

*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/](https://creativecommons.org/licenses/by-nc-sa/4.0/) Copyright 2019. Attribution-NonCommercial-ShareAlike (CC BY-NC-SA).*

---

## Who is God?

Brasilia, Brazil — October 28, 2016

Welcome, friends, from this beautiful country, Brazil. I am very happy to visit here. It's wonderful to meet people who are lovers of God. Wherever I travel, in all the different countries of this world, I find people speaking different languages, they dress differently, they eat different kinds of food, but their love for God is the same. The seeking for the truth is the same. The seeking for love is the same. These are very common things in all places. So, it gives me great joy to meet lovers of God in Brasilia.

We express our love by going to temples and church. We go outside to the cathedrals, but we forget one very important thing, that the kingdom of God is within us. It has been stated very clearly. Lord Jesus Christ has said that this human body is the temple of a living God. Outside we can see images of God. We can see symbols of God. But God is inside us. If God were not inside us, we would be dead. God provides life. But we ask questions, "Where is God? Who is God?" But the answer has been given in the gospels. God has been described very well in Saint John's Gospel. The opening verses of John's Gospel says, "In the beginning was the Word, and the Word was God. In the beginning was the Word, the Word was with God and the Word was God."

That's the clearest definition of who God is. In the next verse it says, "Nothing was made except by Him." So, the Word that is God has created everything. If we understand the Word, we can understand God. This is not only in Christianity, but every religion has described this sound, or audible Word as God. Obviously, this is not a spoken word. Spoken word is so many languages. But the language which is God is unspoken. Therefore, it cannot be a spoken word. It is not a word of any language. And yet this Word is in each one of us.

Why was it called the Word? Why not creative power? Why not any other description of God? Because God is beyond time and space. All descriptions and language is within time and space. The word "Word" ("W" capital) was used only because there is no other way to describe it. This

Word, Logos, or Word is something that can be heard. It is something audible. And because it can be heard therefore the word has been used "Word" ("W" capital). Who can hear this Word? All of us. And where do we find that Word which we can hear? Inside us. When we say inside us, what does it mean? It means inside what we believe is our current self.

We think our body is our self. Therefore, it starts from the body. This body of ours has lot of features, very beautiful features. The most important thing is that we can sit in this body and think. We can see through the eyes. We can hear through the ears. We can smell through the nose. We can taste with the tongue. We can touch with our hands. These are wonderful gifts of perception given to us. But we are using all these to look outside. These are built into the body to work outside.

If we want to go inside, we must use some other eyes and other ears. We all have those eyes and ears. But you can't find them by looking outside. Nor can you find them by reading too much. All the books and scriptures we read are pointing us to go within. By reading them, we don't go within. But by acting upon what we read, we can go within. Therefore, I have come here just to encourage you not to only read but also go inside. I want you to follow your scriptures in practice, not only in theory.

This body has two parts. This human body has a cutting line at the eye level. Below the eyes are energy centers. All the energy in the body is working through these energy centers. All the work we do outside is from the energy centers below the eyes. Above the eyes is the center of awareness. Above the eyes is the center of real knowledge. The truth is that God sits inside us above the eyes. If you want to have God realization, you must go inside above the eyes. When we close our eyes, our attention is still outside. Therefore, we don't see anything inside. We don't know how to look inside. We are trying to use these eyes which only are meant for looking outside, trying to look inside with these eyes. These eyes cannot see inside. But we have inner eyes. We have inner ears also. And we have to stay inside for a while to awaken those eyes and ears. This practice is called meditation.

Meditation is not to think about outside things. Meditation is to think about opening the inner eyes. When we close our eyes in prayer, or in meditation, we are constantly thinking of things outside. Our thinking mind has got used to think about things outside. And mind has fallen in love with things outside. That is why while the mind is thinking of outside things, we cannot open our inner eye. To open your inner eye and see what is inside, you have to do meditation without thinking of outside.

The first step is to not pray outside but to pray inside. Pray not with your tongue but pray with your mind. When you think quietly when you are not speaking with your mouth, you still think in words. That means we have a capacity to speak inside without using our tongue. When we imagine and see something which is not there, we are seeing with inner eyes. With practice of meditation we can open our inner eyes and inner ears. It needs practice. But you have to practice going within, not practice thinking about things outside while meditating. If some of you have been meditating like that, I congratulate you. If you want to meditate inside behind the eyes and would like to do it while I am here, I'll be very happy to join you.

