

## SEEKING THE TRUTH THROUGH MIND

If you are seeking truth, reality, God or whatever else you like to call it, may I suggest you start with the only reality you ARE absolutely certain of—that is the fact of your own Being... your own EXISTENCE. There is no one present HERE who can say 'I am not'. Each one of us "knows" 'I am'. But that thought 'I am' is NOT the REALITY. It is the CLOSEST you will ever get to it with the MIND. That 'I am' is just A TRANSLATION by the mind of that sense of "PRESENCE", the "AWARENESS" of presence or the presence of that awareness. That is the only reality of which we are absolutely CERTAIN. Nobody under any circumstances can say 'I am not'. That "knowing" is constant and ever with us. And that is why it is said by Saints, Sages and Self-realised ones that what you are seeking you already "ARE".

We base what we are talking about here on what the ancient traditions tell us. In one tradition it is called non-duality, one-without-a-second. The one-without-a-second part means that even 'one' could imply that there is something other than one. In other scriptures they call it ever-fresh, self-shining, presence of awareness or the Light Divine, with no qualifications attached whatsoever. And if you look at it, that is describing YOU, ME and EVERYTHING else. THAT "presence of awareness" is not an IDEA. You don't have to hold an idea or concept about being alive or being in existence. That presence of awareness is ever fresh because it has no beginning and no end. It is self-shining like the sun. It shines of itself. It doesn't need a light to say 'I am shining'. And that is what it is, just that which you cannot ESCAPE from, which you cannot get away from: presence/awareness.

Most scriptures will tell you that "IT" is omnipresent, omniscient and omnipotent; meaning it is all -present (present everywhere), all-knowing and all-powerful; and is constantly being referred to throughout the ages. It is nothing NEW. It is simplicity ITSELF. There can be nothing simpler than ONE. And yet we miss it. We miss it, purely and simply, because we look for an answer in the MIND. If you question the mind, you will see that mind is time\*, and time can never be in the present. Even the idea or concept of "the present" is not what the "isness" or the "actuality" is because "present" (as an idea or concept) is a part of time: past, present and future.

The very IDEA there is something to SEEK and SOMEONE to seek implies time, and time is MIND. That is why you will never find the answer in the mind. To the mind, PRESENCE or AWARENESS is a no-thing. It hasn't got any shape, it hasn't got any form, hasn't got any time, hasn't got any space, hasn't got any beginning or any end. So it is a no-thing called 'emptiness'. The mind can't grasp no-thing. It doesn't like no-thing. The mind, being a thing itself, is dualistic. It is always dividing into the pairs of opposites, into things. It cannot know or grasp or understand 'no-thing'. Your being here today at this Satsang points to the fact that (previously) you may have been looking in the wrong direction. I look into your eyes and at the expressions on your faces and just know you are all intelligent people. Some of you may have been seeking for years. You have worked out so many THINGS in the MIND, but yet you can't find "THIS" because you believe it's some sensation or concept or idea in the mind that we read about in books or people have talked about. We look for something similar, and so we miss the "no-thingness" of it.

You really NEED to look at these things. They need to be looked at and UNDERSTOOD. For example ask yourself 'Am I this body?' and 'What is this body made of?' If we further

investigate it -have a look- we see it is nothing but the elements. It is approx. 80% liquid. Then there is air,

\* The mind thinks by separating 'things' and by organising them into individual compartments and into a structured time sequence. It cannot do otherwise and therefore mind works in terms of time. It cannot understand, of itself, the concept of no-time and no-space because it thinks in these terms. Thus it can be said that mind is time.

space, matter (earth) and fire. It is only elements. These elements can be broken down into subatomic particles, into energy, into no-thing. Look at that again and also see that you can't be separate from the (external) elements. This body IS the elements. It is not separate from the elements. See how far this body can go without air! See how far this body can get without water, space, bodily heat (the fire) or matter.

