

Published by ISHA. All rights reserved. This English transcript of a YouTube talk by Ishwar C. Puri is published under a CC BY-NC-SA license, which means that you can copy, redistribute, remix, and freely distribute sections of the transcript, provided that any derivative works or new resulting creations are not used for any commercial purpose and as long as you give appropriate credit, provide a link to the license, and indicate if changes were made. If you remix, transform, or build upon the material, you must distribute your contributions under the same license as the original. License details: creativecommons.org/licenses/by-nc-sa/4.0/ Copyright 2019. Attribution-NonCommercial-ShareAlike (CC BY-NC-SA).

The Soul Wants Freedom from the Mind, Part 1 of 4

Grayslake, Illinois — December 15, 2018 — Holiday Party, Day One, Morning

Welcome friends, to this holiday party. We are going to have singing and dancing. See, I got a better applause now than to my normal talk. There is a stanza, a verse in Soami Ji's book, Shiv Dayal Singh, Soami Ji, who started Radhasoami faith in Agra, which says, "*Sant Diwali nit karen Sat Lok ke mahin.*"

Diwali is a big festival in India, holiday festival, and it says that the saints celebrate their holiday in the True Land, in Sach Khand. Saints do not celebrate it just outside. Every day is a holiday for them. We sometime think they are very busy people. They are having holiday, day and night. They are spending their time mostly in the awareness of their True Home, where they take us. That True Home is their normal place of awareness all the time.

It's very difficult for us ordinary human beings to understand that when we meet these Perfect Living Masters, these enlightened saints, they look absolutely ordinary human to us. But they are living at all points of creation at the same time, not that they have attained something and come back to tell us, which many people have done. There are so many people who get an enlightened vision. They see some great visions, and they come back and tell us about the visions they had.

But the Perfect Living Masters do not see visions and come. They are there, even when they are talking to us at the physical plane. It's a very unique thing. That is why we cannot understand that they are celebrating their holiday all the time. Anyway, we are not like them, so we have to celebrate it over here.

So, our singing and rejoicing is to take advantage of the music that exists. Music is very fundamental to human beings. It is so fundamental that if we do not have music, our life becomes barren. We have some music or the other all the time. Every religion creates music. Every religion creates special sounds so that we can get entertained. Holidays are celebrated with music.

Why is that? The reason is that we, in our internal form as souls, are made up of music. It's amazing. How can music, which is just a sound be our Self? It's not exactly our Self because it's different kind of

music. It's a creative vibration, a creative force that can create things and because it creates with great vibration, frequencies and also on our different levels, therefore, at this level, where we are sitting now, it turns out to be like music.

Can you imagine, we talk of the soul sitting inside. The soul can be heard. It's audible. How can soul be audible and can be heard if it's not music, if it's not sound? Therefore, the description of the ultimate reality of our own as something audible has been recorded by all the enlightened people in the world. Every religion mentions it.

We, we don't notice it so easily that the fact that our Self is audible to us at physical plane is a huge thing. John says in the opening verses of his gospel in the Bible: "In the beginning was the Word. And the Word was with God. And the Word was God." Adds on, "Nothing was made that was not made by that."

You will see, why use this particular word, Word? What is Word? How can Word be God? How can Word be the creative power of the whole universe? Only because the Word meant what can be heard by us. Do you know, Word could not be written at one time long ago but could be heard by everybody. Lot of languages, written languages came later. But the Word could always be heard—it's audible. Therefore, they said the creative power is Word.

Rig Veda, the oldest scripture in India, of the four vedas, Rig Veda deals with the spiritual evolution of this universe. It says, "In the beginning was the Nad (Nad meaning the sound coming) and everything was created by that." Almost a translation of the same verse. We talk of the other religions talking of the Music of the Spheres, talking of the Kalma, and the Bani Asmani, the sound coming from the sky—everyone is mentioning that. Now we go to church and we sing. We go to temple, we ring bells and sing. We, we are using music every place of worship.

