



SPIRITUAL PATH



Everybody collectively and also individually, is welcome to this feast of spirituality and to this journey leading towards your own home. Everyone wants to return home because home is the best place.



In the background of the human being is the animal existence and in the forefront is the divine existence. They are somewhere in the middle and it is up to them to degenerate or to lift themselves up.



Many great saints have said: "This worldly life is a training period for realisation of God." You never know what circumstances may be there in anybody's life. However, by following this path a time will come in the life of such a person when there will be nothing except peace, harmony, happiness, joy and laughter.



Gradually a time comes when a man is dissatisfied with duality. He becomes dissatisfied with duality because his inner disturbance becomes very great and he cannot stand life without peace. The start of this search for peace and harmony with the outside world is also the start of the journey towards ending this duality. Gradually, step by step, one starts analysing one's own existence and after many experiences one comes to know that the world is not as bad as one thought it was. It is possible that there are also some faults on your side! When this knowledge comes one's spiritual journey begins.



The process of evolution starts from the beginning and goes to the end. It is the greatest adventure in human life on Earth. Only the really brave can take up this adventure. Only the brave are entitled to remain permanently happy. Cowards cannot do it. Let us, therefore, start off on this journey. In fact, we have already started!



In every one of us, there is a combination of two elements. One is the part of nature that constantly changes, and the other is the part known as the spirit, or the living, sentient element, which never changes. With the help of the changing part we should try to experience that which is eternal in us.



Whatever has the nature of being born will definitely die. Whatever is perishable, let it perish. Do not worry about it. But through the help of that which dies or is temporary, let us experience the eternal.



One of the important differences between physical science and spiritual science is that, in physical science, there is somebody who makes the experiment and there is something else upon which the experiment is made. There is a division between the subject and the object. But in the field of spiritual science, the experimenter experiments upon himself or herself. He is both the subject and the object.



Spirituality is a simple, straight path.



If we analyse our existence we can detect four dimensions in it: the physical, the mental, the emotional and the spiritual. At present, as we exist, the physical dominates the other three. When the spiritual, the primary state of existence, comes to the forefront, then the physical is there, the mental is there and the emotional is there, but they behave properly. They have their place and role in life, there is no conflict. This is in a nutshell the wisdom of spirituality of all religious schools. In every school throughout the world and in all religions, this is the essence of their teaching, and there is a definite science to it. It can be achieved and it is achieved. It must be achieved. Unless it is realised, life remains chaos, grief and misery.



Spirituality is the effort to go beyond the elements of animality. Spirituality is about this conflict and how there can be a balance between reason, emotions and the body. By having a balance between these three, one should find the real essence, the spirit, the hidden Divinity within us. When somebody has that experience which is known as enlightenment, the conflict is over for all time.



The great saints have said, and the scriptures also, that primarily there are three paths for Self-realisation or experiencing God. Various techniques and methods in one way or another are related with these three paths. The path of knowledge, or analysis, or sometimes known as 'wisdom', then the path of action - selfless action or service and the third is the path of devotion or love – these are the three paths.



The path of Karma yoga is the path of selfless service. Jnana yoga is the path of understanding or knowledge. Bhakti yoga is the path of devotion or love for God. These are the three paths. One should understand that these paths are not exclusive to each other. Everybody has activity in his life; everybody has a mind for analysis and understanding; also everybody has emotions. It means that in everybody's life, all these three element are present. There is no one in the whole world whose life does not contain all of them. Selfless activity, knowledge and love are in everybody's life. But then, as one proceeds step by step towards the goal, a time comes when one of the three develops more than the other two. It happens by itself, according to the nature of the individual. It depends upon his background - the mental, emotional and physical equipment that he has. Even though one of the three starts to predominate over the other two, traces of the two still remain.



After passing through various experiences in many lives one comes to the conclusion that one is fed up with such a life. There is so much conflict, agony and grief, that life not only loses its interest but becomes difficult for the person to live.

Many people commit suicide due to their inner conflicts. Many people start to take drugs or strong alcohol. The reason is simply that they are trying to insulate themselves from their inner conflicts. But all such efforts add to their miseries. The only solution is Self-realisation.



The essence of all Satsangs everywhere throughout the world is that while you are under the influence of physical desires and pleasures, you are distant from spirituality. The more you give up desires and pleasures, the more you go inside yourself, and worship God, and pray to God for your transformation, the more you are on the path.



It is an interesting fact that nobody can catch the present moment with the mind. Nobody. As soon as you try to establish that 'this is the present,' it is gone. It is a continuous process of change - never stopping - and spirituality is nothing but the effort to be in the present. The more you are in the present, the more you are spiritual, and the more you are happy.