Are there people here who would like to meditate with me inside? Please raise your hands. I am very happy there's so many of you would like to do actual meditation and not merely read things outside. Reading gives us information. You can keep on reading as much as you like. Unless you practice, the reading is of no use. The true prayer and true meditation takes place when we seat ourselves behind the eyes. When we are awake in the physical body, we are functioning from behind the eyes. The point from which we function in wakeful state is also called the third eye. The third eye has also been called the single eye. It's called single eye because these two eyes look outside, single eye looks inside. Lord Jesus Christ reminds us, "If thy eye be single, thy whole body shall be filled with light." There is so much light inside us, but we see darkness when we close our eyes. If we place our attention on the third eye, we will see so much light we have never seen outside.

It's amazing experience that in a physical body you can find so much light inside. If you stay long enough inside in meditation, you'll be able to see so much light, and also hear so much music. The music that rings inside, it rings in all of us. It's the most melodious music that you can find. If you close your eyes, sit inside behind the eyes and wait for a while, the music will come. You can hear it. You can concentrate on it. You can love it because that is no ordinary music. It is not coming from outside. It's coming from heaven. It's coming directly from God; it connects us with God. That is why we say Word, which can be heard, and we can hear that Word inside. And so, we can hear God inside. By following that sound inside, we can have God realization. God realization is a very great experience possible in human beings. We have this human life only so that we can find God within. God is pure love. God has no hatred. He has compassion for all.

We are all children of God. So, God expects that we love each other. How can we be going to a church and loving God and we go home and hate other people? That is because we do not realize God. God does not live only in churches and cathedrals. He is omnipresent. He is all over. Therefore, if we want to worship God, we should worship at all places. The best place to worship God is where he lives, inside our head. This head is the temple of living God. The cathedrals we make outside are trying to copy this head of ours. They were set up to remind us

of the real temple. The temples we build outside are built by us. But this temple is made by God himself.

We souls are also inside. Soul is pure consciousness. Soul is life. Mind is not soul. Mind has been given to us. Mind has been given so we can think, we can speak. Mind is a useful device. It is like a computer. And yet by worshipping our own thoughts we are worshipping the mind. We must go beyond the mind to have God realization. By meditation we can go inside. By meditation we can see we have inner body that is different from this body. The inner body does not have any weight. It has no, nothing to hold it down. It can fly. It cannot only fly anywhere, it can fly upwards into heaven. What I am sharing with you is not theory. It is practice. Anybody can practice. If you really want to follow the path of God, then you have to practice. After reaching that state, you find you have a new body, which can fly, but that is not our true heaven. This physical body lives for a short time and dies. Nobody has lived forever. So many saints and mystics have come, and they have also died in their bodies. This body is very temporary.

Our soul is immortal. It was never born and will never die. We have to find that soul of ourselves. Even the mind dies. Our sense perceptions die. Inner body dies. Only the soul never dies. Therefore, unless we find our soul, we cannot find our true home. We cannot find where we belong. But when we find our soul, then we know who we are. Then we will find that this soul has always wanted to go back to heaven. Every soul wants to go back to heaven. It is only the mind that keeps us outside. We can cross the mind only with the help of something which is spiritual. Mind has fallen in love with outside things and outside people.

The soul does not want to have pleasure outside. This is a conflict between soul and mind. We are soul, we want to go back home. We will govern a mind for temporary experience. But we have got trapped with the mind. The mind likes to have pleasure. It likes tasteful things and has been finding this outside. Sometimes it has not found pleasure but pain. The world that we see outside has pairs of opposites. Pain and pleasure. Night and day. Happiness and unhappiness. In our true home there is nothing but joy and bliss.

A question is frequently asked from me, "If we are all children of God, and God is good and loving, and has compassion, then how come so many of us are suffering here? Why there are so many disease? Why there is so many crime? Why are people killing each other? Why are we all suffering from so many things? How can God create so much suffering?" People cannot find answer to this question. Therefore, they try to find an answer which the mind likes. To explain this, we say there is a devil. Therefore, we divide God who is a creator of everything into a good God and a bad devil. There need not be a devil, our own mind is like a devil. So, we have God and devil both in our head.

Our soul, our spirit is God and the mind is devil. Why did God create these two? We can only understand this if we meditate and go beyond the mind. The reason is that we were given this short experience of good and bad. This duality does not exist in our true home. Therefore, when we have this experience, and then go back to our true home, we appreciate our true home even more. This temporary experience of opposites has been given so when we go to our true home, we can appreciate because there is no such duality. It is a good reason to have this creation of duality.

