



PURIFICATION OF EMOTIONS AND MIND

This whole spiritual journey is a matter of inner purification. It is not a question of changing your outward life. It is a question of the inner quality of your existence. For this inner change there are several methods, techniques, or paths.



We have inside us animal instincts of lust, anger, pride, greed and jealousy. However, we also have a potential to get rid of the lower self (animal instincts) and become Divine. There is a spiritual path by which the inner purification happens and when these elements of the animal world - in other words the lower self - get purified, then the higher Self, hidden in us but overpowered by the lower self, comes to the surface – it is a simple thing.



By 'purification' I mean that, in place of lust, love will emerge; in place of greed, the element of charity and humanity will develop; and in place of asking service from others, the desire to give service to others will develop. Then the real Divine will start His manifestation in you.



What ultimately is purification? Purification ultimately means detachment. The real impurity is to own something, considering it as your own, and to have a relationship with it.



This process of purification or detachment is happening in life all the time. How? Things are going away from us. For example – everybody wants to remain young, but youth is going away. In the same way, sometimes money comes sometimes it disappears. Sometimes you are healthy sometimes you are ill. One may try one's best but even then there is no guarantee that one will remain healthy. We can have a close friendship with somebody and that friendship may come to an end any day. We all see our dearest ones departing – our parents or our old relatives. The process of death purifies. Death purifies - it is a great purifier. But there is one difference. All this happens under compulsion. Those who accept it voluntarily through wisdom get liberated.



The agony of present is the achievement of the future. Whatever causes us pain starts going away. For example, if the presence of lust in life causes agony, then lust will start disappearing. Here is another example: I know that greed is bad but even then I am greedy and there is agony due to the presence of greed in life. If agony is there then greed will start going away. I know anger is bad and I should not be angry.

If there is pain or agony about the anger, then anger will start going away. Pain should be there. Whatever causes pain starts going away.



You gradually come to know that God is everywhere and is in everything. His energy is everywhere. When you take a mantra, a word, that is also a form of energy. When you take a breath, that breath is also a form of energy. All methods are for the training and purification of the mind. Gradually the mind starts getting purified.



There are five sheaths (*kosha*) of existence, or five folds, which are around our true nature, the *Atman* or the Spirit. Purification starts happening in all these spheres of existence, and they are all connected with each other. The first sheath is the physical sheath of our body. The second is the sheath of vital force, *prana*, connected to breath. The third sheath is of thoughts, the thinking principal. The fourth is the faculty of discrimination, intellect. The last is the sheath of happiness.



As far as your circumstances allow, you should try to do some charitable work. Selfless work without any motive and without the desire for any result helps a lot in purification.



Critics are the benefactors for your purification. In India one of the greatest spiritual persons whose name was Kabir said that those who speak against you and criticise you should be kept in your neighbourhood. If possible, let them have their own cottage in your courtyard. Why? They are there so that the inner cloth (yourself) will be washed without soap - you will be purified quickly.



The inner self accumulates impressions by enjoyment. When, in place of enjoyment, the performance of duty becomes the paramount aim of life, then not only are there no new impressions of enjoyment but even the old impressions are wiped out. This is actually what is known as 'penance', which has been described as 'nothing but the readiness and willingness for bearing the difficulties that come in the performance of duty'. When you perform duty, difficulties and hardships come in your way and, if you face them, that is said to be the genuine penance. It is by means of this penance that the inner self is purified. We have to pass through a test of fire. When you pass through that fire, your purification starts happening.



Inner burdens are dispersed not by thinking, but by doing service for the world. This is the whole essence of the process. Purification of an individual happens by serving the world and not by thinking about purification or contemplating on God in the way that most people are in the habit of doing.



There are activities where the aim is to have some worldly result. The seeker on the spiritual path has to gradually minimise them, reduce them, and then a stage must come when only those activities remain in life which are related to self-less service and lead to inner purification.



For most people the suitable path is of *karma* - doing work as a matter of service to others. This path purifies, and it is a great path. Whatever work one has should be done as a service to others, then quickly purification starts happening .



Those who want peace, have to understand, that this coming together of male and female in the institution of marriage is for their purification. In the beginning, the element of curiosity must disappear, and they must also see the element of bestiality when they meet with each other. But gradually refinement takes place if they remain in the relationship and are sincere to each other. After a great sacrifice, after a great service, after looking after each other, after understanding the natural differences of nature between a man and a woman, if they are sincere, truthful and tolerant, if they are trying to have self-control in life, then after a long time glimpses of love start coming in life. Real Love starts emerging in life.