I have tried hard not to use the word 'God' simply for the reason that each of us will probably have a different concept of what we have come to believe God to be or not be. If we are agnostic or atheist, we will have a concept about that also. I mostly use the term "Energy" or "Light Divine" "Vibration" or "Higher Intelligence". But I'm not speaking about your intellects because there ARE many different degrees of intellect!

What I'm talking about is that very ENERGY that operates this visible and not so visible universe and beyond! The very fact that the stars CAN orbit as the galaxy rotates on its axis, the planets CAN orbit around the sun, that stellar bodies can FORM out of gases into any particular shape and form and hold that form, implies a higher intelligence. That which keeps the seasons coming and going implies a higher intelligence. The tide coming in and out implies a higher intelligence. Look at "It" very CLOSELY. "It" is MAKING the heart beat right now. "It" is GROWING the hair and fingernails. "It" is DIGESTING the food. It is REPLACING the cells in this body. The patterning and functioning of this body implies that there is a wonderful intelligent-ENERGY expressing through it, as "IT". And that is actually what you are—THAT intelligent-energy, that Light Divine. "It" FORMED this body, GREW this body and is CONTINUING to grow this body. "It" is replacing the cells in this body and doing other things NATURALLY, the same as "It" is in the UNIVERSE. But that natural state has seemingly been CLOUDED over by the reasoning or the functioning of the MIND.

Take a good look at the body and break it down. In fact there is no particular centre or part, here in this body, about which you and I can say 'This is what I am'. Yes, it started with the sperm and the ovum coming together. IF indeed the body has any centre it would be that ORIGINAL cell. But that has long since gone. There are many cells dying in this body right now, EVERY MOMENT, and being replaced.

Another question is 'Am I this mind?' or 'Am I this primary thought "I am"?' That sense of presence expresses through the mind as that thought 'I am'. Look at thought. Is there really such a thing as mind apart from thinking? Can you grasp anything that is called mind? What is thinking? Thinking at the subtle level is a very, very subtle VIBRATION. At the spoken WORD level it is a SOUND. Sound is a vibration, and a VIBRATION is a movement of ENERGY. So it's the same. You still have not separated out that intelligent-energy. If you look at your mind again, you will see it is always vibrating in the interrelated OPPOSITES. If it is not past, which is MEMORY, it is FUTURE, which is anticipation and imagination. And within that range, it is constantly vibrating as the interrelated pairs of opposites. The experience is either good or bad, pleasant or painful, happy or sad, loving

or hating or whatever. Have a look at your mind. It is constantly vibrating in those patterns. See if it is doing anything other than that. So you see, though it is a wonderful instrument when utilized WISELY, its activity is very mechanical.

Take for example a little infant. When it is born it has not left its natural state. That infant is still functioning in that NATURAL state. If it is hungry it will cry. If it is happy it will gurgle. The infant defecates and urinates without any sense of concern. It just happens, just the same as its food is digested. It is doing activities, moving its limbs (hands, arms, and feet) and all sorts of activities are going on. At that stage it is not attributing these things to a "me" ('I am doing this' or 'I am doing that'). It doesn't KNOW. REASONING hasn't started. As the body grows, that line of reasoning begins to function also. Its PARENTS tell it, 'Your name is Kantilal' and 'You are a good little boy' or 'You are a bad little boy'. 'You are this' and 'You are that'. The baby takes all this in and it starts to impinge on him. He learns what this WORD means or what this THOUGHT is. He translates them into LABELS which he is being taught. Then sooner or later he comes to realize that this is me that they're talking about: 'This is me. I am Kantilal'. Whereas, before, it was just "little baby". When that idea of an 'I' or a 'me' comes upon him, naturally the mind, functioning in the opposite, asks, 'What is the opposite of I or me? Isn't it other than me or not-I?' Now he is seeing things that he previously did not discriminate about at all. Before it was just the "seeing". It was just the "hearing". Now that sense of 'me' or 'I' has come upon him. He is seeing these things as 'not me' or 'not I'. He is seeing them as 'other than I' and feels SEPERATE from them.

