

PODCAST 101: FOLLOW YOUR OWN PATH

Om Sri Sai Ram

Welcome to Prashanti Sandesh.

We come across so many applications, so many procedures, on various spiritual matters and spiritual exercises that we are supposed to undertake. They also make very big promises: "If you follow this, you will have a good result within a short time. This procedure is the surest way to take you to your goal."

Like that, each method has got its own argument. We are not here to judge or compare one with the other. But it is sure that we come across so many, so many. Some of them even are mutually contradictory and opposed to each other. And we also come across some other friends following a particular ideology for some time. Then they change and follow another procedure. Like that, we find some of our friends go on changing or shifting from one school of thought or one type of practice to another. This is also quite common.

Well, what are we to do? What are we to do? When there are so many theories, so many procedures which are highly confusing, and so many who have been changing from one to another, what am I to do? To be or not to be? That is the question. What is to be done now?

I think, as Bhagavan said, "It is only in the depth of silence that we hear the voice of God." Therefore, we have to learn to be silent. In that state of silence, we'll be able to listen to the voice of God. So, silence is the first thing to be adopted at this stage. And moreover, let me not follow somebody else, let me not imitate somebody else, and let me not be carried away by their promises and the hopes entertained. No! This is not any market. There is nothing like competition.

So secondly, what I am supposed to do? Follow that which is convenient to me, that which suits me. Yes! Follow the procedure where I am at ease, which is in tune with me. Instead of that, if I go on practicing or do as practices that which I cannot, naturally I will land up in trouble. I have to give up that, and take to another procedure. Why that? Let me follow that which suits me and that which should put me at ease and be in tune with me.

Just as in the medical field, they give medicines that actually suit our requirements and our body constitution. They don't give any medicine that does not fit to our body constitution. So, when body needs to be given that which suits it, why not in the spiritual practice also? We should look forward to that which suits our convenience, which fits to our psychology.

And thirdly is this: We may have to be very clear that the whole existence is a mystery. It's a mystery. Why do I say that? The faculty you have, the talent you have, the energy you have, need not be the same as the other person. You may be highly talented while the other person is not. You are highly energetic, while the other person is not.

Therefore, the talents and energy levels, interests, temperaments, psychology, they are all different from person to person. This is the mystery in this existence. As we have been saying repeatedly, no two are alike. That is the law of nature.

It will also come to your observation that every person has infinite treasure. In other words, this energy or this infinite treasure is not the monopoly of anybody. Every person has it. And everyone is given eternal life, in the sense that the body may be lost, but your life is continuous. Eternal life! Yes! And unbounded beauty, unbounded beauty. Every person has these three. Infinite treasure, eternal life and unbounded beauty, every person. That is the mystery in this existence.

And then we have got to be innocent; but most of the people are ignorant. Innocence is divine, while ignorance is to be condemned. So instead of ignorance, let us be innocent and silent. Here it must be remembered that we cannot be closed at all times. We should be open, and then we should know our heart beats, and be receptive. This also is a very important requisite.

And then, when we are at this point of search for a suitable procedure, let us not think of any problems. No! Because problems are barriers, that's all. Therefore, between you and existence, a problem is a barrier. So, there is no problem; there are only mysteries. Our Divine Master is a mystery embodied. Because you cannot gauge Him, you cannot estimate Him. And it's also to be born in mind that silence has a richness that all the philosophies of the world and all the answers together cannot give you.

There will be any number of philosophies taught to us. There will be any number of books available at our disposal. The libraries are full of books. Oh! We have got the writings of eminent personalities and we have many people who answered questions put to them by many devotees. We have got many Divine Masters who gave answers to seekers who approached them. So, there is no dearth of philosophies or answers.

But silence has a richness more than all philosophies and answers put together. Therefore, let silence be the main door for our spiritual practice, and in the selection of the practice, we have got to see that which suits us, which is convenient to us. And then, let us not copy anybody, and let us accept unconditionally that existence is a mystery. And also that we are all equally gifted with all that existence offers us, like infinite treasure, eternal life and unbounded beauty, which I brought to your notice earlier. We are all equally gifted; we are all equally talented.

So, let us not think that a person is particularly chosen, that they're particularly gifted with these three, and therefore are advancing in spirituality. It is a wrong approach. We have to look into ourselves. We have to discover ourselves. Then we'll come to the conclusion that all are equal, that no one is superior to anybody.

Therefore, what is to be done now? What is to be done now is - just remain silent and then start practicing anything that is very, very convenient to us. For example, Baba has given *namasmarana* to all of us. It's very convenient and Swami also prescribed *Jyoti Dhyana*, *Jyoti* meditation, so simple and easy to practice. And then in

the field of action, Swami has given this seva or practice. So, these are all the methods Baba gave to all of us. Let us choose any that fits into our constitution, temperament, likes and follow, adopt. Then we will certainly succeed.

And then sometimes, as I brought to your attention, we are tempted to follow others. No! That which is blissful, that which is peaceful, that which is spontaneous to you, is good for you. If I see some tedious methods, tough methods adopted, well I am not happy with them. I am not peaceful with me. I am not comfortable. Then it means it doesn't suit me.