The secret lies in the fact that our own Self is music. When people become artists, it's the music in them ringing and creating the art out of them. It's an inner inspiration—all inspiration comes from the higher Self which is inside us in the form of a music.

Now the best thing is—and this is what I like the most—that the music can be heard by any one of us.

The only requirement is: Don't hear the music outside, hear the music inside. That's it. The music inside can be heard when you put your attention inside. I mentioned yesterday, put your attention inside. You can withdraw attention, even become a different body of yours, the body consisting only of sense perceptions. No matter—no physical matter. You can do that and if you can hear the music, you'll do that very fast.

We also use music. Actually, the word in some of the scriptures has been used as Shabd. Shabd, Shabd

has been used—it's equivalent of Word. They say Shabd is a Word. Now, when we say Shabd—what is the Shabd? According to the holy *Sri Guru Granth Sahib* of the Sikh tradition, they say, “*Shabde dharti shabde akash, Shabde shabd bhaya parkash.*” They say the Shabd created this whole universe. Almost a translation that the Word is God and creates everything. So clearly! But then it also refers to a Shabd that has been there forever. They also refer to as Bani, which also means something that can be heard. You hear the Bani. The Sikh tradition, they think reading of the scriptures is Bani being read—that the scriptures are Bani. That's not what the scripture is saying. What's the scripture saying? “*Bani vajee chahu jugee sach sach sunai.*”

All the four yugas the Bani has been ringing. But *Sri Granth Sahib* description was only made by the fifth guru, Sri Guru Arjun Dev, much later. But the *Sri Guru Granth Sahib* says that the Bani I talk of has been there in all the yugas, and that's the creative power.

I can give you so many references of all the religions, that they are referring to something that is so important. It's there all the time. It's the basic thing. Whether you call it the vibration of the universe, whether you call it the frequency of the universe, whether you call it the song of the universe, it's there all over and nothing is being created without that. Yet, it is our own Self that is creating.

The best thing is to hear the song of your own Self, the sound of your own Self. It can be heard. People want to close their ears and hear.

Right now, you are listening to me speaking. That's also listening. But this listening is a little different from the listening inside. What's the difference? I am using words. I'm speaking in English. Sometimes I, in the middle I speak other languages, I quote in Punjabi or some other languages. So, these are languages. When we speak in language, it is also spoken language and a sound and a word—audible. If I did not speak to you, you wouldn't even get the message.

So, our spiritual path starts with the Word, starts with the Shabd, starts with the sound. But it starts first with language, which is a spoken and written word. Spoken and written word in our Indian tradition is called *Varnatmak Shabd*. *Varnatmak Shabd* means that which can be varan, which can be expressed in language in writing or in speech. I'm using it right now. You are all using it to communicate with each other. So, the starting point is *Varnatmak Shabd*.

But if you put your attention inside you will find it becomes not a spoken language but a music which you can understand no matter what your language is. , we change this nomenclature that when we hear the sound inside, you start sometime with *Varnatmak*, which is sometimes called repetition of a mantra or doing simran.

What is simran or repetition? Another language, words spoken inside. So, you carry your *Varnatmak*—now you carry the spoken language inside. Then you move on to the music already coming inside

which then is just music, so we change the term—Dhumatmak. Dhun is a continuous tone. Dhun is music. Dhun is a sound that can be heard. Therefore, when the Dhumatmak sound is heard, it can be many kinds.

People who meditate hear sounds. They come and tell me, “We are hearing sounds like little crickets chirping. We’re hearing sounds like little bells. We’re hearing sounds of a roaring thunder. We hear sounds like a train passing. We hear different sounds. There’re lots of sounds one can hear. There’s always some sound around us. There’s no place without sound, I can tell you. You go anywhere in the world you will have sound.

A Japanese Zen Master once told me that he has been able to design a small little glass globe which is sound proof. He said, “I want to sit in complete silence where there is no sound at all.” I said “I have never been able to find such a place. If you have found one, I’d like to visit, too.”