With a SENSE of separation there comes insecurity and vulnerability. That is when our SEARCH actually starts because insecurity and vulnerability are not HAPPINESS. They are not COMPLETENESS. They are not WHOLENESS. The search starts and we TRY to make ourselves whole or complete or more secure and less vulnerable. And, naturally, because our PARENTS have not looked at it or UNDERSTOOD it, our SOCIETY and NATIONS have not looked at it or UNDERSTOOD it, the search starts " OUT THERE SOMEWHERE". Nobody ever says to that child 'Look Within' or 'Stay with that FRAGRANCE that you are, that natural state that you WERE and still ARE, before those clouds of thought began to form'.

You see, all of our problems arise from that feeling of insecurity and vulnerability. The little child, before he saw his separation or realized that he was separate or believed that he was separate, didn't feel that insecurity or vulnerability. Now he senses it and wants to be surrounded by a warm, loving family. He feels more secure and less vulnerable if he has got a warm and loving family. And it would seem that, for the same reason, from ancient times, families would form naturally into tribes. The bigger and stronger my tribe is, the more secure and less vulnerable 'I am'. Today individuals and nations go to war with other individuals and nations purely and simply because of that INSECURITY, fearful that the individual or NATION next door will overcome me/us, take away my WEALTH or whatever. Or I'll get them FIRST because I am insecure and vulnerable and will make myself STRONGER by taking them over. This is all based on mistaken BELIEF of self-centeredness: EGO.

But there is no self-centre. The self-centre or the ego, which is the cause of all our problems, is a fiction. The little child adds to that 'I' thought all the events, experiences and conditioning, which are mental concepts, and forms a PICTURE about himself based on those concepts. He thinks 'I am

little Kantilal, and I have been a good boy or a bad boy, or somebody said something to me and I feel ashamed or guilty or fearful or whatever'. All of these concepts seem to become concretised. They seem to become real and become a reference point: the 'me' or the ego, to which everything is related. Something hits that reference point, that IMAGE he has about himself, and it doesn't FIT that image. So he does not like it. If something else hits that image and it does FIT the image, then he LIKES it and wants more of it. The thing he doesn't like he RESISTS and wants to get away from. And so he is in CONFLICT. All of our problems arise from that belief in the self-centre, the EGO.

Everything is RELATIVE to that fictitious image we have come to BELIEVE is real. The energy of belief has gone into it and made it seemingly REAL and strong through that HABITUAL belief. But it's not real and it has no power, so it has no strength. Look at that and see that there is no spot in this body that I can say, 'This is me'. See that this image that I have got about myself has no substance. It is nothing solid, though it is seemingly concretised. You can never grasp hold of it. Try and grasp hold of a thought! And above all, this is very important, it has no independent nature.

That thought or image could not even be there if it were not for the grace of that intelligent-energy or Light Divine or presence of awareness. We call it intelligent-energy, awareness, consciousness or spirit. That is the label we put on it. But the label is NOT it. We have many different names or labels for it but none of them really FIT. You cannot have a single thought without that functioning intelligence. So the thought is not independent and has no power of itself. This is the thing we have been in bondage to: that erroneous belief in a substantial, independent centre or ego. It is a phantom, something that does not exist. All it takes is an investigation into what is being pointed out. Discover this for yourself by questioning and having a look. Have a look into it and see if anything can be found there that has any substance or independent nature. And this realisation is not going to take 20 years, 10 years or 5 years. It's not going to take any time at all. Seeing is right now. It is immediate. It always has been immediate and always will be, purely and simply because it is TIMELESS.

See that the search itself is a trap, because the search implies that there is an entity needing to become something. And becoming implies some future time. It is not "being". Becoming can NEVER be being. What we are talking about is BEING. We call ourselves 'human beings' and we call God the 'Supreme Being'. Take those two labels off (human and Supreme) and try to separate the beingness. I might call this being here Peter, and that being there I might call Jess. The chair we are sitting on we call a chair. But take away all those LABELS and what's left? What is left is the substratum or the base, the beingness, the pattern and form they are taking the shape of or appearing as. But the pattern and form are appearances only. Their essence is still that energy, pure being, vibrating into those patterns. So there is really nowhere to go and there is no one to go there. And there is nothing to get and no one to get it.