If people take this union between man and woman, not only as a matter of pleasure, but as something very sacred, important, and full of responsibility, then it becomes a means for the purification of the inner self. The impressions of sexual pleasure that have been gathered by the person from many lives go away easily by being faithful to one person only as a matter of religion and duty. Such people become very quickly free of the sexual attraction.



The more we have our mind involved with our duty, the more will be our purification. A person who is swayed by his desires and not motivated by duty cannot realise God, because the removal of desires from the inside means purification of the inner self. This is the purification of the subtle body.



We must become humble. We must be loving to others and willing to serve them without any expectation from them. Then inner purification will happen and real life will start. It will be a life of peace, harmony and real love.



There is a tradition here in India which is known as '*darshan*'- having a glimpse of a saint. *Darshan* means seeing, and, in fact, seeing the saint is the most important thing, while listening to him is the second. In listening, the mind and its commentary interfere with the experience. In seeing, there is a glimpse of the saint in whom we have faith and the imprint it leaves on you is said to purify.



Often the purity of saint's smile purifies and elevates us more than words. Nothing can compare with the smile on his face!



You should serve others, and particularly those towards whom you feel you have the biggest attachment. If you adopt an attitude of service to them, then by doing service, a time will come when attachment to them will come to an end. You will achieve inner purification. You have performed the duty that you owed to that person. The debt towards that person has been paid off by service. Inner purification takes place and attachment disappears.



When the process of transformation starts, certain difficulties are experienced. For example, most seekers face the problem of old impressions in the mind. We have three bodies in yoga: the physical, the astral and the causal. The astral body (the mind, in a way) carries with it very many impressions of worldly pleasures from this and past lives. When purification starts happening, those impressions rise up in you. You should not consider yourself degraded and should not feel guilty because impure thoughts are arising within you. It is all part of the process of purification. Such thoughts must be visualised before they can go away forever. They are witnessed before their end and there is something that is seen and there something that is a seer. There is a division in your own existence. You see some thought, but you are not that thought. You are not that passion, emotion or memory. You are pure awareness – pure consciousness.



The ways of God are inscrutable. It is beyond the power of the human mind to understand how that infinite, unlimited ocean of love and compassion, purifies human beings. Many events happen with all of us for our purification. We should try to learn from every event and try to be thankful to everyone. The more capable we are of doing this, the nearer we shall get to our God.



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.



In the sacred *Gayatri Mantra* the last part is: '*Dhiyo yo nah pracodayat*'- 'May He make our intellect purified, shining, bright or full of lustre.' Since intellect is the most important element in human life, the prayer to God in this mantra is for its purification. With a more purified intellect, we may fulfil the purpose of life.



You should understand that whatever thoughts arise inside during meditation are just trying to find a release in the process of inner purification inside. This is what happens and there is nothing to worry about.



Breath and thoughts are interconnected. When you start having mastery over *prana* through *Anuloma-Viloma*, you start breaking the normal breathing pattern and the thought process in which psychological problems were breeding. Purification starts happening automatically.



OM is the original sound in the universe - the universe is humming with it. When the mind gets connected with *OM* then thoughts and ideas of a lower stage start getting purified.



Wives, husbands or partners are the best agents for inner purification. They do with us what yogis fail to do. Anytime, they may make a statement which starts the inner burning in us! "For three years I am doing so much for you and today you have behaved like this?"



All that happens in meditation is a part of the purification process. Nature's purpose is to throw out the rubbish that arises from inside, to finish it and to purify it. What is purified? The mind is purified because the *Atman* - the soul - is already pure. This is the process of purification and there is nothing to be worried about. It is good when it starts happening. This watching or witnessing gradually purifies us. It happens because this energy in witnessing, or the seer, is stronger than the seen. Mind is also an object. Mind is not a subject. The subject is only one – our pure existence – *Atman* - the Divine element. In fact, all knowledge of the world happens only because our pure existence or the Divine element in us - awareness or consciousness - is itself nothing but pure knowledge.



Mankind in general is purified by the example of those who have themselves achieved purification. When a great man like Jesus Christ was carried to the cross it was a very profound and significant event and an unforgettable example for all humanity; a demonstration of the highest spirituality by one of the greatest people ever born on Earth.



Meditation is a process for your purification. All the qualities existing in you that are undesirable start becoming purified. Different people have different characteristics and different problems. One may have a tendency to anger, another to greed and another to jealousy. One starts seeing improvement in the total personality.