He has a ashram about 30-40 miles away from Tokyo in Japan. I visited it. I saw a big glass dome, transparent. It’s made soundproof. Just for the breathing, a tube brings air with minimal sound so that it cannot be heard by the human ear. So, he says “That is the soundproof.” I said, “I like to sit in it.” When I sat in that, I heard my heartbeat I never heard before. I could hear my breathing I never heard before so clearly. I realized there are so many sounds inside the physical body that you hear if it’s complete silence.

But the sound inside can be heard in—when you think it’s complete silence. There is no complete silence anywhere. The sound of the Self prevails. Now when you these spoken mantras and so on and are able to hear the sound inside—and leave the mantras. They’ve done their job. They’ve taken you to the sound of the Self.

Mantras only work that far. It’s not to, to go very far. Sometime people think mantras, repetition of mantra, repetition of word will take us to our true home. How can spoken words, which are physical words, take us anywhere beyond one step—this little sound of the Self can be heard by repetition of words, by singing songs outside, inside? You can’t go far.

That is why the inner sound which you hear which varies. But in the several sounds you hear inside—if you play with them—let me hear this one more—this one—then different—this one looks very close to me. This one looks far away from me. When you play with those songs, you find a sound that’s coming from a distance. Like a big bell ringing, *Doooong, Dooong*. Far off but like a big bell ringing. It’s weak, because the sounds are closer to us, they are loud.

If we don’t pay attention, we can just be listening to the regular sounds, which mean nothing. They’re just sounds. We can just get tired and just say “It was no use.” But if you are careful and put your attention on that weak sound which it seems to be coming from a distance but resembles a bell, put

your attention. The bell sound becomes louder and suddenly you find it is different from the other sounds.

Apart from the fact it is completely melodious—it's got a melody of its own—it has a pull that makes you feel that you are losing your body awareness. The very thing that you want to do with the meditation by doing different kind of exercises to get out-of-body experience, that one sound, if you hear the sound of the big bell inside, it'll draw your body consciousness out in no time. It...some people get frightened. I've heard stories. People get frightened. They feel they're dying, just by pull of the sound.

You don't die. Everything is normal. That vital force functions completely normal in this body. But the sound is pulling your attention away from the body to your inner body. The sound is coming from your Self.

So, the sound of the bell, if you continue to listen, the peal of the bell, like its *dooong, dooong*, they become longer: *doooooong*. Then become so long it just remains a peal. So, doesn't look like a bell after that. Looks like one continuous tone. Sometimes, some people directly jump into the continuous tone also. It has a pull.

Now, this attention put on the sound is the fastest way to discover your Self. People haven't tried it. If you can put your attention as fully as possible on the sound of your own Self that resembles a bell sound or a peal of a bell sound, you will be pulled inside to your higher awareness faster than any other method I have tried. And I have tried several methods. Several yoga, yogic exercise I performed to get that result—nothing is faster than this.

That is why, this particular yoga—yoga means union with your True Self. Discovery of your True Self is the word *yoga...yog*. So, this particular yoga was taught to me by Hazur Maharaj Baba Sawan Singh, Great Master, whose picture you see here. And is called Surat Shabd Yoga. What does it mean? Surat is attention; shabd is sound; yoga means union. Put your attention on the sound and you will get there.

So, I am mentioning to you this simple device because it has gone a long way in my own life. It's gone a long way in the lives of many people. The discovery of your Self is faster when you can hear the melody of your own Self. That sound does not come from any side. Some people have told me “We have been advised by our gurus or masters, “Listen to the sound from the right ear, because right ear is Dayal (positive) and left ear is Kal (negative).” First, I want, I tell you, this whole world is Kal. This whole world is negative. Not only this world is negative, the inner astral world is also negative. Not only astral world, even the causal world where the creation is taking place, is negative. It's all in the domain of time and space.

Kal...people don't realize the word Kal translates into time. Kal doesn't mean a huge being sitting there controlling us. What is controlling us is the flow of time. We are captured and imprisoned by the flow of time. If there was not time, we would be free. Time is creating the events of our life. Time is creating birth and death. Time is creating every event. Time is Kal! Time is the negative power. It's all negative here.

