

HOW TO ACHIEVE SUPERCONSCIOUSNESS

Satsang on 5-April-2014 from Pune

We are at the 5th **satsang** (सत्संग) today, i.e. today 5th of April 2014, a subject that has been very, very dear to me and the Almighty God, that is none other than my beloved **Sadguru** (सद्गुरु) who has commanded me that I should give this knowledge that I have been Graced with to each and every soul in this living world. We are all devotees and worshipping that Supreme Power.

What is the nature of the Supreme Power? We have been talking for the past 2-3 **satsangs** (सत्संग) as to that Supreme Power which manifests on this earth as a human being (in the form of a human being) and this human being though is an individual with two hands and two legs (typical like any other human being), yet in the true sense is the living manifestation of that Supreme Truth. That Supreme Truth is nothing other than what we understand as Almighty God. Now, this **Sadguru** (सद्गुरु) is constantly transmitting, teaching in so many ways, so many ways, as to what the Divine Highway is, the Divine Highway to the Supreme Truth. And the way is: does not matter if one belongs to any particular lineage or any particular faith, in the sense if one is a Hindu or a Christian or a Muslim, yet the foundation of that which has nothing to do with the faith or beliefs of any particular person.

The very foundation of this discipline, the highway or the way to the Supreme Truth is the guidance and the Grace of the **Sadguru** (सद्गुरु). The **Sadguru** (सद्गुरु) has only one mission in life. As far as I know, that my beloved **Sadguru's**, His only one single mission and that is '**Ashesha maanav Kalyaan**' (अशेष मानव कल्याण).

I will translate that. That not even one single human being to be left and all, all must evolve and experience the Supreme Truth and be the Truth. That is how simple. But can you imagine the magnitude and what it encompasses, yet the Great Ones, the Scriptures, take any (one of them). I am relying particularly on what the **Vedas** (वेद) have said and the knowledge of the **Vedas** (वेद), which is the Science of Life. My dear friends, it is the Science of Life where not only the living life you can make it rewarding, successful, fulfilling yet also is the way how one may reach the Supreme Truth and how one may be one with Almighty God or the Supreme Super consciousness or Allah or whatever you want to

call. It cannot be named and the **Sadguru** (सद्गुरु) is the only way, mind you, yes THE only way and the guide who can take you through all the difficulties, problems that one may face in this travel and that is how one can reach that Supreme Goal.

The one who has been Graced by the Grace of the **Sadguru** (सद्गुरु), all he has to do is follow those instructions, completely, thoroughly, very, very promptly, most efficiently and absolutely lovingly and be surrendered at the Holy Lotus Feet of the **Sadguru** (सद्गुरु). This is the gist of the past 3 **satsangs** (सत्संग). This brings me to a statement in **Bhagavad Gita** (भगवद् गीता). Most of you are aware of this statement. For Charlie, I will explain that in English. What the Lord says: My dear **Paartha** (पार्थ), my dear **Arjun** (अर्जुन),

Sarvadharmān parityajya mām ekam śaranam vraja

Aham tvām sarvapaapebhyo mokṣayishyāmi maa śuchah

सर्वधर्मान् परित्यज्य मामेकं शरणं व्रज ।

अहम् त्वां सर्वपापेभ्यो मोक्षयिष्यामि मा शुचः ॥¹

What that means is: my dear disciple, do not worry about anything. Whatever baggage you may have, whatever may be the concerns you may have, surrender that completely, thoroughly to me as the Supreme **Sadguru** (सद्गुरु). Every **Sadguru** (सद्गुरु) is a Supreme **Sadguru** (सद्गुरु) but surrender this completely, unconditionally (no conditions) and I will assure you, my dear one, I will assure you that I will free you from all the sins, from all the infractions in your disciplines and assuredly, I will grant you, give you **moksha** (मोक्ष). **Moksha** (मोक्ष) is a state when one is totally, completely liberated forever from the clutches of death and birth, as also from the clutches of **prakriti** (प्रकृति) or **maayaa** (माया) and you are completely one with Almighty. This is the assurance and that at least could be the goal.

