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The Soul Wants Freedom from the Mind, Part 2 of 2

Grayslake, Illinois — December 14, 2018 — Community Meeting, Afternoon

Welcome, friends, to this afternoon session of our monthly meeting. I'm very happy to see all of you here, very beautiful souls, shining. When I stand here, fold my hands, I salute those beautiful souls shining inside all of you.

It's amazing how beautiful the soul is. It is the most important creative factor in this world. It's the Creator of the universe. Because we think we have all individual souls, therefore, how can we be creators? The Creator is one Creator who created everything. That's how we worship God.

But people do not realize that when we say one Creator, we are talking of one soul and we are all that one soul. One glass of water, not two. I am holding only one glass of water, with one trillion small drops in it. Are the drops different from the glass of water? No, they are, they are the glass of water. I am only describing it differently.

How big are these drops of water—tiny ones...little bigger ones? What changes their size? Can I make it one billion instead of one trillion? Instantly. I change my awareness to billion. Can I make them very big drops? Just say it's just a hundred drops. I can do that, too. What is changing one glass of water into so many drops is merely our awareness—nothing else.

Our soul is participating in one soul. But when we divide it by dividing awareness, looks like we have become so many. We can become trillions of souls, even countless souls from one soul.

Therefore, I do not know how to describe that oneness which is the origin of all of us, except I use a term "Totality of Consciousness." Because we have to be conscious to be alive. We have to be conscious to be able to be conscious of anything in the world. We cannot have any awareness of the world if we are not conscious. Therefore, I just use the word consciousness from that point of view. Not point of view that we are conscious when we are awake, we are unconscious when we are sleeping, we are unconscious when we are under anesthesia—not like that. Take the source of our awareness, source of our life is one totality and we are all participating in the same.

When I was very young, somebody told me the spiritual path is that we are drops of the ocean, separated from the ocean for many millions of years and we have been struggling to find our true home and we have to now make a long journey—a spiritual journey with meditation, fasting, prayers,

going to the place of worship, follow the religious precept that I've been taught—do all that—pray to God. “One day please show me your grace and tell me where is that heaven where is that true home to which I belong. After that struggle, a long journey, one day I'll go and merge in that ocean.”

This was description of the spiritual path. I wondered—what is the advantage of the spiritual path? I am a nice little drop now. The sun shines, I make a rainbow color on it, on myself. I can shine as a drop. I have an identity as a drop. What are they telling me? Struggle hard to lose what I have and go merge in an ocean, which doesn't care one more drop is added or not. Totally lose-lose game. This was the spiritual path explained to me and I said I cannot follow that. Sorry, this is not a path for me—to go and lose what I have and go and merge in a big ocean and the ocean—who cares—one more drop is added into the ocean?

I was wrong. They were wrong. That is not the truth at all. We are drops of the ocean in the ocean right now. We never left the ocean. What we left was the awareness of the ocean. We forgot where we are. Just because we were little part of the ocean not leaving the ocean, we just did not know where we belong. Spiritual path is no journey at all. Spiritual path is the awakening of your awareness to totality.

Every time we move closer to our inside, we find we are bigger than we thought we were. The world looks so big—we suddenly find the world is a small drop in us—inside us. The whole world we see outside we created, we discover, after going in, we discover it's all coming from inside—just projected on a big screen. Just to spread the image on a large screen does not make it a bigger thing. We see the movies, big screen movie, the projector is still small, the film is still the same size and there, from there, we are seeing a big shadow.

That's what the creation is. It's all taking place from within, from one totality. And the ... what is the spiritual journey, then? Spiritual journey is not going anywhere at all. In fact, if you ask me, spiritual journey is: Stop going anywhere. If you halt, you'll get your true home. But we never stop. Our mind keeps on running all the time. Our mind is constantly outside of ourselves and therefore, we don't know where we belong.

So, once we are able to put our attention on our own true self inside, layer after layer, because we are covered with these layers - so when we pierce these layers and go inside, we discover our own totality. Supposing you have one glimpse of that, just while you are sitting in a human body, you get one glimpse of it and then you look at the world—how will you feel? That's all your Self. It's all an extension of your Self. If it is all an extension of yourself, can you ever hate anybody? Can you ever talk ill of anybody? Who are you talking ill of? You're talking ill of yourself?