Only when we go beyond the mind, we go into real, positive territory. Our own place is above the mind. So, therefore, to divide into left and right—this was—they totally forgotten why it was suggested by some Masters. It was suggested for the simple reason that we are starting with a physical brain, physical head. The right side of the head is more intuitive, left side is more rational. Therefore, more thoughts come from the left side, more intuition comes from the right side. Therefore, they said listen to the right.

It was a very simple thing to start with. It was not that this sound, real sound comes from either right ear or left ear. It doesn't come from any ear at all. It comes from where you are. In the wakeful state you are behind the eyes, in the center, not on either ear. You are not anywhere near any ear. Ears are merely devices to listen and put the sound inside. It is not meant for locating you. You are located at the third eye center, behind the two eyes, exactly in the center. That's where the sound comes from.

When you hear the sound and becomes loud enough, you'll find it is like a surround sound. You can hear it on all the sides. Why do you hear it all the sounds, all the sides? Because it's coming from you! That's why you can hear it all the sides. It's not coming from any outside. It's coming from within you. Therefore, it looks like it's surrounding you, like you're having a shower in sound, beautiful sound, very great melody—you enjoy it. That's the most enjoyable part in early part of meditation. But it can take you fast.

I'm sharing this information with you because many people miss this. People are thinking “We have tinnitus, because we have problem in the ear.” Tinnitus is different. Tinnitus can also sound like a bell sound, like a short bell sound. But it is hurtful. It's not pleasant, it is... So, don't mix up the two. The sound that is pleasant, doesn't bother you, it comes from the center, it's not tinnitus—cannot be.

But we all have it. It's not some unique people who have it. We all have it. Put your attention there and listen. I tell you that'll be a great celebration and a great holiday for you if you can hear the sound. You can hear it every day and celebrate these holidays every day.

The saints do it. The enlightened people do it. Why not us? We have been given the same gifts by the Creator which have been given to these Perfect Living Masters, given to the saints. Same gifts have been given to us. What are those gifts? The Creator has placed himself inside us. The whole creation has been placed inside us, and we have been given the means to open up and see the secrets of this universe.

What greater gift can you expect? We have been all given the best presents that we can get. We exchange holiday presents. We give gifts. Imagine what great gifts we have got. How much thankful we can be to be human and to have the ability to find the truth of everything inside us. The best gift. The best Christmas and best holiday, best New Year's gift that we can get are given to us already—inside.

Celebrate every day. Celebrate every year. Celebrate all your life. Celebrate and enjoy the holiday all the time. That's my wish for you today. So, you've got the great gifts already—I don't have to give you any more presents. Or maybe I can.

We give presents to each other. It's a good thing. People feel happy. But not everybody feels happy. That is the sad part of it. It makes me sad to meet friends who say, "Oh, Christmas has come again. I have to go and get the presents for these people. I don't know. Time is very short. I don't have enough left on my credit card. How will I manage?" He's suffering the holidays. Instead of enjoying the holidays, a person is suffering because of a tradition of gift-giving? The gift-giving is not becoming a celebration. It's becoming troublesome that we don't have the means. "Oh, I will give the same gifts—I may not—I may not have to bother about the gifts."

Can you imagine people get so depressed sometimes in these holidays? The records show that every year in this country the suicide rate increases during the holidays. More people commit suicide and die because they have no one to celebrate the holiday with. What a tradition we have created, that the holiday, which is supposed to be a celebration, supposed to be...make you happy, a celebration of happiness, should be turned into a reason for killing yourself and dying? There's a problem.

Now if you look at the problem—what is the problem? Why are people doing this? We are alone. How will we celebrate? And I am telling a method to celebrate more when you are alone. Celebrate inside. And if by chance you are initiated by a Perfect Living Master—the Master sitting inside you—celebrate with that Master. Go inside. You'll have great celebration. You're never alone. Ever since I got initiated, I've never been alone—at all! Not for a second.

There was my mother-in-law. Once she told me "I do tell my Master to keep out when I'm in the bathroom. I know he's always with me, but there are some moments when I want my own privacy."

