

# Secret of Meditation

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Examine it for yourself. Go within and find the truth. Because I can tell you this, from my almost 84 years of experience with the teachings of the Great Master, that all that I have spoken of here is verifiable personally, and do not believe anybody unless you verify it yourself. This was one of the instructions of my Master to me. He said do not believe even the word of your guru if you cannot verify it. He said so sharply! He said this is not a theoretical exercise. It is not the right book. It's not comes by reading books. It is experiential totally. You have to experience it, and then you say, I know this much, what I have experienced. The rest I don't know. I can neither deny nor accept it because I haven't experienced it. So you must experience it. The whole idea of having these meditation workshops is to have experiential evidence for ourselves of what the reality is.

I welcome you all. I hope you have a great time in the next two days. And if you have any questions, feel free to ask them in the workshops. You can also during...some of you have asked for interviews, you can surely ask any questions you have, personal, general, on any subject, or anything I have said or have not said, you can ask questions. I have always made that open. The questions are not to be confined to anything. You can ask any kind of question. If I have the answer, I will give it to you. If I don't have the answer, I will ask you to find an answer, because I have discovered over the years that the person who asks me a question generally has the answer. That is my experience. And all that person wants is confirmation of the answer already in his head. If the answer is not there at all in the head of the questioner, the question does not arise. Therefore, it is very interesting how a person asks a question, and then when you give a right answer, he says, that's right, I knew it all the time. (much laughter)

We will have a short moment of meditation. You will find if you want to go to a higher level of experience in meditation, you have to depend upon love and devotion and nothing else. All other things take you only 3 steps up the way, but love and devotion will take you beyond that. Because beyond the mind, there is nothing else but love and devotion. So that you have to remember and nothing else. All other things take you only 3 steps up the way, but love and devotion will take you beyond that; because, beyond the mind, there is nothing else but love and devotion. That you have to remember when we do our exercises.

This is what love and devotion can do. Love and devotion can do more than any amount of meditation. I'm very impressed by that! This is a real secret. I should share it with people. The secret is love and devotion!

The meditation is for your mind. Meditation is to satisfy your mind. The mind likes to do something to get things done, so do it. But forget that the mind is not going to ultimately take you, it has a certain limitation. It can go to Trikuti, at most it can go to the causal stage. All the words that you speak do not even go to causal stage. The Simran that you speak ends at the astral stage. You cannot speak any more after that. The sound without love and devotion takes you only to the causal stage. Love and

devotion is what crosses the barrier from the mental world into the spiritual world. I hope that when you do your meditation you do it with the same spirit which you did now with love and devotion, using the three small techniques of controlling the mind, our only obstacle to realization.

Once you cross the mind, there is bliss all the time, whether you are here or anywhere else. It changes your life forever. It takes away all the doubts and questions you may have ever had because all the answers have been given before we reach that point. It is such an amazing experience, for this spiritual path is not merely to have some soothing words for us, or a soothing chant, or a song or something. It is much more. It is to go to the real origin of our consciousness and to discover the truth about our own self, and the truth you will find is not that what we see is true. It is a reality created, and that's what was done by consciousness, to create realities of various kinds. This is one reality where we are sitting now. It is our only reality at this time. That is why the living Master in the human form is our only real Master, until we reach somewhere else. When we reach the next level that becomes the real Master. When we go ahead, that becomes the real master. Ultimately Sat Purush, the Creator was the real Master, all the time. He is pulling you back because He promised that He will before you left your home.

Such a wonderful opportunity we have. That is only possible because we are human beings. We are marked souls. We are marked, otherwise we would never seek. Only marked souls seek the truth. It doesn't matter what Master they are following. It doesn't matter what discipline they are following. If the seeking is there, you are a marked soul. But your time may be different. Your time may be one place or another. Sometimes you come and are initiated by a Master but don't make any progress. You can come another life, but you are dead, your Master is dead in the physical body. You are again here. Then who is your Master, the one who initiated you the past life or the one who initiated you now? Maybe again you are initiated. Maybe your karma is very heavy and you are still going to come again. You have a series of Masters. Who is your Master? The Master on whose list you are is the last one who takes you to Sach Khand, and when He comes, you never have another human life after that, not even one. That is the final one.

So, therefore, when people talk of four lives and you have to be doing this, they are talking of being called on the spiritual path because you are a seeker, but you can be a seeker for a long time. Not only that, another misconception is that in four lives you go to Sach Khand. That is not true. In four lives you will not come back here, but you can stay a long time on the way depending on your curiosity. I know a girl, Great Master's disciple from Europe, and she was so tantalized by the beauty of being inside, she said, "Master, I want to spend a lot of time on the astral plane." [Audience member says "Who wants to stay here full time?"] Not here; in the astral plane which is so beautiful, and she said, "I don't mind staying a thousand years there." There are souls, but the amazing thing is that the final Master who takes you up, even if you are staying for a thousand years in the astral plane, He will be with you for a thousand years. Even if you are there for a long time, in dissolution, he will be there with you. The final Master is always the ultimate companion for you forever. This is important to realize that we should not go by book knowledge but by experience inside. Discover the Master inside. Once you have discovered your inner master, there is no problem.

It is said many are called but few are chosen. People have asked me, what does that really mean, that many are called but few are chosen? I told them that the chosen ones are those who are on the list of the final master. That means they will not come back as human beings again. The called ones are those

who are seekers and are marked but for another Master, another time, and they will wait maybe a lifetime, maybe years, maybe several lifetimes until they get the Master for whom they are chosen on His marked list. This information I am giving you is not readily available in the books. It is only in the book called Textbook for Masters [much laughter in the audience].

<http://www.youtube.com/watch?v=WeOFtq4iPeg>

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