To remain in the present is to be spiritual. We should exist in the present because the past is nothing but a memory. It has gone away and is finished. So, remembering the past has no meaning. It has gone, it is just a waste of time and energy. And the future is nothing except expectation and desire. What else?



If the attitude of remaining in the present develops, problems will be solved, because it is always the present that in reality you deal with. Whenever a situation comes, it comes in the present. The past and the future are only mental creations.



Whatever struggles we have, they are all for our betterment and evolution. In this way, life in the world is a training for the realisation of Divinity. This world is a training ground.



This world is just like a prison. To get out of the prison there is only one door. If there were two or three doors then you would have an option. The problem is that there is only one door - the door to the spiritual journey. You have to go through it if you want salvation and happiness. There is no option, so do not be discouraged. You are trying and God will help you.



There are two types of ages for human beings. One is the worldly age, when somebody is at the age of eighty, twenty or fifty years. The other, the more important age, is the age of experience of the soul - to what extent the soul inside the body has matured through these long journeys of experience. That is a different type of age.



The answer to this question 'Who am I?' will get revealed by following more and more a certain pattern of life. That pattern of life, besides other things, includes increased self-control, discipline, observation of one's own faults, praying to God for the removal of one's faults, and adopting an attitude of service to others. Without

service towards the world around us, we can never experience Divinity hidden in others and in us.



On the spiritual journey, we should never compare ourselves with others. Seekers often try to compare. This is wrong. Do not compare yourself with anybody else. Compare yourself with yourself (now and before). This is the right method.



In the ordinary pattern of life there is a sequence of action and reaction - a situation comes and then a reaction to it. But the one who has decided to be a spiritual seeker, starts changing his attitude of his own accord without a situation (having to arise).



Progress in the field of spirituality does not go in a straight line. It has its ups and downs! When you reach the climax there is neither up nor down. You find your own Self. The seeker finds nothing except himself. The seeker finds that there is no difference between himself and others. All problems are solved.



It is the person's attitude towards life that makes or mars his life. It either makes his life happy and better or makes it worse.



It is a misfortune that spirituality, which is a science, has been made a matter of magic and special powers. On the contrary, spirituality is a straight path of life. How can anyone be spiritual, if that person is not truthful, dutiful and considerate to others? Here is a secret and few people will tell you, because they themselves have not gone on the path.



We are in a period of transition. Everything is shifting and changing. But, even though everything is changing, yet in this changing pattern of existence there is something without change. The wise ones are those who try to realise that which never changes even in the midst of change.



Keep the windows of your mind open for anything to happen at any time. The Divine is already around you all the time and events are happening. The only question is whether you are ready to learn from the events or not.



They have great good fortune who start following the path of spirituality during their lifetime.



As for spiritual path, it is an interesting fact that this is nothing new. It is as old as mankind itself. Its application, representation and form change but the essence was always there.



You should know that famous saying: "Every saint had a past, and every sinner has a future!" He who is a saint today, might have, in the process of evolution, done certain things that were not saintly. But then that phase is over.



As a human being you have been given the freedom to choose - a little freedom - but it is this choice of little freedom which makes all the difference. It is this point from which most people, even in the field of spirituality, want to run away. They want some sort of crutch. It appears easy to walk with the help of crutches. There should be some guru, and our guru is such, that when we are with him all our sins will be finished by him. This is all a hoax! This is all bogus! Nothing like that happens! What we are discussing here is the definite science of the evolution of the inner self. Science is definite, universal and applicable to everybody in the same way. That is the highest spirituality.



Every genuine spiritual guide tries to do the best he or she can, but has no attachment with anybody. In fact, he does not do any spiritual work. He becomes an instrument for it just like spreading of the fragrance of a flower. A flower blossoms and the fragrance goes in to the air.



This tug of war is taking place in everybody, the part consisting of Nature pulling us towards natural enjoyments, but Consciousness trying to pull us towards divine bliss. Therefore, the result is frustration. It is bound to happen.



Gradually you come to the realisation that there is nothing in the world to be afraid of. That which is permanent cannot be destroyed by anything. That which is temporary, I mean the body, cannot be kept for ever. Everyone has to die some day so why fear death which is inevitable?



If you are on the path, you need not fear death or anything else, because you are approaching immortality. If you achieve realisation before death, then in your case death dies forever. Death itself dies! You know you are the eternal spirit so how can you die?



