



TRUTH

The final Truth is that you are the eternal spirit, because you were never born, therefore you can never die. The body definitely comes to an end - it was born and it, therefore, will perish. But the spirit that resides in the body is eternal. Nothing can happen to that eternal spirit.



It is not difficult at all to find our own secret - to experience the Self - because it is already there. It does not have to be manufactured but only to be discovered because it already exists. Truth exists already and all we have to do is to discover it.



A question arises when Truth is everywhere and Truth is in our own existence also, why are we running to find Truth elsewhere? The answer is that you need some teacher - somebody who can tell you and guide you to find the omnipresent Truth in your own self - in your own existence - and that person can be only that one who has himself found the Truth.



We must come to know who we are in reality, that is, to become our own Self. This is the method for realising the essence of our own existence, which is nothing but the essence of the existence of all totality. We are part of the whole. When we realise our harmony with the whole and there remains no conflict between us and the whole, then we feel permanent peace.



We are what we are but we do not know what we are. You will come to know what you are when you are completely exhausted and tired after searching.



The interesting thing is that each one of us in the field of spirituality or religion is trying to know that which cannot be known. Such an interesting matter! Such a dilemma! All the great saints say you can never know the Truth. Then what should be done when you cannot stop yourself from searching. You cannot know the Truth. You can only be the Truth, because you already are the Truth!



The illusion, the wrong notion, of not being Divine, has to go away. This is all a negative process of elimination: "I'm not this - I'm not that, I'm not this - I'm not that", and so on. This is the path of trying to know, and then ultimately the experience happens. This is one path. You eliminate everything that comes to your mind, and when there is nothing left to eliminate, then what remains is what you are and what you have always been. In this way, one realises the Truth of one's own self, which is also the self of everyone else!



There is a difference between 'knowing' and 'being'. 'Knowing' means you are separate and there is something to be known. You think that you will know the Truth, but that can never happen. You can be Truth yourself, because you are really always the Truth, always Divine, always Consciousness.



When I am speaking and you are listening, this is talking and listening about Truth. This is not to be with the Truth. We are with the words regarding Truth. We are not having the experience of Truth. When the experience of Truth happens, there is complete silence.



By a conscious realisation of the inner Truth hidden within us, we reach a stage when we know that our existence is not only physical. There is something else in this physical body, which is non-physical - the energy which we call 'the spirit or the divine element'. This divine element should not be subordinate to the physical.



Spiritual understanding is gained not only by words. In fact, by words only a superficial understanding is gained. Only an elementary understanding is gained. This is one of the greatest misfortunes of this age that by reading books people think that they have understood spirituality and become spiritual. Even listening to tapes is considered spiritual. This is a great misfortune. Words have their value but up to a certain stage only. Silence is more valuable than words.



Life has two divisions: one is the outer one which involves a multitude of worldly activities and relationships; the other is the inner Truth.



All the saints say that we have not to bring Truth from somewhere into us. Truth already exists in us. This is the fundamental doctrine. Eternal and everlasting Truth is everywhere, and, therefore, also in every human being. But the difference between the lives of human beings, and other beings, is that other beings cannot experience that eternal Truth in their bodies. The experience of that eternal Truth is possible only in the human body - the Truth that always exists.



After the experience of Self, it does not matter for the person whether there is noise or silence. But the experience of Truth happens in silence.



The simple path is to see your own self truthfully. If you have lust, speak untruth, do violent things, are greedy or jealous, then these things should be given up. When they are out of your life, your problems will be solved. It is simple!



Keep the window of your mind open for Truth to enter from any side. Do not abandon your own judgment whatever person or religion you are dealing with. Experience of the Truth is not within the power of reasoning but it is not against reasoning either. Experience is not against reasoning but it is beyond reasoning.

Therefore, exhaust your reasoning before having the experience. A time will come when from the last point of reasoning you will dive into the domain of experience.



There are objects that are constantly dying and in those very objects there is a concealed element that never dies. Our body changes all the time, dies all the time but in this body there is also something that never dies. He who sees that which never dies in this dying body, is the real seer and he alone sees correctly.



'I' as consciousness does not do anything. All activity happens in the sphere of nature, and therefore 'I' always remains pure. Through analysis one reaches this conclusion. One does not become the doer of things. When one does not remain the doer, one also does not become responsible. One does not remain the sufferer either.