Okay, supposing we don't call it our self—we say that's God, the Creator. If that's the Creator, you're talking against somebody—you're talking against your Creator, whom you worship. You go to church, and you go to temple and you go to mosque and worship and when you see the same Creator in a human being—you don't like it? You can start hating? How is that possible?

One glimpse into our own totality makes you love everybody without exception and because we are separated, because that one is separated, the kind of compassion that you get for everyone is amazing. We don't see it amongst people here because we are lost in our own self. We are lost where

we belong—not lost somewhere else.

When Perfect Living Masters come, they are an example for us—that here is a human being, ordinary human being, born like us, dies like us, lives like us—his awareness is total. Therefore, when he looks at us, he looks with love and compassion, which is unmatched. We are all in the same state. There is no difference between a Perfect Living Master and any one of us so far as the structure of our consciousness is concerned. No difference at all. We are all the same. Only difference is how much awareness you have, how much knowing you have of your own self. Not knowledge of the world. That knowledge can be easily acquired and learned by the mind. How much awareness, knowing you have of your own self that is behind all these curtains. When you know that, love comes automatically.

That is why we go to these Perfect Living Masters and we feel strange feeling that they are always compassionate. They never judge us. Sometimes we feel “My karma is so bad. I'm a bad guy. If I appear before a man who knows everything, how will he feel? He might judge me that I'm not a good person.”

What's the Master's point of view? “You are a good person. You are the best possible soul that can be created. You are a soul. Your mind has accumulated some thoughts which don't look good—and what made it look good or not look good? Your own mind. The function of the mind, good and bad is a function of the mind, not of the soul—at all.”

Soul is pure consciousness, pure ability to be aware, pure ability to live. That's what's making all life possible. When we look at life here, human beings are merely one small fraction of life—very small fraction of life. In the Indian scripture, they talk of 8.4 million chaurasi lakh, 8.4 million forms of life existing on this planet alone. Out of that, more than 50%, almost 55.6 million are in the vegetable kingdom—trees, plants and all those. Only in the last list, they have written up 400,000 human being is one—out of 400,000 the last list. The millions are gone.

In that 400,000 the list includes those that are in this planet, in this physical universe, but not present in their physical bodies—guardian angels, disembodied spirits, ghosts of all kinds and spirits—they're all included as forms of life. Even those whom we think are creators of these universes who are not the ultimate creative power—but they are creators at different levels. They are also included. So, all forms of life has been included. Yet, out of so many forms of life, only one form provides the gateway to go and find yourself within. Only one. Human form.

Amazing. Why should that be? Why should human beings have such a big privilege that they can open the gate and by simple practice of going within—find out the true, true nature, true identity, true home. Even these so-called higher angels can't do it. What's the obstruction that they have that we don't have?

We have a unique experience which no other form of life has—a unique experience, gifted to us. It is called, by a misnomer, called free will. Free will means we can decide what to do. Nobody else can decide what to do. Nobody.

They are all programmed how they will live. Plants grow—there's no choice. Birds fly—no choice. They go, they fly thousands of miles—no choice. Angels know what they have to do beforehand—no

choice. They never decide where to go, not to go. Their program is completely written up and they follow it. Nobody question “Should I do it or not do it?” except human beings.

This amazing ability of a human being to say, “Should I do it or not? Should I believe him or not? Should I act on it or not?” This, this extreme experience of choice-making and not only choice-making—being faced with alternatives to make a choice. That means being given choices to make. “Do you want to pick up this or this?”

So, sometimes when we feel maybe free will is not real. Maybe we are also programmed like everybody else and we are just thinking we have free will. We didn't make our life. When we look back at life, so many things happened which were not our choice at all. Yet, we thought that we were making choices.

Somebody can question like that. Like one guy in the university where I was going, he discovered that, actually, if we believe in God, we cannot have free choice. Because the definition of God, in all religions, without exception, is: God is omnipotent—all powerful, omnipresent—present everywhere, and omniscient—knows everything. When I have to make a choice, should I go right or left, does God know it or not? If God does not know where I will go, he's not omniscient. The definition fails. If he knows where I am going, I have no real choice. I'll do what he knows already. Therefore, free will is merely illusion. It's not real.

Based on this, this friend of mine came to the conclusion that because he believes in an omniscient God, all-knowing God, we cannot have free will. So, he called me in the morning, “Ishwar, I found out we have no free will really. It's all an illusion. Everything is happening by itself.”

