friends that meditation is not good enough by itself. It should be effective meditation. It should give you something. And people come and tell me: "We have been meditating for 40 years and got nothing." I said: "There must be something wrong somewhere." If you do anything else in life and you don't, it doesn't work for one day, two days, you give it up. You work for 40 years, and nothing happens? Somebody writes a blog on the YouTube says: "I worked 35 years and got nothing." And you took 35 years to find out you got nothing? Didn't you run up and say: "What's going wrong?" When you learn something, you don't stop at one thing and say: "Now I'm going to wait till it happens." That's like blind faith. Religion has taught us blind faith and we are applying it to everything else. Religion said: "Believe this and then stop at that. And believe for the rest of your life." And we are applying it to a spiritual discipline, applying it to spiritual seeking? It doesn't work anymore. Can we apply the same principle to learning a subject like physics, or chemistry or something? Can we say: "I've learned one lesson, now I'm going to wait." You have to keep on learning. You have to keep on working. You have to keep on moving forward.

Therefore, the spiritual progress is made when we get some experiences added on. They can be external. They can be internal. But some experiences should go on miraculously happening. You should feel them, miraculous things happening. There are new things happening. And if they're not happening, then you're not making any progress. If you're not making any progress, go to your teacher, go to your guru, go to your master. "What's going wrong? You said that this will happen. Why is it not happening?" He'll tell you why not. And if you find, "Oh yes, I missed out on something," you can take care of it.

So, therefore please remember, the spiritual path is totally experiential, and you make progress as you go on it. And, one lifetime is very short time to get all the results. People who quickly get some results in this life have already done work in a previous life. Those who have not done, they have to do more work in the next life. It's a big project to go to your true home while sitting in this physical world, through this physical body, and through the process of withdrawal of consciousness and attention to yourself. Looks simple. Indeed, it is simple, but it's difficult at the same time.

We have created the difficulty ourselves. We have thrown too many obstacles on our way. We have thrown the obstacles of our attachments to this world on our way. We have thrown other obstacles on our way. And therefore, the journey becomes tardy. Otherwise, it's simple to withdraw your attention within and go. It's very simple process. Process continuously at all levels is the same one. Go within your own consciousness. Period. It's not that the process changes when you reach one stage. The process is still the same. Go within your own consciousness, not outside of it. Because every level of consciousness

creates a new universe for us. It's a new world, just like this world. This world has been created because we have physical bodies. This world does not exist if we don't have physical bodies. The physical bodies and the sense perceptions operating through physical bodies create this world for us. We leave this world and the other sense bodies create a sensory world of a different kind. Much of it is common because of the overlap, but it's different world. You go higher, it's still a different world. They're all worlds external and outside of the self. At every level to go further, you've not to go further anywhere outside there, but again inside, inside the same consciousness. Process is very simple. And it all needs practice, more practice, more practice.

So, I urge upon you, celebrate the holiday. More practice. Some of you may not like it. You want to get away from practice. But anyway, my suggestion is that if you want to really enjoy this holiday, go within and check it out, and enjoy the friendship that is available to us, the unconditional love and friendship that's available to us from a Perfect Living Master. And I can tell you, there are always Perfect Living Masters who respond to our call of seeking anywhere in the world. It's not that they are confined to any particular place. They appear, and they work where there are seekers. If you're a seeker and continue to seek, you may meet a small teacher, you'll meet a big teacher, you will meet a small master, you may meet a big master. You may ultimately, if your seeking continues, you will meet a Perfect Living Master. And that's a guarantee.

So, I am glad that this is a great turning point in our spiritual revolution in this part of the world and I'm looking forward to a big change in the next year in the seekers of this country, the seekers of the North American continent. I'm looking forward to greater opportunity for self realization and for really celebrating the holidays not once a year but every day and every night. And thank you very much for very patiently listening to me.

Now we'll have a break. And I've given you plenty of food for thought. Now you can have a little snack for the body.

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