

PODCAST 133: NOT YOU

Om Sri Sai Ram

Prasanthi Sandesh, 133rd episode: The topic is “Not You.” I repeat “Not You.”

Let me share some points with you on this topic. We feel, yes, everyone feels. We think also, yes. So, feeling and thinking are quite normal for everybody. But is my feeling genuine? Is my thinking correct? Let us investigate this point.

In one way, our feeling and thinking are based on hypnotic projection. They are only our mental projections. That is why Swami says, “Everything is the reflection of the inner being.”

Take the example of beauty. I may say, “She is so beautiful,” while someone else may say, “No, she is very ugly.” Why should I say she is beautiful? Why should that man say she is ugly? Beauty is a projection. I say, “She is beautiful,” because this is all my projection. So too, the other man who said ‘she is ugly’, is also speaking from his projection. So, everything is my projection, while the face is just the screen. So, we can conclude that it is all individual projections.

This individual projection is basic to our minds. All of us project like that. With this, the mind that projects gives us an idea about everything, an object or a person or whatever it may be. In other words, we think we live in an objective world. No! Do we live in the objective world? No. We are living in a projected world. We are living in a projected world, certainly not in an objective world, as everything is our own projection.

We also find that everyone lives in his own individual world. He lives in his own world, with his own concepts, his own ideas, his own motives, and his own feelings. Yes. It's all one's own individual world. So everyone lives in his own world. No one can directly participate in that world because you are the creator of your own world.

So coming to this point of projection, let me give you a simple example. Lord Krishna is worshipped by everybody, by all Hindus. We consider that Krishna symbolizes beauty and Krishna is all goodness personified. Yes. But if you ask the Jains, they don't consider Krishna to be noble and good. The Jains say that Krishna is responsible for all the violence because He forced Arjuna to fight and kill many people. So, they feel Krishna is responsible for all this violence. So, Jains do not consider Him great and good, whereas to Hindus, Krishna is an Avatar.

What can you say about this? It is all only our projection. It is our own mind that projects and makes Krishna an Avatar. The minds of the Jains project on Krishna that he is a man of violence. So, whether you call him a man of violence or an Avatar is only your projection. It is projection, yes, mental projection.

If that is okay, then what is wrong with it? When we base our observations, thoughts and feelings on these mental projections, the reality is not known. We go on

projecting every moment. So, what is to be done? This process of projection should stop. Then only the objective world appears in total. Then things look as they are, not as you feel about them. Please note it. Things look as they are, not as you feel. Therefore, feeling is only a projection of the mind. Thinking is also a projection of the mind. So, when we think and feel, it is not the objective world that we look at, that we think of. Hence, we are cut off from the reality.

Now what is to be done? We should have a non-projecting mind, or rather a non-hypnotized mind. Mind should not project anything. That is possible only by meditation. By meditation only it is possible to get a non-projecting mind, a non-hypnotic mind.

Why then this projecting mind? Why? Why is there this hypnotic mind, why? So our next question is, how does it happen? It may be because our culture or civilization may have evolved with this kind of projecting mind or projective mind or hypnotic mind. Why? The fields of education, politics, religions and business are also responsible for this projective or hypnotic mind.

A common experience is this. Just watch all these advertisements on T. V. or radio. Everywhere you'll find advertisements broadcast repeatedly. The same thing is repeated time and again until you are convinced that it is the best product, which is the ultimate and which we should all have. In addition we also find some film actors are also supporting certain items in certain commercial advertisements. So that goes on repeatedly every time you watch, so much so that you feel it is the correct choice to make and you should buy it. In other words, you are forced or you are manipulated to choose that. That's how the mind starts projecting.

Children before the age of seven should be taught. The good seeds must be sown at that stage. Then the seeds work as a base so they will have firm faith or devotion. That's the reason why people encourage them to go along the right path right from childhood.

Okay, then I can also hypnotize myself. Suppose I have got this projecting mind. Why don't I change? What will happen? Then I will move to the other extreme, to the opposite position. It means my mind projected initially and based on my mental projection I can say that this person is very good. Next what I do is I hypnotize myself, and I divert my mind. I convert my mind so that I begin to feel that he is not as good as I felt initially. Therefore, the projected mind moves either to this side, to this extreme or to that extreme. That will be very clear.

So long as you say 'good', then you hypnotize yourself again and go to the other extreme saying, 'he is bad'. This is what is called an auto-hypnotic process. You hypnotize yourself, and thus we develop projected minds or hypnotic minds.

Broadly speaking, the eastern philosophy and the eastern way of life are different from the western life. The eastern philosophy says that materialism is useless, while spiritualism is meaningful. This is what the eastern hypnosis is, if I may say so.

Now you find that there is a drift, as the east is more materialistic today, moving to the other extreme. It means that at one time the east was totally spiritual, while now it has gone to the other extreme of materialism. So, there are two extremes - spirituality to materialism, the other side. So, we move from this side, from this extreme to the other extreme. This is what happens to a projected mind or a hypnotic mind. So, it is no surprise if I say that the east is more materialistic now, moving to this other extreme.

Next, let us consider the west. The west considered materialism as very significant and spiritualism as just a Sunday affair in the west. It is not that significant. It is more of a social thing, and is merely symbolic. So the west has not taken spiritualism seriously. Now what is happening as a reaction? The west is moving towards spiritualism. That's what Baba said. The east is moving towards the west, while the west is moving towards the east.

So, this is how opposites work. We can call them a kind of projection of the mind or hypnosis. So, it changes itself from one opposite to the other. This is the problem. We move or take a stand, but then later we move towards the opposite. Both are projections of our mind or hypnosis, which I have been talking about since the beginning of this talk.