Ignorance is always the reason for remaining worried, angry or irritated. Ignorance is the cause. Of what are we primarily ignorant? We do not realise that we are wrong to identify ourselves with the body. We think that we are the body. Gradually we begin to understand that we are not the body but the eternal spirit - the Truth - the consciousness which was never born and, therefore, will never die - the One, infinite. Even then the body remains but it does not remain a means for seeking pleasure. The body then becomes an instrument of service, with the inner feeling of harmony with the totality and love for others.



One day this realisation has to happen, that if the body goes away, we stay, because we were never born. That Truth we are. We existed before this body, we will exist after this body also. We are eternal. The existence is eternal, and our existence is a conscious existence – the consciousness itself. This is the culmination of spirituality.



If we are not the body, is there some Truth other than the body? A very simple thing. The body changes. Your present body is not the same body that you had when you were five years old. It has changed. The thinking process has changed. But what has not changed is your understanding - your knowledge - that you are the same, in this body, as you were at the age of five. If the bodies that you had at the ages of five, fifteen, twenty and thirty years are not the same, then who are you? What is the sameness? What is that element which remains the same without any change? Find out!



Nobody knows when death may come - it may come at a time known as the mature age of 60, 70, 80, or 100. In any case, it is bound to come. Why be afraid of something that is bound to happen?



We say someone is dead but what is dead? The soul has departed. But what is soul? Where has it gone? We should find out about it. It cannot be found out at the time of death. Then it is already too late. So much pain and misery goes on at that time that you cannot find it out then.



When you say that you will die when the time comes, who is it that dies? If you think logically and correctly the conclusion should be that at every moment, part of the body is dying. No one can deny this and it has been proved by medical science. It is the death of the body, but not your death. Then who are you? Find it out. Find it out. Who are you?



The spirit is eternal and cannot be killed or destroyed. The temporary cannot be kept for ever and the permanent cannot be destroyed. Therefore why fear?



The problem is that we wrongly identify ourselves with the non-self, with the body, the senses, the mind or the intellect. You are not these elements but something other than these. What is this 'other'? You should find out what it is. Experience it.



Who are we? What is all this drama going on? How interesting it is and, from one angle so foolish, that human beings are trying to know so many things with the exception of their own selves. What is the use of knowing so much? Not knowing your own self but knowing hundreds of other things! Is it not foolishness?



Your existence and your awareness of existence happen to be with you simultaneously - at the same moment. There is no duality. It is not that your existence and the awareness of your existence are two separate things.



Truth is the most important element in life. Truth is the only thing that liberates, and truth is God. We should discover our own Truth, as it exists.



Real peace and happiness are found in our own homes. The home is the nearest and, yet, it is somehow the farthest away! The nearest is here in the heart. The home is there and we are already in the home. It is a sort of a riddle. We are already there only we have forgotten that we are there. He for whom we are searching is always with us. In fact, although He is omnipotent and all-powerful and yet He lacks one power - He cannot not be separate from us, even if he wanted to.



Truth is everywhere and, therefore, Truth is in us also, in our own individual existence.



It is said that the real home is entirely within us. The word 'entirely' is used by the saints for those people who consider their real home to be entirely outside of them. Before spiritual realisation the real home appears to almost everyone to be entirely external.



In order to experience the Self or Truth of existence, it becomes necessary for the five sense organs to be withdrawn from the outside objects. Then within himself, cutting out the activity of the senses in the external world, the Truth gets revealed to the person. After Truth gets revealed inside, the difference between inside and outside

vanishes. Since experience of Self or Truth for the first time happens only inside, therefore, it is said that the real home is entirely within us. After finding the Truth within, the same Truth appears to that individual to be everywhere - that is to say both within and without. Then there remains nothing but the Truth or God everywhere, and that person can say that only God exists and nothing but God.



A glimpse of Truth comes not through the physical eye but the eye of wisdom inside. After the inner experience has happened, a person discovers that outside is nothing but the same Truth. Then the difference between inside and outside disappears.



Souls are infinite - this show is infinite - the Divine is infinite - everything here is infinite. From eternity and from infinity it is coming, it is here, and it will go on happening like this. It starts from the Divine, God, and it ends in the Divine, God. And in between the beginning and the end, is the story of all cultures, human endeavours, planets, galaxies and universes. Infinite is the story of the Infinite.



Truth is found only in the human body and in no other body. This long journey of evolution of the soul from times immemorial comes to its conclusion only in our body. Our individuality finds totality and merges into it, or rather finds out through experience that it was always one with Truth and the separateness was only an illusion. This illusion disappears and there remains nothing but happiness and love.