I'm only telling you that initiation gives us a companion, a friend, a real friend, a friend who loves us all the time—24/7—gives us that friend forever. How can we be lonely? No person who has that friendship can every commit suicide or even think of that—will always be high in happiness.

We have been given these gifts. We should enjoy those gifts. But loneliness prevails. People have friends, are married, children, families—they commit suicide out of loneliness. How can a person be

lonely with so many people around? The loneliness is not coming from the people around, or not having people around. Loneliness is coming... Nobody understands us. We're alone. We can't, nobody—our relationships are skin deep. Nobody really knows who we are. Therefore, we are lonely. In that sense we are all lonely.

We are lonely because thoughts come into our head. Seeking comes into our head. Feelings come into our head. And we feel so many things—who do we share with? Who can we trust so much? We were betrayed by so many people. We lost all faith in humanity because so many people betrayed us. Our lives are full of betrayal, full of lies, hypocrisy, cheating. That's what we have experienced.

If that's our experience, our general experience, how can we be in the company of anybody? How can we be in such company that we trust 100%? We all have something to share. And it only helps us if we can share with somebody, and there's nobody we trust to can share those things with. No, no wonder we are all lonely.

This loneliness that comes inside us—I've tried to find what cures we can find for this loneliness. I cannot find a better cure than the friendship and love of a Perfect Living Master. We can share everything with a Perfect Living Master. We can share outside and inside. That takes care of loneliness forever. If you have cured that, your life takes a big turn into happiness, not only on a holiday—every day.

That is why it's so big an event. I mentioned to you yesterday that initiation by a Perfect Living Master means something very different from what people think it is. People think initiation means how to learn how to meditate and go in. That is not initiation. Initiation takes place when a Perfect Living Master, with the awareness of totality, sitting in a human body says, "I am your friend." Initiation is complete.

The rest is a formality for our mind. Soul does not want to meditate, nor does it need meditation. Mind needs it. Mind feels nothing can be achieved without my effort. Therefore, it must have something to do to get results. Therefore, the meditation has become essential for us because we are relying so much on our mind.

The soul only likes love. Soul is affected by love. Soul wants love—period. And the mind wants lots of things. Mind has enlarged the list of things it wants. Every day it adds more items to that list. This is my bucket list—I am going to add more things in my bucket. Every day we want more and more. More of what? More of that which is going to stay here and never go with us.

Can't you imagine that what the mind is asking for and collecting every day? I go to periods... Sometimes I go to somebody's house, see so much clutter of things there. I say, "Why are you collecting all this stuff here? It's too much." "No, no, no. We love them. You know, I like these things. I

love these things.” “Okay, do you know that you will not carry it with you? You're elderly lady, full of this—you're still going and buying things.”

Why am I saying I go to houses? I'm talking of my own house. So much stuff—so much stuff we gather. Some packed up and never opened even. Who is going to carry it? When we pass on, nothing comes to us. All that happens by this collection—let me tell you very frankly—all that happens by this big collection of things that we have around us is: When we die, we say, “Oh, we can't carry them with us. We have to come back.” And reincarnation becomes a certainty.

We are tying ourselves back by collecting these things. We are making sure that we keep on going round and round in the cycle of birth and death by creating objects to which we get attached, thinking they're ours. “This is mine.” When you say, “This is mine,” you get attached to it. And then if you can't take it, you miss it. When you miss it, you come back. It's normal.

A friend of mine was living at a distance and he said, “Ishwar, I want to come to your program. But this time I cannot come because I have decided to buy a chair. It's a beautiful chair. Its cost \$800. I don't have the money. I'd kept \$200 dollars to visit you, but I have placed that on a lay-over. That means, when I complete paying, they'll give the chair to me. So, I paid \$200 already.”

I said “That's okay. The chair is more important. That's alright. Everybody has their own ideas of priorities, what is more important. That chair happens to be very unique, special chair. Certainly, it can be more important than my regular talks which are just repetitions.”

