



## **PURIFICATION OF EMOTIONS AND MIND**

### **The process of elimination of negatives**

Extract from 10/2/04 Satsang

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*Om Shri Paramatmane Namaha*

So, friends, I have told you certain things in the last few days. The essence of all I have said is that it is a continuous process of elimination, a continuous process of giving up - eliminating from you what is unwanted in your existence - a continuous process of reformation - reforming yourself from top to bottom. The process of reformation happens when you eliminate elements which are undesirable in your life, through the help given by a guide; or by reading the experiences of Saints given in books; or by listening to discourses; or by reading ancient scriptures and, finally, by diverting your attention to your own self - analysing yourself. You come to know that you have certain traits, tendencies, characteristics and habits which are the cause of your problems. If they are eliminated, then the problems will be solved.

It is something like the work of a sculptor. The sculptor has a piece of stone and the figure which comes out of the stone already exists in the stone. The sculptor does not bring the figure from somewhere else. What does the sculptor do? With the help of a chisel, the sculptor makes one stroke here, one stroke there, and the nose comes up, then the ear, the mouth, the lips - it is like that. The sculptor removes the parts of the stone that are blocking the manifestation of the beautiful figure. The beautiful figure is in the imagination of the sculptor and according to that imagination the figure exists in the stone, only the unwanted parts of the stone have to be removed. You have to remove them and, therefore, that process of elimination is required to be done. What a master or a guide does is that he teaches you, like the teacher of a sculptor: "Strike here, not there - in this manner, softly, now with more force." Gradually the beautiful figure hidden in the stone comes to the forefront. In the same way the Divine is hidden in everybody. You do not have to bring it from anywhere. By means of the chisel of your mind - particularly by what we know as the faculty of discrimination - the faculty which distinguishes between right and wrong - you have to eliminate the unwanted parts of your personality.

You discover: "Oh, I am a victim of over-eating." Then you must leave it and give up over-eating. "Sweets are creating a problem." Then you should give them up. "Good clothes are the problem. I have so many clothes in my wardrobe that I can't wear them all. But as soon as I see someone else wearing a new gown it comes to my mind that I must go to the store and get one like it!" This thought comes up even though you already have several gowns! So you need to give it up. "I have in me this needless anger. I am ready to be angry with anybody at any time or place." Irritation is also an offspring of anger. You have this anger and irritation in you but you have to give them up. Also jealousy, greed and lust - these are the causes of all the problems and you have to eliminate them and give them up. Also fear of any possible future misfortune or bad luck - you should locate it and discover it in your own existence and then remove it. All techniques of yoga and other methods are designed to remove

such emotions. You must go on removing, go on removing and go on removing them. When the time comes when nothing remains to be removed, you find you are there. All of a sudden it happens. You find the Self. The Self was always there. God was and is always there.

There is a continuous process of self-training and self-purification. Sometimes you may feel that the process is finished. You have become peaceful and perhaps you have become a yogi! In the beginning you are going to meet with a difficult situation. As soon as you think, "I am perfect", the time has come for your fall! You are going to weep again. Be aware of this!

There are so many methods and techniques for your own purification. Gradually all the debris disappears from your sub-conscious; all the accumulated impressions of many lives and also of this life. You become peaceful, full of love, energetic and active. Then the deeper secrets of life and existence automatically become known to you from your inner being, without even having to read books. We gain many ideas from reading books. We make our own interpretations but they are interpretations only. However, when you become really purified, you come to know how they are in reality - the meaning of the subtle body and the physical body, and the relationship between them and the causal body - the three bodies. You realise that consciousness - the *Atman* - exists everywhere. You come to understand the relationship between nature and God - the universal consciousness - and how they are together and yet not together. Such are the deeper questions that get revealed to you. Also you come to realise how we come into existence as human beings and why sorrowful events befall us - the untimely death of a dear one, the loss of a business contract or a painful accident. In fact, one of most profound and important things is to understand the doctrine of *Karma*. You come to know the implications of the doctrine of *Karma*: how in life after life we go on accumulating impressions of our own *Karma* and how other souls are related to us. When you understand *Karma* such puzzling problems become clear.

Many times such experiences come to seekers and they say: "All this I understand. It is logical and I am convinced, but it is very difficult to get free of anger and very difficult to get rid of passion. I try my best to forget that girlfriend or boyfriend, but time and again he or she comes into my mind".

I must tell you that you have to do it (give it up). What else should you do? I cannot do it for you. The only assurance I can give you is that I, myself, have passed through all these stages and if I have no problems now, you also will have no problems one day.

A day comes when you have the experience that you are unborn and immortal - pure consciousness - full of love - ready to serve others but not perturbed by any attachment. No attachment! That time comes. Life becomes Divine.

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