

OM SAI RAM

Welcome to Prasanthi Sandesh

PODCAST 263, “HOW TO TRANSCEND THE MIND, PART TWO”

October 24, 2024

*The following text contains excerpts from Prof. Anil Kumar’s book
“Sai Vedam,” pg. 108-119.*

1. RIGHT KNOWLEDGE THROUGH DIRECT COGNITION

To know your Self, you don’t have to depend on the senses. To know the Reality, to know your Self, the senses are not necessary. Spirituality conveys the Knowledge of the true Self. Spirituality does not speak of the objective world. Spirituality does not speak of what is around you. Spirituality wants you to know your real Self. The senses are very poor instruments in helping you to know the real Self, to experience the real Self. They are rather unfit to know the Self.

There is the Consciousness of the Spirit within me. But, my eyesight won’t help me to know this Consciousness. The power of audition (listening) or the ears, however nice it might be, is useless in helping us to know Consciousness. The skin may be black, white, brown or pink. But knowing the colour of the skin is useless as far as experiencing the Self. Therefore, no matter how powerful the senses are, they are useless when it comes to knowing the Self in its totality, in its Reality, because the Self is above the senses. The Self is transcendental.

Therefore, the first area, the first avenue in acquiring right knowledge through direct perception is not foolproof. It is not 100% correct. In Sanskrit this knowledge, this kind of acquiring of knowledge is called *prathyaksha pramana* or ‘direct evidence’. *Prathyaksha* means ‘direct’ and *pramana* means ‘proof’. So, using this method, all our direct cognition is not 100% correct.

Then there is another way of acquiring the right knowledge. The first method to acquire the right knowledge is direct cognition – to see, to hear, to taste and so on. If that fails or is not valid, if that doesn’t give you the kind of information you want and expect, you can switch on to the second ‘channel’. Like TV sets, you can switch on to this next ‘channel’ to acquire the right knowledge. What is this second ‘channel’?

2. RIGHT KNOWLEDGE THROUGH INFERENCE

The second ‘channel’ is inference. In Sanskrit it is called *anumana pramana*, meaning inference. Inference also helps us to acquire the right knowledge to some extent. How? An example: I see smoke at a distance, so there is the possibility of a fire over there. The smoke indicates or infers to you that there might be, there could be, there is the possibility of a fire present over there. This is *anumana pramana* or inference.

This kind of *anumana pramana* or inference is based upon logic or upon argument. Somebody said, "There is smoke, but there is no fire." Another says, "No! Unless there is fire, there cannot be smoke." It becomes an argument! One says, "NO!" Another says "Yes!" (We can escape from both of them because how best they get their arguments across is based on their rationality and logic.)

Therefore, inference is not totally true because argument or logic can show only a glimpse. That is all. It gives only a 'bird's eye' view.

INFERENCE CAN BE RIGHT OR WRONG

Our inference may be right or wrong, so we have to be careful about it. Suppose I hear the sound of a car on this side and the car is moving. "Ah! Swami's car! Let us go!" By the time we get there, we find some other car going that same way. So, it may be the sound of a car but it does not necessarily mean that Swami's car is passing by this side!

Therefore, inference can be right or wrong. Right inference will help you, whereas wrong inference will misguide you. Right inference will guide you and improve you. It will help you to progress, while wrong inference will spoil you totally.

Here is a simple example: This world and this Universe, this entire Cosmos which is so perfect with the sunrise, the sunset, the moon, the moonlight, the glittering stars, the different seasons, the entire Creation of 84 lakhs of varieties of species, all experiencing birth, growth and death has a Maker. There is a regular cycle to life. Things have been happening in a regular and scientific manner one after the other. There must be a Director. There must be a Maker or else this universe could not work with such exact precision and accuracy. There must be a Maker. There must be a Builder. That is the right inference, which will help us to proceed spiritually.