So, I invited him to my apartment. I said, “Come, let's test it out what you are saying. It's great what you found.” So, when he came, I played a little trick and I arranged ... It's a story many of you heard before, so please don't listen again ... for the newcomers. I arranged a tray with a cup of coffee, a cup of tea and an empty cup. So, when he came, I said “Would you like to have some tea, coffee, or nothing? I've all three on this tray. Since you have no free will, don't use free will.”

He was stumped. He said, “You destroyed my whole discovery just by putting three cups in a tray?” I said, “I am proving to you not only do you have free will, you have no choice but to use the free will. You said, 'I have no free will' and I'm proving to you now avoid it. Tell me how you'll avoid free will. You said, 'No,' that's your free will. 'Coffee' — your free will. 'Tea' — your free will. Aren't you seeing your free will in play right here?”

Free will is a real experience. Nobody can deny it. Every day we use it. In fact, we cannot avoid it. If when somebody says, “I have no free will”—he's saying it out of his free will. He could have also said “I have free will.”

Therefore, this choice-making is going on continuously. Free will is a real experience only available to human beings. That's amazing—that only life form that should have this experience of making choices should be human being. Then what is the advantage of giving us this special choice? Advantage is that we can seek our true home only if we have free will. We cannot be a seeker if we have no free will. Seeking is a choice. Seeking to go to our true home is a choice which you make.

This wonderful gift to us, wonderful gift of the experience of free will is making us capable of going within and going to our true home. Therefore, a human life is most important life of all life forms. It's so important. Somebody asked me, that I had first discovered what these different levels of experiences are...somebody said, "Human beings are in the worst state here in physical form. Wouldn't it be better to be in the astral form, or in the causal form?" Much to the surprise of my friend I said, "I would rather be in the physical form than astral form or causal form."

How can that be? Those are higher levels of consciousness. I said, "Higher level does not mean you have the ability to do what you can do here. You can find a Perfect Living Master here. You cannot find in the astral plane, nor in the causal plane, nor in the spiritual level."

Can you imagine? How unique the situation is that in the whole of creation, at all levels of consciousness is one level created at the sixth level below our totality, in the physical plane, as physical human bodies, where in physical human bodies, in physical minds working through physical bodies, that we have a choice-making, a free will experience which helps us to become seekers, and by seeking, find a Perfect Living Master and go home?

Of course, the question still remains—is free will real? Are we saying it is real, then we are denying God. We're denying God's, we're denying God's own awareness and his own knowledge. If we can decide something God doesn't know, he's not God anymore. The truth is when we exercise our free will and we make a choice, that is God's choice. We cannot go outside of it. It doesn't look like this—we don't know God. Nobody has ever seen God. Nobody's ever met God. I can tell you for the certainty.

Unless you call some creative power of the lower regions and call them God—yes, there are many gods. They are like us. They are human beings who did very good karma and their actions were so wonderful, they got rewarded and they were placed in creative positions at certain levels.

But I am talking of the Ultimate One. The Ultimate One knows everything because we are part of that Ultimate One. Whatever we decide is the same awareness of the top. Therefore, free will is real at the top, looks like illusion here because we separate ourselves from the top. When you will discover the true reality that the top and this are the same, our soul is part of the total at all times.

Somebody asked me in a church one time, "If we were so happy in our true home, why did we leave it and come here?" And I said, "Do you want a true answer or a made-up answer? "Give me true answer." "The true answer is: We never left our home. We are still there. We didn't leave our home. We became unaware of our home. We got lost where we were."

Look at a person who's looking for something that is already with him. I saw an old man—he was having those glasses. Instead of on the eyes, he put them up. Sometimes, you know, people do that. He's running all over the house looking for his glasses. He's carrying the glasses with him.

We are carrying our true home with us wherever we are running. We are running to places of worship, going to the mountains, going into the forest, to look for something we carry with us all the time.

Great Master used to give example of the musk deer. The musk deer has a musk fragrance coming from within its own head. Runs all over the forest looking for where is this coming from and gets tired and falls down. We are doing the same thing. We are looking for truth at the wrong place. We are looking at truth outside of ourselves. It's all lying inside of ourselves.

So that is why the spiritual journey is an awakening into higher awareness. It is not going anywhere. We don't have to go anywhere. The free will that we have matches the free will of the Ultimate Creator. There is no conflict at all. We could not make a decision if our totality was not making the same decision.