Not everything is certain - there is no certainty that we shall become a billionaire or find a good wife or husband. But death is certain and it is curious to be afraid of something that is certain. There is no need to be afraid of death if we try to understand life. If life is understood well, all fear, even of death, goes away.



As soon as one's inner vision changes, one's attitude towards life also changes. The very interpretation of the external world also changes. The external world, which is a place of anguish, frustration, dejection, and remorse, becomes a place for divine play, merriment and divine festival, when there is no ego anymore inside.



Real spiritual evolution in human life happens in the very society where you are currently living and working. All great saints confirm: you do not have to bring God

from anywhere. God does not live at some particular place where you are required to go in order to find Him. God - Truth - existence - consciousness - bliss - exists everywhere. And if it is true, as it is true, then God can be found and should be found anywhere and everywhere.



This path of pure spirituality is the easiest and most direct, and God can be realised without much problem. But in some way it is also the most difficult path - it is both easy and difficult together! It is the simplest for those who become simple. I have used the word 'simple' not 'simpleton' to mean someone who is innocent, magnanimous, keen to do service for others and without any ego.



This path is a must to make life really successful and meaningful and it is not just a matter of choice. This is the only path. There may be variations for practice, and we accept them, but this is the path.



Some people have the notion that, if favourable circumstances happen to them after some time, then they will start on the spiritual path. But they will never start. They can never start because they want the favourable circumstances of their own choice and of their own imagination. They are not going to have any such circumstances.



For various reasons, there is a misconception about the spiritual way of life. Many people have the notion that a spiritual life has no connection with a normal daily working life. What I always try to explain is that this is a wrong conception. This is not the case - in fact, it is the exact opposite. A real spiritual man is more competent and effective in practical work than most other people. Those who run away from their worldly duties can never be spiritual. Only they can be happy who remain in the world, who work in the world, who are in the world but who are not attached to the world.



This is the eternal path – the fight of good against evil, the fight of truth against untruth, the fight of love against cruelty.



Remember one thing: pure spirituality, which we are trying to follow, is not connected with any institution, race or colour, or any country – it is ultimately individual.



Spirituality does not mean inaction. It does not mean ignoring worldly activities. Rather, the spiritual man, being really awakened, should be awake to every event.



This is a sort of a secret - the realisation that spiritual evolution many times happens faster in adversity rather than in prosperity. Intelligent people can see how the Lord wants human beings to realise Him through all of the situations. There is an indication from God: "Oh soul in this human body, I have given you this human body, be awakened!"



Q: *“How to lead a spiritual life while working in the world?”* The division between the spiritual life and the worldly life is a false and wrong division. Quite a large number of people, even those who are guides in the field of spirituality, also divide it into two compartments – this is worldly life and this is spiritual life. Such a division I have never accepted and I only say what I follow – I live a normal life in the world.



Spiritual path is all inclusive. It includes every aspect of life, and everything in it. It includes life in the family, behaviour with the children, relationships with one’s parents, behaviour in the office, in the street, in one’s profession and in every other sphere. Nothing is excluded in our path.



Whatever progress is made on the path is a permanent credit to your account.



You need not be disheartened at all and there is no place for pessimism and a feeling of defeatism because there is no chance of failure. However, as I have often explained, the nature of the journey is such that there are swings in it - ups and downs. But there is no reason to give up the journey as there is no place for any loss in this greatest adventure of human life.



There is no loss in this greatest adventure in human life - God-realisation. In all other ventures or adventures there is always a possibility of gain or loss, good or bad, success or failure. There is always a possibility of success or failure in anything you do. You may pass or you may fail when you take an examination! You may be successful or not when you enter a competition! You may gain or lose money when you are in business! You may get promotion or you may be fired by the boss when you work in an office! As a farmer you may have a good crop but you may have none at all! In every worldly venture there is always an element of uncertainty, but in this venture (spiritual path), the Lord in the Gita says, there is no place for loss or misfortune. (Bhagavad Gita, Chapter VI, verse 40)



Leading a normal life in the world with your family and in your work, you can still realise the Truth of existence. There is no doubt about it. All the saints have said that finally it is due to Grace. Your efforts have their meaning but finally you will not be able to realise the Truth only through your individual efforts. Finally it is due to Grace and Grace can happen anywhere in any situation.



If for any reason that purpose is not realised in one life, do not worry. I say, forget about when it will happen. Fortunate are those who have started marching on this path. One day or another, someday, everybody has to start walking on this path. So, fortunate are those who are on the path, because, for permanent happiness, there is no other real path. Then this whole mystery around us and in us gets revealed.