So how do we transcend that hypnosis? Let us study for a moment misery or happiness. They are just part of our hypnosis. Misery or happiness are only our mental feelings. An unconscious man has no feeling of either misery or happiness. A man, who is induced into sleep via chloroform or anything like that, has no misery or happiness. So, misery or happiness are only a part of our mind's projection. So, once this mind projection stops, we can go beyond happiness and misery.

Then what is it that remains when happiness and misery go? That is the question. I can simply put it this way. He is happy, and he 'is'. That's all. That 'is'-ness, that existence is bliss. So, bliss is beyond misery and happiness. He 'is'. That is, 'is'-ness is bliss.

Why is happiness related to unhappiness? Yes. Happiness is not related to bliss at all; hence happiness is certainly related to unhappiness. Now when you desire happiness, what will happen? You will create unhappiness also. The mind projects these two extremes. These are the mind's projection. Now if you desire bliss, then desire bliss not happiness. Now when you desire bliss, happiness and unhappiness both dissolve. They both vanish.

So the question now arises, how do they dissolve? It means that you have to leave this mind projection. You get out of this mind game. You are out of this hypnosis. You are de-hypnotized. By this de-hypnotization, which is what you can call meditation, happiness and unhappiness get dissolved.

So you can hypnotize yourself. How to identify that I am hypnotized, or that I have hypnotized myself? How do I know? It's very simple. When I am away from the true self, my *atma* or reality, and move towards an object, it is sufficient to know that I am in hypnosis or in a mind game or a mental projection.

So we are all in hypnosis, yes, we've induced sleep. Why? Because we have moved away from our true self. What is to be done? Everyone has to de-hypnotize for themselves, to know their own self and to know the reality. Why? To experience reality. Then what will happen? You will go back from the object towards yourself. I repeat, going away from the self towards the object is hypnosis or mental projections, while coming back from the object to the self is de-hypnotization. You are back to yourself. Then you will have experienced the reality and the objective world.

You can de-hypnotize yourself by just going back from the object towards your self. Rather I can put it this way. When you are centered in some object, you are hypnotized. Yes. Then when you are centered in your self or the true or *atma*, you are de-hypnotized. One has to work for one's own self in this process.

When you are yourself in deep meditation, you are beyond hypnosis, beyond this mental projection. What happens is this. We are obsessed with something or other in life. Take for example, love. Yes, love. A person goes on loving. Yes. And he falls in love with another person. The love goes so deeply that he is prepared to give his life also, as we read in some novels or as we find in some of the films. They are ready to give their life because of their love towards the other person. This madness comes from one's own self. So what happens? It projects and then the other thing becomes very significant, which makes him prepared to give his life. That's what it is.

Love is a kind of madness towards certain objects, and this madness goes on projecting. Then out of this projection, one loses one's sense of judgement and is ready to give their life. Love is not only in relation to persons. Love happens not merely between two persons, but between things also. One may fall in love with wealth. Then he is certainly mad. One may fall in love with power, so he is equally mad. Therefore, this so-called love is centered around objects. That's how the mind game works. The projecting mind starts. Any love which is towards an object becomes obsessive.

Then what happens? You are not in your senses. You are not conscious. You become unconscious. In other words, you get into an induced sleep. Yes, or you get into deep sleep. In that situation one has to dehypnotize for one's own self. Then the consciousness which is projected on the object comes back. The consciousness projected on the object comes back or returns. A simple example: suppose from this end you go to that end. You walk using your legs. Now you come back with your own legs, along the same path you travelled before. In a similar way, just as the consciousness goes out towards an object, now it should come back to its natural position. The consciousness returns from the object back to consciousness.

So when consciousness goes towards the object, it is hypnosis. When you bring your consciousness back from the object, back to consciousness, it is de-hypnosis. This should take place in the reverse order. Then one will be blissful because you are centered in yourself. If you are not centered in yourself, what will happen? You will never be independent. You will be a slave, forever in bondage.

There are some people who depend upon someone else. So the other person is the cause for my happiness. The other person and other things like how he behaves and how he is are important to me because my happiness depends on him. Then the other person starts manipulating you because you are dependent on that other person for your happiness. He goes on playing with you. He will be manipulating you. He will be managing you. You see that this happens in families, in couples, father and child, disciples and teachers. These things happen. When you depend on somebody, you allow yourself to be manipulated and managed. So, depending on others, on someone else, means your happiness is in the hands of the other person.

For instance, just check and cross check to see if the other person decides to check you or test you. In that case, he'll create some unhappiness for you. When that unhappiness is created in you, there will be more of longing for happiness. When there is more of a longing for happiness, what will happen? Dependence also will be correspondingly more. Then this greater dependence will certainly make you more unhappy. It's all a vicious circle.

Anyway, the other person wants to check you, whether a friend or a life partner or anybody. He wants to check and test how far his mastery is working, how far this love is genuine or not. If they go on checking or cross checking like that, which makes you unhappy, then what will happen? You will be longing for happiness. That leads to more dependence and that ends in more unhappiness once again. It's all a vicious circle.

Let us examine analytically and carefully this particular aspect. After all, all this can be summed up in one sentence: Once you leave your center, by that I mean the consciousness, this vicious circle can happen. Yes, you may go anywhere, you may land anywhere, but there will be no end to that cycle because you are away from your center. So a balance can be reached only when you come back to your self, consciousness. Yes, come back to your center, come back to your consciousness. This is called meditation.

Finally, I would say that it's not you who chooses. No, the choice is made out of one's mental projections. When the mind is hypnotized, the choice is in its hand. It is not you who chooses. Please understand. But by meditation you will be choosing, consciousness will be choosing. Consciousness is not object-oriented.

Let us think on this topic a little more, and ponder over it. Then I think I will be happy for the simple reason that I could make myself understood by you.

Thank you.