When we die, we go outside of our body. Where does our soul, our inner body go? Nobody knows! But we hope that when we die we will go to heaven. Our actions and intentions don't justify that. We commit so many sins and do so many bad things in life. How are we qualified to go to heaven? We seek forgiveness of God and God is forgiving. He forgives our sins and enables us to ultimately reach heaven. But this is just a belief. We haven't seen it, because we only see it after we die. That is called blind faith. But you can change it into reality by having an experience of death while living. We can experience death while we are not dead because the capacity of pulling ourselves into the same experience as death is inside us.

The secret is a powerful thing given to us called attention. We can put our attention wherever we like. We are everyday putting our attention on outside things. We read books with our attention. We talk to people with our attention. When we put our attention on something and concentrate it there, we become unaware of other things. This is the power of concentrating attention. This is the best gift given to us human beings. Because instead of putting attention outside, we can put attention inside. If we put our attention on the third-eye center behind the eyes and think of nothing else except what is happening inside, not only will light appear, not only will sound appear, but we will start forgetting where our hands and feet are. The more we keep our attention inside, we won't know where our hands, legs and arms have gone. If we keep our attention behind the eyes, ultimately, we won't know where our body has gone.

This practice anybody can do. When you become unaware of the body, it is like dying while living. In the scripture saint Paul says, "I die daily." It does not mean physical death. It means creating a dying while living. When you do that, and you find that you are not in this body, it is like death, it's a great experience.

I have seen people dying in the hospitals in terminal illness, they die the same way. First their hands and feet die. They don't know where the hands and feet are. They ask the nurses, "Please put my hand this side," and the hand is already that side. Gradually I see them say, "Move my leg this side," and the leg is already there. So, death comes stage by stage. When the legs and hands and feet and arms have died, then they are still speaking to us, they are still alive. And

then from the bottom of this torso, the unawareness starts going up. When reaches the heart they can't speak anymore. They are still looking at us with their eyes. And we can see they are dying but their eyes are still open, and they are moving and looking at us. Only when the unawareness goes right up to the head and the brain is dead, then they are dead.

By concentrating attention behind the eyes, we can have this same experience of dying. And yet we are not dead. Our heart is beating normally, we are breathing normally and yet we have experienced death. We are so afraid of dying, but if you have that experience even once, you will never be afraid of death after that. Because you will know that you actually don't die, only body dies. Your inner body and your mind and your soul are still living. The inner body has a very long life. But one day it also dies. The mind also has a life and after long time it also dies. But the soul never dies. If we practice this withdrawal of attention from the body, we can find the inner body. If we withdraw our attention from the inner body, we can even withdraw up to the mind. We can reach a state where only mind and soul exist.

At that point you get answers to all your questions. Everything becomes known to you, including this secret why this universe has been created, including whether we have past lives or not. We understand what time and space is. We get full knowledge. We get full knowledge of everything. We open up our mind and can see everything.

After that we cannot do anymore to go to heaven, because when we try to do something, we do it with our mind. You cannot use your effort to go beyond the mind. There is something beyond the mind which must pull you above. That is the nature of God himself. God has full knowledge, God is love, God is loving, therefore, only God's love can pull us above the mind. Our effort cannot do it. We have to wait for God's love to come and take us up. Or we can do something else. We can have the company of a person in this physical world who has attained God realization. All of us are qualified to have God realization, but we haven't done it. Some people have done it. They have become God realized. When they walk amongst us, they are like ordinary people. They dress like us, they fall sick like us, they get treatment like us. But they are God realized. That means they are with God while they are still human beings.

If you keep the company of such people, you will find their love is unconditional. There is no hatred there. There is no judgment there. Such people do not say, "Are you good or bad?" They know we are all sinners. They do not speak from previous experience. They are in touch with God and therefore, they speak directly from where God is. That is why they love us. They love us if we love them. They love us if we don't love them. They love us if we hate them. They love us even if we kill them. That is the quality of such realized people. Whoever becomes God realized becomes like that.

All of us have the possibility of becoming God realized. The possibility to realize God is not only for some people. Spirituality is open for everybody, because we are all spirits, souls. God has provided this arrangement for all of us to become God realized. Whoever becomes God realized, his whole attitude changes. Such a person loves everybody. No judgment. No judging good or bad. When you meet such people, you'll be surprised that they do not judge if you are good or bad.