Then another issue comes up. Before we decided, did God know before we decided or when we were deciding God came to know what we are deciding? You know, this is such a nice question the mind puts because mind takes time to be real. Mind thinks there was a before and after. We can't get it out of the system. The mind cannot think outside of before and after, past, present, future and time. Where we belong, there is no time. There's no before and after. It's constantly now. There's no other time. That means timeless.

Where we are timeless, how can you say, "Did he know before or after?" So, the whole game of time, past, present, future in our true home is going on simultaneously. It's not something that'll happen before or later. Before or later came after the causal plane, after we got a mind and then we began to have history, past lives. All past lives exist together. All past, present, future exist simultaneously together. It's all in zero time spread out into past, present and future. It's amazing how time is created.

Only by going within you can find the true nature of time and space. People are just observing outside, trying to make guesswork, how can you shrink time, how can you shrink this. Go in and see how it's expanded first. See how we expand time and make it into past, present and future.

I always remind people that we are constantly living in the now. We cannot live in the past. It's gone. Nor can we live in the future. It's still to come. Then where are we living? Now. Somebody gave me a book saying, "Live in the now." I say, where are we living otherwise? I haven't met any human being living anywhere else except in the now. Now and here have been constant with us.

If we are living in now, how much time is there in now? Zero time. How can that be? When we're experiencing, I am talking to you in the now, then how can it be? The moment I utter a word it's past. Before I uttered it, it was future. Now has no time at all and yet we're living in the now.

How does this happen? How can it happen that we say we are living in time, we have so many years of life, we have this—so many—an hour of conversations here—we have—always saying we are doing things in time and the only time when we are doing things is now, which has no time at all—not in a billionth part of a nano-second?

How is it possible? The possibility comes because of a unique thing we have in our head called memory. It's memory that creates a sense of time. We remember we just did this. We remember we just came in here. We remember we had a snack. We remember we had the salad. We remember how it was.

Supposing your memory goes completely. Everything goes. You can't know anything. People with Alzheimers living in a very strange state of being, completely unaware that there's a world existing. But they're living in the now. For them, now is very short, very short span of the past.

So, what we call now is actually a created recent past, created by our mind—a recent past. Recent past that just happened now, few seconds earlier, few minutes earlier—we're calling it now. So now, what we call present—present is past. Always.

What about future? Maybe future may be something real, hiding somewhere and appears, creating our life. Not at all. We make our future by a simple thing called hoping—hope, fear, anticipation. These are same thing. When you have a positive anticipation, we call it hope. When you have negative anticipation, you call it fear. When you hope for something, you're creating a future. When you're afraid of something—creating a future. The past memory that has come up and created your past and present, that projects into the future with your hopes and fears and those futures keep moving and becoming the past. But to hope and to fear takes time. Therefore, both of them are in the past. So future is also past.

Examine carefully—past, present and future is all past. There is no way a human being can experience the past except through memory. It can be very sharp memory. We have a very sharp memory. That is why sharp memory is a recalling and we are living, reliving a sharp memory of something already there.

But you cannot create a memory if nothing has happened—or can we? Can we create a memory without anything happening at all? Well, when they make a movie, we go and see the movie in the stage. It was shot somewhere. It was filmed and developed.

Now we have a factory I mentioned in the morning at the causal-mental plane where we manufacture life patterns and life is printed and stamped. One life with trillions in unlimited past lives, unlimited future lives and instilled in the mind as a memory.

We come down to the astral and causal, physical planes and play it out. We are playing DVDs. Now when we play a DVD, supposing a DVD has a one and a half hour of program on it. Holding the DVD in your hand, you are holding one and a half hour of time. Doesn't look like that. But the—but when you play it, it's one and a half hour. If you don't play it, the whole one and a half hour is in your hand.

That's how destinies are made. Our destinies are made—are like DVDs and we are playing them out in time.

Can't you imagine that all I am sharing with you is experienceable, that you can actually check out the truth of what I am saying? I am not saying just accept what I am saying. I don't want you to accept what I'm saying. I want you to experience it.

The experience is possible by a simple step—go within yourself. Put your attention on the Self inside and from the inside put your attention on the further inside. That's all. Two steps. Third one will be automatic if you seek your true home. A Perfect Living Master takes you to the third step. These are very simple things for a person who is seeing what's going on—how the creation has come into being

and how you can verify all these things.