So, the three fundamental things that we have to look after are: you have got to be blissful, peaceful. Blissful, peaceful and spontaneous, whatever procedure we adopt because that is good for us. Not simply following anything that is, what you call, shared with us by our friends, No!

And then I can also tell you that we have got some people who don't want to relax. No! They are very tough, they are very rigid. What you suggest? They can't sit calmly at least for a short time. They want to do something or other all the time. What do you suggest? Yes! Ok! We can only tell them, "Whatever you do, do it with total intensity, total intensity."

I mean when you work or do seva, do it with total intensity. Not with the mind engaged somewhere else, not partial, not segmental, not fragmental. Let it be total, with total intensity, whatever you do, whatever path you may follow, however tough you are. Though you don't want to relax and be at ease with yourself still, when once you do anything with total intensity, you are bound to be successful.

I would also like to tell you that we have to follow our conscience, our conscience. That is what Baba says: "Don't follow the body, don't follow the mind. Follow your conscience." The conscience will never give you any wrong suggestions. It only makes correct, right suggestions. In another words, conscience is totally religious. And this religiousness will prompt us to follow our heart or conscience, because heart is very much commonly used in the place of conscience. So, follow your heart or conscience. That makes your job easy.

And another thing is this. We say that, "My father did this, my grandfather followed this, and my great grandfather followed this way. It has been the tradition in our family." I am sorry. I don't agree with this statement. Times have changed. The time when your father followed a procedure is totally different from the present. The procedure or exercises undertaken by our grandfather in the spiritual field, those times are different from their father's time.

So, times have changed. Particularly now we live in flats. There is not enough of space to move about. Particularly in metropolis cities, we can understand how difficult it is to find space or accommodation. So, times have changed. Our jobs have changed. They demand most of our time and energies. So, the procedures adopted then, exercises undertaken then, do not apply today. That we have to understand.

With the result that we should know that these matters, spiritual exercises or *sadhana*, does not come to me by birth. No! I should feel good with the *sadhana* I am doing. I should be joyful as I do my *sadhana* every day. And in fact, the *sadhana* should be so interesting that it should exercise magnetic attraction, magnetic attraction, that makes me wait (eagerly) when to start again, so that this does not become laborious or boring. Therefore, my *sadhana* should attract me to do it repeatedly, scrupulously, every day.

And then the question arises, how to decide which is the best? How to decide if I am in the right direction? The result will tell you. How do you know that your disease is cured? When you know longer feel any pain or fever or any such symptoms, you are healthy, you are free from your ailment. How do you know that you have eaten in full? When you cannot eat any more, you have eaten enough.

So, results will tell you because you will remain peaceful and you prefer to be silent. You are always blissful. You enjoy benediction. These results will indicate that you are (following) along the right path. But never entertain any kind of fear. Today many people say, "Swami is not physically available. My Divine Master is not available. My Guru is not available. I am at a loss today. I am orphaned, with nobody to guide me." This is a wrong psychology, a wrong way of thinking.

As you meditate, as you are engrossed in the deep thought of your Divine Master, you will create your own Master. You will create your own Master. You have seen Him physically again and again. Now he is not physically available. The option is to create my own Master in meditation. That happens. That is the result of deep meditation. It's quite easy.

Therefore, this is the thing I would like to share with you before I take you to another dimension. But we are not in favour of these points. Why? Because the mind or ego wants a challenge. When I say this is an easy procedure, it doesn't accept because it wants to face all challenges. The mind wants to undertake the most difficult tasks. It wants to achieve impossible goals. Why? Ego, ego, ego!

So, the mind is refusing to accept that which suits us quite often. It's the mind that doesn't accept anything that's easy for me. That's why it is said in the beginning itself, "Follow your conscience, follow your heart." Nobody would ever say, "Follow your mind" because mind may say something wrong. But heart will never say anything wrong at any point of time.

So, we need to enter into our own selves. Enter into yourself. Then you will know what miraculous things or mysterious experiences are left for you. There is no greater mystery than what is within us. There is no greater miracle than what is within us. Therefore, everyone says, "Go within, go within." That's what is called meditation.

We have been quite busy in this world with outward actions. We have been quite moving in the exterior community. We have not learned to enter into our own selves, which is the ultimate process, the ultimate procedure to be adopted at one point of time. So, follow your conscience or heart, never the mind. If you go by your logic,

things would become complicated because life is not logic. No! Life is love. Life is love, not logic. So, if anyone says, "I am speaking logically enough," we could say, "Thank you. I am not for logic. I am for love."

Heart is the centre of love. Mind is the centre of logic. Follow your heart, follow your conscience. And this path of love which arises from our heart is so simple, innocent, to commune. We can establish communion with the Divinity within, communion. Communication is the one outside, verbal or writing. Communion is with the one within, communion with God. Therefore, love is the safest measure.

Then, in love, when you are in communion with God, you are completely empty of your jealousy. You will never be power-mongering. There is no chance to be angry. Ego has no place. Then your life is full of fragrance, your life is a light to everybody, yes, to light everybody. And your joy is an example to everyone to follow you.

Therefore, in this talk, I am just trying to bring to your attention that we have to choose our own path, one that suits us, and not copy anybody else.

Sai Ram.
Thank you.