Our soul is never bad. Our soul never commits any sin. Only our thinking mind commits sin and we are not our mind. But somehow, we think we are the mind and therefore it becomes our sin. If you rise above the mind, you will find there is no sin on soul. The soul is free from all the judgment and sin. Heaven and hell, these are only created by and for the mind. Our true home is full of love and total knowledge, and ultimate bliss. So, these things that we are seeing here do not belong to our true home. But we have so much desire and attachment for these worldly things that we are stuck here.

Not everybody wants God realization. Only those people who are tired of this life. Only those people who feel this is not their home, only people who say, "We are fed up." They only seek their true home. If they seek, they will find. Whoever seeks, finds! But those people do not seek who are not ready for it. They are caught up in their desires and attachments outside. So, somebody asked me, "Is meditation for everybody?" The answer is no! If you are having a good time in this life, go and enjoy it. Only if you don't like this dual life of pain and pleasure and you seek inside, then only you are really preparing for meditation.

To seek inside your heart gives you the truth. You don't have to pray and shout with your mouth. You have to seek quietly inside. If you truly seek your true heaven, inside, what will happen? When you have never seen God, only read about him, but your seeking is inside, what will happen? A God realized person will come into your life. This is automatic. You can't find such a person. Because such a person is an ordinary looking person. Only his consciousness is connected with God. You cannot see any outward sign. By putting on particular habits or costumes, you do not become God realized. Therefore, there is no particular uniform to be God realized. The sign of such a God realized person is he will not ask you to come outside to see things. He will ask us to go within ourselves.

He will draw us towards inside by his unconditional love. If we follow his advice, he will say go within. When you go within, you will see such a God realized person inside. Whenever a seeker is ready and seeks inside, such a person appears automatically. Such a person has total knowledge even of who we are, what we are thinking. So, he draws with his love in spite of the

fact our mind has doubts. Our mind has a habit of doubt, and from doubt comes fear. That is why we are all living in fear. We are afraid of death, we are afraid of what will happen tomorrow, we are afraid if we can trust somebody, we are afraid that the person who loves us might drop us, we are afraid something we are eating may not be good. We are leading a life of fear. This is because we are living the life of the mind. If you become spiritual, live the life of spirit, you will have no fear and no doubt. All the knowledge makes it clear inside.

Spirituality is a practical practice. It is not theoretical. It is not something that we discuss about. It is something we practice and realize our self. On the true spiritual path, there is no place for blind faith. You get faith by experience. You believe what you see. You have your own experience. Don't live on somebody else's experience. Therefore, this spiritual path has two parts. One: what we can do with our effort, and one that will happen without effort. Our effort is with the mind. Our effortless journey is through the spirit. Therefore, we must understand the difference between mind and spirit. I will tell you experiences that are taking place here, some with the mind, some with the spirit. Thinking is with the mind. Gaining knowledge from outside is with the mind. Making sense of things is with the mind. Using logic to make sense is with the mind. Speaking is with the mind. But, what about the soul, the spirit?

The spirit has knowledge coming through intuition. When we have a gut feeling, we just feel something, without thinking, that is spiritual. Love is always spiritual. The mind cannot create love. Love comes directly from the soul. Appreciation of beauty comes from the soul. So, we are working in this world with two things, with our soul and our mind. The mind can take us with effort up to its end. That is sometimes called the causal level of awareness. It is called causal because everything is happening as a cause from there.

That is the limit of the mind. Our soul is beyond that, and we can go to our soul only with experience of love and devotion. And since we do not know how to experience love and devotion, we try to make it a mental effort. If you fall in love with somebody, mind does not create it. It is a pull from the beloved automatically. God's love pulls us. By providing the company of a God realized person, whose love is identical to the love of God, that is why this part of the journey beyond the mind is only in the company of such a person, who represents love of God.

He not such a person, not only talks of love, he practices love of God. In his company, you can feel it. When you spend little more time with such a person, you are yourself pulled to the same place where the love is pulling that person.

That is why it's a practical way even when we are in physical body to experience love of God. I have been calling such people Perfect Living Masters. Why do we call them Perfect Living Masters is because they are perfect, because they are with spirit. Spirit is perfection. Imperfection is only in the mind. Above the mind is perfection. Such people are operating from a perfect level. Perfect Living Masters, they are living in the human body like us. Why is it necessary to have a living person to give out this information? Because if we don't have a living person to tell us anything inside, it is our mind telling us. Mind is not interested in going to true heaven. Mind is finding heaven here in the physical body.