In this process, the disciple, how the disciple by virtue of discipline is constantly in service, in meditation, in thought, work and deed is with the **Sadguru** (सद्गुरु). He performs his daily chores, whatever they may be. By he, I mean he or she. They are one. On a soul level there is no male or female. So male or female is just a difference in the packaging. Otherwise, the principle

¹Bhagavad Gita, Chapter 18 verse 66

that is encased in the body is none other than the soul itself. Do you follow me?

Now, this disciple as dedicatedly is on his disciplines, blooms gradually and does face many, many difficulties and I can tell you from my experience that these difficulties are only an opportunity for one to solve them and move on and every step there is a revised version of this disciple that is emerging and this revised version is getting closer and closer to the Perfect ONE that is the **Sadguru** (सद्गुरु). And in the process there is a constant communication between the **Sadguru** (सद्गुरु) and the disciple. Time and place has no meaning.

When one is truly '**Ek lakshya**' (एक लक्ष्य), that is pinpointedly remembering, thinking, meditating on the **Sadguru** (सद्गुरु), instantly, the communication channels are there. They are constantly alive. There are no country codes or no phone bill or nothing. The question is asked and immediately you have the reply to that. I experience that all the time. I live with that all the time. There is never a separation from Almighty God and I or my beloved **Sadguru** (सद्गुरु) and I and ever basking in His Love, in His Glory, in His Joy, in His Grace and this Grace is no different from what the Graceful One is. For example, in the morning the Sun rises. The Sun we see high in the sky and the sunlight we do see, but is it possible to separate the sunshine from the Sun? I don't think so. The Sun wanders every nook and corner of the earth and of the universe. As it moves on, wherever it reaches there is no darkness left and whosoever is soaked in the Grace of the **Sadguru** (सद्गुरु), ignorance or lack of knowledge or the absence of knowledge of Truth ceases to be. Then, the disciple does become the Absolute manifestation of the Supreme Truth and is becoming just like the **Sadguru** (सद्गुरु).

Eventually, a state comes when there is one lamp that is lit, that lights another lamp and if it is dark, I can ask Sarada to turn on the lights. No sooner she does that, I can see what is in the bosom or in the envelope of darkness by virtue of this light. But when there is one lamp lit and another lamp is lit, do you need another light to see the light of any of the lamps? No, you do not. They (the lamps) are self-effulgent. And no one can say which one is the first one or the second one. In all respects, in all the aspects, the light is the same. So also the worthy disciple or the **satshishya** (सत्शिष्य) is the same.

Now in this travel as I was just saying, there are many difficulties but the commitment that the disciple has towards his own evolution, towards his own final goal, towards his own **Aatma kalyaan** (आत्म कल्याण), **aatma uddhaar** (आत्म

उद्धार), i.e. the supreme goal that any living being, human being can aspire and this disciple is so committed to that, that he will make any and all sacrifices, compromises to achieve that goal. This statement is very, very important. Why? I will explain to you. Because there are many amongst you who believe God Almighty - why did He create difficulties in my life? This question is full of ignorance. Second thing is, if God Almighty is there with me every step, every breath, then why can't He make right choices for me, so that I don't create any more troubles and I am safe from the downstream difficulties. That is sheer ignorance. Not only that, it is just a cop-out attitude.

You carry me. I can't walk. It is never so. You have to learn to walk. There is a wonderful verse in **Bhagavad Gita** (भगवद् गीता) which says:

Mookam karoti vaachaalam, panghum langhayate girim

मूकं करोति वाचालम् पन्धुं लङ्घयते गिरिम्²

Mookam karoti vaachaalam: that means the ones that are unable to speak, are able to speak. Likewise, a lame one who cannot walk will get the ability and will cross over, conquer even the mountains. How does that happen, my dear? One single ingredient – Unfathomable Faith, unfathomable ***Nishthaa*** (निष्ठा)! And the love that one has for the ***Sadguru*** (सद्गुरु). When one says that why can't the ***Sadguru*** (सद्गुरु) relieve me or give me a relief from the immense problems that I have, do you think that is a fair question and do you believe that ***Sadguru*** (सद्गुरु) doesn't do that? Of course, ***Sadguru*** does. There is a saying that the thunderclap and the roar that we hear in the heavens, sure after the thunderclap the sky is overclouded but so often there is not even a drop of rain that comes down to the earth. Unlike that loud thunder, ***Saadhu*** (साधु) i.e. the worthy ***Sadguru*** (सद्गुरु) does not make any noise but surely makes things happen.