The experience of the Self cannot be borrowed or shared! Everybody is the Self and you do not have to bring it from anywhere. And the Self is one. Self is finally one. That infinite, one, universal, unborn power - when associated with the body is known as "soul" or "embodied spirit". Although it can never be killed or enslaved by the body. This is the riddle and the illusion in human life, that although we are the pure spirit, the pure Self, the pure consciousness, there is an illusion of identification with the body, the senses, the mind, etc.



Can Self be understood through mind? No! Self cannot be understood but Self can be experienced. By whom? By the Self itself! Self experiencing the Self! It is the greatest paradox in human life.



All wisdom already exists inside the seeker, in his spirit. There is only an unfolding of it.



There is only infinite consciousness - God - the spirit - but the illusion is there that you are not the spirit but the body, the senses, the mind and intellect. This illusion of separateness from God - from infinite consciousness - from the spirit - has to go away.



God or Spirit can never be known in the same manner as objects of the world are known. They have never been known and will never be known. How can the infinite be known by the finite, limited mind?



Interestingly, very few people in the world are qualified to follow the path of knowledge. Reading books, analysing and just having fanciful ideas is not going to do you any good, and will not give you Self-realisation. Libraries do not liberate you! If they could, you have plenty of them in your own countries. I do not mean there is no utility in study, understanding and analysis – there is. But following the path of knowledge and then realising the Truth may not be easy for most of those who consider themselves competent for this path.



If we go deep into the whole process of human psychology, we will find that ignorance is the fundamental cause of all problems. We have no knowledge or understanding of the spirit. Our understanding of human beings is limited to bodies only. The mind is always entangled in forms and names. The spiritual way of life teaches us that there exists a basic element that is common to everybody – the eternal spirit. That fundamental element was never born and, therefore, can never die. The eternal spirit exists.



What we in ignorance call ‘births’ and ‘deaths’ are simply aspects of the changing patterns of existence. There are two elements that are fused together and this is a universal feature. One is the element of eternal spirit, the living or spiritual element, the other is the element of nature. The spirit is changeless, unborn and undying. The other element, nature, is always in a state of change. The purpose of human life is that, through the changing element – that is the body – one should experience the changeless element that is in the body.



Sankhya yoga (path of knowledge and renunciation) and Karma yoga (path of action) are independent of each other. The path of action is comparatively easy whereas the path of knowledge is rather rugged and arduous. It is with a view to emphasising this difference, that the Lord in Bhagavad Gita says that path of knowledge is difficult to practise without having practised the path of self-less activity beforehand. An aspirant may believe that the whole of the physical world is an unreal dream and is superimposed upon Brahma which is the only reality. However, if at the same time his heart is not pure (the evils of attraction, repulsion, anger and lust are still present in him), and he makes no attempt to purify his heart but starts to practice Sankhya yoga straight off on the mere strength of his intellectual belief, it will not be easy for him to attain perfection in Sankhya yoga.



Those whom we call real Saints, that is, those with experience of Self, Self-realised people, they say that it is all consciousness. Everything is consciousness. They say it to the extent, even, that the division between conscious and unconscious is also a mental division, a division of the mind. They say that it is a limitless field of consciousness throughout, eternal, and nothing except that.



It is all consciousness. When it is said that it is limitless it means it is beyond the grasp of mind. Mind cannot grasp that which is limitless. Mind can think about something that is limited. You can try yourself; if you start thinking about the ‘infinite or limitless’ you will find there are no thoughts after some time.



What else is a spiritual practice except an effort to enhance consciousness. If the question is asked: "Who realises whom?" the answer given by the Saints is "Self realises the Self". There is nothing but Self - the *Atman*. Consciousness becomes conscious of consciousness! That is what Enlightenment is - an experience that happens beyond mind and thought. For the purpose of trying to solve the problem of life and existence, and the problem of misery in life, positively speaking, those who want permanent peace before death, should go on developing their consciousness.



You should remain where you are and do your work. Just by changing your inner attitude, some day you will realise the Truth. There is no doubt about it because the real Master is there inside everybody. Why are you searching for a Master? When you really deserve it; when you become a real seeker, the greatest master, God, will guide you and you will find the right Master. One need not search for any Master. One should keep on honestly performing one's current work and try to evolve according to the knowledge that is already available to one.



Truth exists. You have to do nothing except direct yourself fully towards it.