Our soul wants perfection and true home. Only a living human person can tell us, "No!" If your mind is misleading us, we can't consult the mind if you are misleading us. Only a human living person can say, "That's your mind." Perfect Living Masters...why do we call them Masters? Because they have mastered the art of God realization. So, these Perfect Living Masters come into our life when we are ready to go home. They appear in our life by accident, by coincidence, by chance.

We have many masters who teach us how to practice meditation, who teach us how to go within. We practice their teaching and find some benefit. But they function with their minds and they cannot take us beyond our mind. Only the love, of a pull of love of a Perfect Living Master, puts us beyond the mind. That is why it is good to remember that although we can have lot of learning from teachers, a Perfect Living Master is not a teacher. The mind wants teaching. Mind likes to learn. The soul doesn't need anything. The soul wants love. The soul wants bliss. The soul wants its heavenly true home.

So, the teachers tell us things that the mind enjoys. The teachers also teach us how to wait for a Perfect Living Master. The Perfect Living Master do not come to teach anything because there are so many other teachers. They come to take the marked souls back to the true home. Their job is simple. They come from time to time, from place to place, wherever there are seekers. When a true seeker is ready, they appear, pull the seeker by their love and take them to the true home. They know that only love can pull a seeker beyond the mind. But since our mind thinks and doubts and fears, all the time, they temporarily become teachers also. During my three-day stay here, you will see by practice what I have been talking about.

Talk or reading is very limited. Even little bit of practice is better than going on reading and listening. When we meditate inside, the mind speaks, the soul listens. Remember we are a listening soul. We listen inside all the time. We have been given the mind to speak. The mind speaks whether outside or in thoughts inside, and the soul listens. The soul never speaks. It

does not need to. It has a mind to use for speaking. It has a mind to use for thinking. It has a mind to experience this world of pain and pleasure.

Soul remains a quiet witness inside and listens to everything that is happening. If we become good listeners, we'll make spiritual progress. Good meditation is to be a good listener. Because the mind thinks of so many things, we have to substitute the thoughts with something. We substitute with prayer. Instead of thinking of outside things, we can start a prayer with the same thoughts. Praying should be done to meet God. Prayer should not be done to ask for things. If you say I pray so I can get something, that is not prayer. That is a business transaction.

I pray to God, "Give me health." I pray to God, "Give me a nice house." I pray to God, "Make my children nice." These are business transactions. True prayer is prayer for God himself. True prayer is for going back home. True prayer is so we pray and don't think. Thinking takes us outside, prayer should take us inside. We sing hymns from scriptures. We should sing inside. We should chant inside. Chanting is done so that the words of chanting replace the words of thought. But while we are singing outside, our minds are running all over the world. That is not good enough.

Our chanting should replace the thoughts of mind. That is why these are devices to go back home. First is to chant inside, so the mind chants, and the soul listens. This is a secret of going within yourself, to chant inside. Replace the words of thought with your chanting. It should be done all within your head. Outside prayer and outside chanting loudly does not help. The mind is still involved in thinking about the world. If you put your whole attention behind the eyes and chant there, replacing the words of the mind, you will start hearing that beautiful music, which is ringing in all of us.

There are many sounds inside us. But the sound that comes from the soul is different. That sound have a pull of itself. It sounds in the beginning like the ringing of a big bell. It seems like a big bell is ringing at a distance when we are sitting there. We made our temples and churches and put bells there to symbolize that there is something inside of which we are reminded. We do not become God realized by singing bells that are ringing in the belfries outside. But we can be pulled inside by the bells that are ringing inside.

All these man-made things outside are to remind us of what is inside. The sound of the bell is so beautiful inside it draws our attention inside automatically. That sound comes from the self. If we follow that sound, we discover who we are. It will take us beyond this physical body by itself. If you keep listening to this sound, it keeps on changing. Ultimately, we find this is the Word that was spoken of by Saint John. The sound comes from our true home and comes all the way down

into our physical body. It can be heard in everybody that we have inside. It's the best way, the easiest way in these days, when prayer is becoming more external, easiest way to get God realized.

I will take a break for lunch now, and I'll come back and answer your questions if you have any. And do some meditation with you if you are ready for it. Thank you very much for your very patient listening.

<https://youtu.be/2dKxQa8VBCY>