Whenever emotions arise within you, you should shut yourself up in your room and pray alone to the Divine. If your prayer does not go directly to the Divine, it can go through the agency of that person, in whom you have faith. No one can achieve purification except through the Divine or God. If a human being takes credit for achieving progress in purification, such credit is not deserved but due to ego. A seeker starts becoming purified very speedily with the help of a person who has himself become purified by being shown God's mercy and kindness. It should be clearly understood that a purified person works only as a channel since all power, all greatness and all purity emanate from God alone.



If we have caused hurt to somebody - insulted them, or done something wrong to the person - we do not know how long it will be before that person will become normal. Therefore, we should try not to hurt others. Even then, in many situations one is unable to control one's emotions, passions, anger, etc. Then, if this happens, as it often happens, the way for advancement on the spiritual path is to go to the person and sincerely apologise: "Well, I am sorry! It happened because of me. I feel it should not have happened. Please excuse me." This is the best method for purification.



Through following the spiritual way of life, you understand your relationship with the world. The truth is that when you get disturbed or angry, you think that someone has made you angry, but this is not the case. The truth is that you have the seeds of anger in you and the other person presented the opportunity for the seeds to germinate. The remedy is now to get rid of those seeds or impressions.



The root of anger and irritation is desire. The more a person is filled with desires, the more he is likely to have anger. It is very simple. A certain number of desires can be fulfilled but not all of them. Thus, when our desires are not fulfilled, we feel angry. The impressions of irritation or anger keep accumulating in our subconscious mind. The accumulation can eventually become so intense that the person begins to experience anger without even any cause.



The more the lust and anger in a person's life the more distant they are from their aim of Self-realisation, and when there is less lust and anger, then the person is coming nearer to Self-realisation. When there is no lust and anger then Self-realisation happens. This is such a simple thing, nothing deep for understanding. There is no necessity to be a learned person or to read the scriptures, or to sit for hours trying to understand the implications and deeper things. It is a simple thing and this is also a barometer by which to judge one self.



Irritation is also an offspring of anger. You have 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 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 present.



Emotions like fear will remain until Self-realisation. Fear of what? Fear for the body, fear of losing respect, fear of getting disrespect, fear of losing money, fear of losing health, all such things. Fear is for temporary or mortal beings, objects, events or things. But you are the eternal Truth, the immortal consciousness, the Spirit. Fear is in the mind and you are not the mind – you are the seer of your mind. You are witnessing your mind and the fear that is there.



When fear comes you should say: "Thank you, fear, enough is enough - you can go now." Start becoming a little happy when you see fear. Tell fear: "You were a guest in my mind for such a long time, now you can go elsewhere. Go wherever you want, you are free."



Fear exists because we consider that someone belongs to us or someone is against us. When we start considering everyone as the same as us, we lose our feeling of fear.



Sadness is present when one lives only for the physical. As long as one considers oneself only as the body, one is bound to experience sadness. But the more one evolves towards the final Truth sadness starts disappearing in us. When one has the experience of that Truth, the Self, sadness is nowhere to be found.



If you go on the spiritual path, you will get rid of all negative emotions like irritation, disappointment and fear. Meditation is the method for that, and serving others is also very effective. In meditation, when you sense jealousy, greed, lust, anger and suchlike, coming from inside, you should be a detached observer of these emotions. You are the observer and they are the objects that are observed. You should not become one with them. You should neither be appreciative nor critical but just a detached observer. Gradually these emotions will start becoming diluted and weakened. Anger and irritation will be substituted by compassion and sympathy. Lust will be substituted by love.



Every one of us, who is born on the planet of Earth, has brought with them a legacy - a history from the past lives. That history is there in the subtle body, in the mind, in what is known in the present day as the 'subconscious'. But, unless some purification of the subconscious happens, God-realisation is not possible, and Self-realisation does not happen. All techniques in all paths of spirituality ultimately have this role of purification.

When we surrender to God and pray to Him from the depths of our heart: "O Lord, I have tried my best for years, but nothing has happened. Now, please be kind to me." In such moments, purification happens, by God's grace.



Enlightenment can happen even when purification of the mind has not happened. Enlightenment can happen in an impure mind also. Yes! It can happen because it happens finally by God's grace. It is egoistic to think that once mind has become purified, then one is eligible for Self-realisation! No one can claim Enlightenment as a result of purification brought about only by self-effort.



Remember Him and do not worry about your weaknesses. Do not worry about whatever drawbacks you have. God will purify you. He is such a magnificent Lover. Only have this faith: "I belong to Him. He belongs to me. When I belong to Him it is His responsibility to purify me." If you have this sort of relationship, then everything will happen.