After some time, next event happened. He said, “I had to put another \$200 on that chair because I said, 'I have to pay that.' So sorry I have missed your next program also.” I said “That's all right. It shows further importance of the chair.” Then he put another \$200, third installment, and he had to put one more installment. And he died. Never got the chair. Never attended my program.

What happened? What do you think can happen to that person now? There is no way he can escape rebirth just for the sake of a chair. One chair can pull us back. Because it's not only that he liked the chair, he made an investment on it. “It's my chair. It's left behind.” And this is good enough for the Negative Power that run this universe, “Okay, go back. Get the chair.” And he'll come back.

Can't you imagine how much we ruin our chances of escaping this negativity of this world by getting so attached to things which never go with us?

There's an old story we heard as children that Alexander the Great conquered many countries and he also came and conquered lot of part of India. He looted the temples there. He killed so many people. There was a lot of gold in those temples and those holy places. He gathered all that gold, put on his caravan of horses and camels. As he was on his way back to his own town, it's now Alexandria, on the

way, he fell sick. He got such high fever that the doctors accompanying him said, "There is no chance for reviving you. Your time, your time of death has come."

He said, "No! I cannot die because a gypsy told me when I was young that unless this earth turns into silver and the sky turns into gold, I will not die." He says, "That can never happen. I am going to live forever."

As it happened, with that serious illness, he could not even ride a horse nor... so they lay the silver armor, the silver thing that they carried, on the floor and lay him on that. There was a golden umbrella, big umbrella put on front. When he saw the silver underneath, the gold above, he said: "Time has come. I took it literally it had to come like this." Then he declared: "I have killed so many people, amassed so much wealth, I am willing to give it to anybody who can just help me to reach my own town." The doctor said, "There's no chance. Sorry."

He said, "I created so much cruelty and gathered so much stuff. Nothing can go with me? Nothing is useful to me right now? Please, when you bury me and put me in the coffin, keep my hand outside so that the whole world should see Alexander the Great went empty-handed like he came." That was followed out. In his coffin, the hand was left outside to show nothing goes with us.

In spite of these stories, imagine how much we gather and we collect, and how much we are attached to those things. Take them as useful things for use while you are here. Take them that they are just good things which you should enjoy while you're here. Don't have any surplus things. Take what you need. Take what you enjoy and be happy. "Don't worry—be happy." That's what I heard people sing. So therefore, you can't be happy if you're constantly worried. Some people thought that if we have lot of money, we'll become happy. Money is the secret. I have met so many millionaires and even billionaires in my life. They are the most unhappy people I have met. It's very strange that the very thing we say causes happiness is causing strange kind of unhappiness.

Why? Why is that? When people have lot of money they're worried about—money. They're worried about what to do with the money—where to keep it, what to do with... and they're never satisfied.

I worked with some friends in a business. We made some money. When we made some money, we were happy. When we made more money, we were unhappy because we want to make still more money. And I noticed that when we made millions, we were most unhappy because we wanted more millions than we had.

This would never have arisen if we had not gone to this stage. What is it that we are generating something, use it and be happy. But if you say, "This is mine..." A billionaire has a billion dollars sitting in a bank which he can never use. No way. Not for living, not for enjoying, not for enjoying a happy human life. But he's worried about where the investment has to be made. "Where am I going to lose

it? Stock market is going up, stock market is going down.” All the worries are coming because of an asset you have to enjoy.

Therefore, be happy with what you have. See how, how you can use what you have. That'll make you more happy. There's a certain word called “contentment.” They say contentment is the secret of happiness, not getting more. So, don't seek more—seek contentment and you'll be happy.

I'm giving these little tips. I learned all these lessons in my life. Ninety-two years is good enough to learn the lessons. So, I learned all the lessons which I'm sharing with you. They say the older a man is, the wiser he grows. I'm not sure of that. But since people believe that, therefore I come and share this with you on a holiday party.

But enjoy your holiday party. I gave a long talk—that was not my intention. I said it'll be an occasion for song. Too crowded for dance, but let's say there'll be song.

https://youtu.be/6pfh_qXCXIU