Human beings are the luckiest of forms of life to have the ability, not only to seek and find, but to know the details of the whole creation—the Creator, the creation, all laws of the creation—are all available if we go within. All questions we can ever ask are all answered inside. Even questions which we cannot find answers to here, there is become irrelevant when we find they're related to something that's not connected with reality. That also you can find out by going within.

That is why I'm so happy that you came here, and I could share with you these teachings of Great Master, Hazur Maharaj Baba Sawan Singh, who was able to take me through a process that is called initiation. Initiation is merely a way of saying. "I have come. I accepted—I came for you. I'll take you back home." That's the meaning of initiation.

People misunderstand. People think initiation is how to teach us how to meditate. The books can teach you how to meditate—thousands of books on that. Anybody else who has learned a little way of doing meditation—meditation often is considered sit in a certain position, stillness, close your eyes and think what you can. All the thoughts are of the world, no matter how hard you try. People have tried all the time and they can't get over the thoughts. They, they say "Our mind is terrible."

Mind is not terrible. Mind is doing its job. It was meant for that. It was meant for thinking, meant for experiencing what is created outside. It's a instrument given to us to experience. How are you blaming your mind, an instrument like computer? The computer new—artificial intelligence computers are coming up. They'll give us good advice. We blame them for everything? We've designed them. We made them.

The mind is made by us for our use. Use it. Don't get used buy it. Mind is not a good instrument to decide what to do. Mind is a very good instrument to do what you decide to do. You should decide what to do and make the mind do it.

Then who is that you who should decide what to do and tell the mind to do it? Your intuitive Self. Don't forget, your intuitive, gut feeling that comes—sudden feeling, sudden knowledge. If you begin to listen to the sudden knowledge that comes and not destroy it by thinking too much about it, it'll come all the time, every day. You'll have your guidance from your own Self—not from the mind. Use the mind to implement what you decide. That means use your spirit, your soul to make decisions. Develop spiritual will.

There're two kinds of willpower—spiritual willpower and mental willpower. We are constantly using mental willpower—encouraging the mind, making it stronger. Ultimately making ourselves a prisoner, a slave of the very instrument given to us to serve us. That's what's happened. We've been strengthening the mind all the time—study hard, make the mind very active—think, think!

I remember in the sixties when I came to this country first time, on the wall they used to write "Think!" I said this country is going somewhere very wrong side. Over there they're encouraging how to think! If they're saying, "Use thinking," I would be very happy. "Use thinking to carry out what you have decided," I'd be very happy. They're just giving food to the mind. Think more, think more!

Now mind has got too used to thinking—and you can't stop thinking. Mind is continuously thinking of things other than your own Self. It doesn't want to think of your Self. Thinks of the world, creation and relationships—even thinks of food—that, uh, is the food good or not, I am hungry. What a...

Just for survival, things are merely for survival here—we're spending time on that instead of saying, "I've got a human body, a human mind with the possibility of seeking. Searching and seeking both are available to me. Searching with the mind. Seeking with the soul. I should use it. Use the mind. You are the master of the mind.

Spiritual well...Spiritual, spiritual will, spiritual will should be developed more than the mental will. We are developing mental will all the time. Some people say, "Give us the short cut how to develop spiritual will." I gave a very simple short cut I'll share with you.

Simplest short cut is—when the mind wants something very badly, say "No." Not every day. Not everything. Two, three times a week. That's not too much. Two, three times a week you'll tell the mind, "No." Mind says "No, one time. Just one exception." Say, "No." If you can stand on that "No" when the mind wants something very badly, what are you developing? The power to say "No" to the mind is spiritual will. You're developing it.

Therefore, if you practice that, you'll find ultimately mind will follow what you say. It, it gives up. The mind gives up its own will when it finds that you are not listening to its will but giving directions to the mind what to do. So that is why, use the mind. Tell the mind what to do. You'll decide intuitively what comes to you by gut feeling what you have to do. Your life will turn round in no time.

Thank you very much once again for coming for this monthly meeting. We'll be here for two days for the Holiday Party. I'll see you tomorrow at the Holiday Party that starts at, uh, one o'clock? Here only? Okay, one o'clock here only, we'll see you again. Thank you very much, beautiful souls. Thank you.

<https://www.youtube.com/watch?v=OOQ6tXmrfQY&feature=youtu.be>