There is another man who says, "If there is a God, then He will be utterly bored with this mechanical Creation where the sunrise is always at six AM, the sunset always at six PM, the moonlight is coming during certain lunar seasons, the rain is falling only during the monsoon season. Why all this boring regularity? Water boils at 100 degrees. Why not change it to 40 degrees from tomorrow onwards? Why not? All right. Or, the summer heat – why can't we experience the heat during the winter? Why not?"

So, if there is anyone behind this Creation, He should like to be creative. He should like to be novel. He certainly would like change. But his Creation is changeless! There are always the same normal temperatures, pressures and conditions. There's really no change at all! So, there is no Creator. There is only Creation. Creation has been going on in a mechanical way. There is no novelty. There is no freshness. And therefore, there is no creativity or Creator."

This is a wrong inference because it takes us nowhere. It will take us away from spirituality. Therefore, inference is also a handicap and an obstacle. It does not convey

the right knowledge like direct cognition. Inference also has inhibitions. It is not 100% foolproof.

Then, what is the way? To know Him, you have to live in Him. To know God, you must be godly. To know God, you should be God. That's it. That's what Bhagawan says, "You are God." You are basically Divine. So when you remain Divine, you'll experience Divinity. When you are godly, you'll experience God within. No logic will help you. No inference will help you until you know God, live God and be God. Know God! Know Divinity! Live in Divinity. Be the Divine yourself! Be that! You have to live your Divinity, not depending upon logic or anything else.

So, the right knowledge could be obtained by three methods. The first one is by right knowledge through direct cognition, *prathyaksha pramana*. The second one is by inference, *anumana pramana*. The third way is by the words of those who are awakened, *aptha vakya pramana*. The third way is to accept the words or teachings of those people who are dear to you and are awakened or enlightened.

3. RIGHT KNOWLEDGE THROUGH ACCEPTANCE OF THE ENLIGHTENED TEACHINGS

Our Christian scripture, the Holy Bible, is sacred. The Bhagavad Gita, a Hindu scripture, is sacred. So, when the utterances or sayings and the teachings of enlightened, awakened souls are accepted unconditionally, this is what is called *aptha vakya pramana*.

So, *aptha* means 'those who are near and dear to you' and *vakya* means 'their sayings'. *Aptha vakya pramana* means 'the sayings of those who are close and dear to you.' You believe and you follow what they say. This is also one way of acquiring the right knowledge. But is it fool proof? No!

Jesus Christ said, "I am the Son of God." Did people hear Him? No. What was the reward for Jesus Christ? He's so dear and close, but we still have not accepted his utterances. We have not accepted His teachings. He was crucified! The utterances and teachings of prophet Mohammed were not accepted. He always stood on the threshold of death by murder. He even had to run away from Mecca to Medina.

One morning Swami wanted me to make the announcement that two students in the Institute came first in the computer examination. I announced it and the boys clapped. Swami went inside. Two boys from the back came up to me. "Sir, is it true?" I said, "You can doubt what I say, but you cannot doubt what Swami says!"(because of *aptha vakya pramana*) He's so dear. He's absolutely Divine. So, whatever He says is Truth and nothing but Truth! You should not even ask that question because Swami said this!

TRUST HIM

When people who are dear and close to you, whom you adore, people whose example you want to emulate in your own life say something, you have to accept it. How is it possible to accept the advice and sayings of elders? You must have trust in them. What

Baba says is true. You should trust Him and then you'll follow Him. Without trust in Him, you cannot hear Him. Without hearing Him, you cannot follow Him. Without following Him, you cannot enjoy Him! Without enjoying Him, you cannot know that He and you are One.

This unity, where you and He are one, is known if you enjoy the experience of following His command. You will follow His command if you have trust in Him. So, *aptha vakya pramana*, to accept what the elders say, we need to trust them. It is necessary to trust them.

Prof. Anil Kumar shares more wisdom with us in the next session.

Thank you for your time.

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