

14-5-2015

Thursday

5am

## FAITH AND PATIENCE

My Salutations to all Pious Souls.....

At present my state is such that nothing 'remains' to be achieved in life. Now for the rest of my life I am making efforts to see when you will attain this state, and that is the reason why I meditate every morning by keeping all of you in my chitta so that I can come to know why you cannot meditate and what 'difficulties' you are facing while meditating – I keep trying to find out this. I am telling you what I came to know through 'experience' during meditation this morning. You do not have 'faith' in your Satguru, and if there is lack of faith then 'trust' is not created; faith is never physical – faith created physically is called 'blind faith'.

Your faith is at the physical level, whereas faith is a pure feeling of the soul; but neither this 'faith' nor this trust can be created till such time you do not reach the level of the soul and till then your mind will keep having doubts, worries and fears. Recently a Mega Shibir for Parliamentarians was organised in 'Delhi' for which I had gone to Delhi. The tremors of the earthquake were felt at 12 noon and the sadhaks on security duty came running and told us that the entire building had been vacated and you too should come down. I laughed and said, "You go, I will not come; let alone the building, nothing will happen in Delhi either." Mentally I said, "My Satguru has not sent me to Delhi to die, he has sent me so that others do not die". I was very calm, and there was a calm atmosphere in the house too. Mrs. Ramani was calmly cooking the food and Mr. Ramani was helping her, Guruma was writing something in her room – no one was affected by the earthquake, there was no fear, no worry – because I had full faith in my Gurudev and they had complete trust in me. That trust was created through the 'faith' of the soul – you will have to become a soul for that faith of the soul to be created. And you will become a soul when you do not have any 'expectations' – it is these expectations that bring us down to the physical level. We should love our Satguru selflessly, to such an extent that the dark idol of Shree Krishna starts appearing white to us. My dear, if the flow of consciousness reaches you from the Himalayas, then it will come through some pipe or the other. And if the pipe comes, so will the 'form' and the 'shape'; and if the shape comes, then its 'faults' will occur too. If it is an iron pipe then it will 'rust', and if it is made of

cloth then it will tear. Similarly the covering for 'consciousness' is the 'body' – the mien of that body, its words, its appearance is a 'deception', so become 'alert' to the consciousness flowing through the body of that Satguru, place your chitta on the consciousness, and when you place your chitta on the consciousness you will realise that the body was a 'deception', a 'shadow' and we were holding on to it. In reality there was no 'body' at all, the 'shape', words, discourses, the mannerisms of the body, clothes – so how could it have any shape – Paramatma is formless. You can only experience it by purifying the chitta. The body is perishable, consciousness is a flow – it was present yesterday, is present today, and will be there tomorrow. The sooner you understand this the better it will be. Complete the journey from the 'form' to the 'inner innate form', but it is necessary for the chitta to be pure to do that.

If we recognise the inner innate form behind the form, then faith will automatically be created and trust will also take place and then there will be no place for doubts and worries.

Now the question of 'patience' remains, so I came to know that when you get up from meditation - for the first 20 minutes when you sit for meditation you are at the physical level, your own body opposes you, like you feel itchy, you get thoughts – all these physical problems occur only during the first 20 minutes. If you bear with these first 20 minutes, then after 20 minutes you will see that the body's entire opposition will end, and you will go into a meditative state. You just have to keep patience for the first 20 minutes of meditation.

In reality, once you attain a meditative state, then there is no 'desire' to get up from meditation. Today I meditated in a similar manner, but I got up because I had to tell you what I had realised; and as soon as I got up I wrote this 'message'. Now you have to decide what you are going to do, my job was to inform you because my Gurudev told me to do so. I pray to Gurudev that you get the inspiration to meditate through this 'message'. Lots of blessings to all of you!

Yours

Baba Swami

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