Saadhu na vadati kurutey evam.

साधु न वदति कुरुते एवम्

Saadhu (साधु) i.e. the virtuous ones do not speak, do not trumpet but they surely make the difference in the disciple's life without making any statement that, my dear, I did this for you. That is utter ignorance. There are several such

² Bhagavad Gita Dhyaana shlokas, verse 8

silly questions but those silly ones I will set them aside and let us move on to the progression as to how one becomes complete and One with the Supreme Truth.

Every day, every moment, this worthy disciple is constantly reviewing and assessing his thought process, his actions and there is consistency in that. So what this translates into is: in thought, word and deed there is one result and the result is the love for the **Sadguru**. It is Love. This love is so intense that, that itself becomes the purifying factor and the entrapped human soul in the five different **koshas** (कोष) or envelopes that one is entrapped into i.e. **annamaya kosha** (अन्नमय कोष), **praanamaya kosha** (प्राणमय कोष), **manomaya kosha** (मनोमय कोष), **vignaanamaya kosha** (विज्ञानमय कोष) and **aanandamaya kosha** (आनन्दमय कोष).

That human body as is encapsulated in a physical body, there is blood flowing through, one has all the limbs and all the 5 sensory organs and these are all active. How do they work? So in this human body is the Supreme Soul that dwells in a **kosha** (कोष) or a shell that is full of joy but that human being if you dissect, you cannot find a soul as an object to be shown. But sure enough this body that has been nourished from a child by virtue of **annam** (अन्नम्) or by virtue of food that you consume or by virtue of your mind (**manomaya kosha** मनोमय कोष). Then the **vignaanamaya kosha** (विज्ञानमय कोष) – what you understand of yourself. So like that these are various shrouds and in these various shrouds, these encapsulated that soul or **jeevaatmaa** (जीवात्मा) and this **jeevaatmaa** (जीवात्मा) frees from itself, goes into the Universal Soul and all this Universal Soul, the **jeeva tattva** (जीव तत्त्व), **jeevaatmaa** (जीवात्मा) or the physical body as a human being and the **sattva** (सत्त्व) body of that soul, all these are all perishable, my dear. And in this evolution this process is very important. The process is what purifies that soul.

The soul has to be as perfect, as pure, as sublime as Almighty God is. Only then that fusion or the Union is possible. Otherwise the process of progression, the process of growth is always necessary. Now, when one becomes THAT and still manifests as a human being, this human being is nothing other than the physical manifestation of the Supreme Truth. This Supreme Truth we may call as **Shiv Shambho** (शिव शम्भो) or we may call it Allah, Yahaveh. It doesn't matter. It is from there, to begin with the first **Sadguru** (सद्गुरु) came which was none other than the very clone, the very image of the Supreme Almighty God. And there has been an incessant, unbroken link till this time and anyone who is

walking on the face of the earth and has truly experienced, known, understood and is completely embedded one with the Supreme Truth or Almighty God is a **Brahma Nishtha** (ब्रह्म निष्ठ) i.e. one who is ONE with Almighty God.

The Bible says when Lord Jesus Christ said if you want to know God, know ME and you have known God. That is how absolutely ONE He was with HIM. In the Holy Quran too it says '**Aadam Khuda nahin lekin Khuda ke noor se judaa nahin**' (आदम खुदा नहीं लेकिन खुदा के नूर से जुदा नहीं). Adam i.e. man is not Almighty God but at the same time this man **Aadam** (आदम) or Adam is not any different from the Grace of the Graceful One. Please understand this.

As a living being, one who is a **Sadguru** (सद्गुरु) or a disciple who becomes one with the **Sadguru** (सद्गुरु), granted, in his travels of life there are so many attractions, so many enticements, yet this individual does not get enticed and keeps on moving and nothing touches this, and that is how a disciple eventually evolves into the Becoming of a **Sadguru** (सद्गुरु). And the **Sadguru** (सद्गुरु) as such is a principle which is nothing other than the very manifestation of Almighty God in human form. I hope you understand this.

I think today, now, Ushaji I am willing to take any questions. Right now I am stationed in Pune. I will have one more **satsang** (सत्संग) from Pune and on the 19th I will have another **satsang** (सत्संग) that will be from Baarshi.