If you look at that, the first question that will come up is 'Well, how do I live my life?' You live your life the same way you have always lived it. If you see that there is no 'me' here with any substance or independent nature NOW, when could there ever have been one? You see that the 'me' has no substance or independent nature NOW. The thing we BELIEVED in for so long, could that ever have had any substance or independent nature?

So you can go back again to the sperm and the ovum. You can go BACK before that to the essence of the food of your BIOLOGICAL parents. You can go back to the thing that that essence of food lived on BEFORE that. You can see that it has no BEGINING. That sperm and ovum came together. The cell doubled and redoubled and grew into this little embryo and....into a little foetus and....into a little child. There was no entity doing any of that. There was no entity when it was born and took its first breath. There was no entity as such before reasoning started. And when the reasoning started, there could still have been no entity. If you look at it and see it is a fiction now, it must have been a fiction then.

You see, life has to be LIVED. Life is that presence/awareness expressing through THESE patterns of energy. The patterns are that PRESENCE/AWARENESS, in essence, in all its diversity. In each and every one of our lives not one of us has ever really *lived* a life. Life consists of LIVING and EXPRESSING itself as ITSELF. It might seemingly take us away in expression into that mistaken belief; but just as easily as it got us into it, it can take us out of it by seeing it was a FALSE belief. We are mistaking the shadow for the substance or the essence, whatever you like to call it. And that is basically what it is all about.

Because of that erroneous belief in a "ME" there is this so-called HUMAN suffering. It is only a "me" that can be fearful. It is only a "me" that can be anxious. It is only this "me" that can be angry or full of self-pity or anxious or stressed out. The constant BELIEF in that "me" builds it up and SNOWBALLS until it seemingly becomes overwhelming. But it is not necessary for that suffering to be there. See that the "me" is the cause of all "my" problems. The effects are the stress, the anxiety, the fear, the self-pity, the remorse, the guilt and the shame. Then we try for years to overcome these negative thoughts and feelings, to do something about them, to get rid of them some way or another. But if you just REALISE that the cause is a fiction—and there cannot be an effect without a cause—then the energy of belief can no longer support the "me" as a reality or as something having any substance or any independent nature. If all of this manifestation is energy and the energy is no longer going into some pattern, what must happen to the pattern? Must not the pattern drop off by itself?

Experience proves that it IS as such.

Every one of us at one point or another has been sucked into those ego self-centred stresses, anxieties, or some kind of emotion coupled with fears; but after having this experience or realization of this ever flowing living energy expressing itself through this body one can indeed overcome the false beliefs about the "ME".

Once having experienced/realised this Truth does not mean that one becomes devoid of emotions or thoughts and behaves much like a Zombie so to speak! In reality all of our faculties of negative and positive thinking, our feelings of tasting and touching and hearing and seeing, including our emotions, are still there but they do not remain around long. Sure they appear on the horizon and play their part but then they vanish into nothingness in much the same way that clouds appear and again vanish. The key understanding here is not to be fixed or attached firmly to those conditions, just like the cloud is not attached to the SKY! I wonder: is there really a sky? Do you think the Sun could fall out of the SKY? LOOK ...the sun IS always and is ever SELF-SHINING. No one ever has to remind the

sun that it is shining in much the same way as this life energy is flowing through everything.

Then you come to REALISE that the cloud itself was CAUSED by the sun and, again, the sun will be the cause of it vanishing! So now we can see and understand that even the rising of these thoughts is nothing but the movement/activity of that Divine Energy and that they are not attached to anything or anywhere. "Knowing" this TRUTH about these thoughts, the thoughts will move on, and this life will continue its functions without being attached to that self centred ego "me".

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