

PODCAST 169: THE ULTIMATE BLISSFULNESS

Om Sri Sai Ram

Prasanthi Sandesh, episode 169.

Man always wishes to be happy. A wise man wants to be blissful. So then the question comes, what is the ultimate blissfulness or ecstasy? What is it? Let us try to analyze this and share a couple of points on this subject.

Actually speaking, ecstasy or blissfulness happens within you, and the 'other' is only an excuse, that's all. This one has to bear in mind. It can be the Master, or it can be anybody else. With the Master it is easier because with the Master you don't have any expectations. With any other man, you have expectations. With any other man, you want to dominate. With any other man, your relationship is not a relaxed phenomenon. So it has nothing to do with the man. It is your attitude and your approach that is decisive. If your relationship with the Master is full of expectations, then this experience of ultimate blissfulness cannot happen.

This blissful experience can happen even with a tree or with the stars or even just sitting alone in your room. It has nothing to do with anybody else. You have to understand that clearly. This is very important because we think that some other person is needed to make us blissful. But it is an explosion of joy within you.

Now we enjoy jokes and we just laugh and smile. Some jokes may be lighter or some may be juicy jokes. But one thing is this: we don't need jokes from somebody else. It's not necessary. We can tell old jokes within ourselves that we have heard many times, maybe juicy ones, and we even laugh loudly as we cannot contain ourselves from within. So we don't need to disturb anybody else. We can laugh within ourselves. Thus we can be quite happy that way.

But unfortunately we want somebody else to make us laugh. We want somebody else to make us happy. This is wrong. We can find all the ecstasy and blissfulness within ourselves. That is a reality, my friends. That is a reality.

Scientists have discovered that all that happens to you happens in the centers of your brain. Please kindly note this. It happens in the centers of your brain. Though our excuses may be on the outside, the real happening is in the seven hundred centers in the brain.

One of the most important men of this century was Delgado, D E L G A D O. This man worked on animals to find out how their brains functioned. He was surprised to find that all biological happiness, which the ordinary man finds to be ultimate in pleasure, can be managed without anybody. You can do it alone. It has nothing to do with anybody else. You can keep just a small remote control in your pocket because there's one center that controls your biology or biological pleasure. So Delgado worked on mice and was very successful coming out with his findings.

So let things be connected to these brain centers which are the source of all happiness and joy. Delgado says that whenever we think that our pleasure, our pain, our misery, or our joy is dependent upon somebody outside, we are completely

wrong. Outside are only excuses. This is the teaching of all the ancient mystics - that bliss is within you. You are bliss. The kingdom of God is within you.

There are different ways of saying it. Delgado speaks in scientific terminology, while Jesus speaks of it in a religious way. You are saying that here that you are ecstatic. But please remember, I may be the excuse, but the whole doing is yours. You are absolutely independent. It's better to remember this. Then it can happen with any man, with any tree, with any beautiful sunset, and with any starry night or just by sitting silently doing nothing in the darkness of your room. You just have to find out what happens in you.

The thing is you are focussed on the outside. That's why you go on missing what is happening inside. You think it is happening because of the Master. So you are focussed on the Master. Then you become attached to the Master. That becomes your slavery.

Therefore Bhagavan always says, 'Embodiments of Bliss', 'Bliss is God', 'God is Bliss', 'and you are Bliss'. In every way He tells you the same point so that you don't become a slave at any point.

When something like this happens, close your eyes and see what is happening within you, and soon you'll find clues. How it happens, in what situations you are silent, you are relaxed and you are not thinking. Your mind was empty and it came like a flood. Then try it alone. You'll find that everything is within you, that nothing comes from outside. It is all in finding things which can make you joyous or make you miserable.

So it is only Delgado who proved the fact that the entire source is within you. He did a small operation on mice, putting a small hole into the skull where he introduced an electrode. He can give you a remote control, just a small-size one. You can keep it in your pocket and there'll be no need to ask anybody. You can give yourself as much pleasure as you want. Now what a scientific discovery it is! As our ancients said long back, everything is within you.

So, if you are intelligent, you'll start looking inside yourself for why these spaces are happening. You'll start on your own, alone, so that you can have those experiences even without the Master. If you are unintelligent, then you'll start clinging to a Master and that's how so many people in the world are being exploited. You go to someone and say, "It is because of you, Master. You are the Lord of my heart." You are giving that man a chance to exploit you and others.

Swami will not accept it. He goes to the extent of saying, "I and you are one." He never wants you to be a slave. He wants you to discover yourself that you are the embodiment of bliss. Swami doesn't want anybody to cling to His physical form and be attached to Him in any way.

Swami's whole effort is to give you total freedom. So find methods so that whatever you want, you can create within yourself. Not even God is needed. Nothing is needed. You are enough unto yourself because you are God. This is a great blessing or experience given to every human being.

You are made with perfection, but you never explore it. It remains dormant and unexposed. Just become an explorer of your own interiority, of your own subjectivity, and you'll find thousands of ecstasies, immense blessings, unimagined and undreamt of.

You are a paradise, but you have forgotten yourself. You are looking everywhere except within you. There lies our mistake. The sooner we find the error or the mistake or the blunder that we have been committing by looking only at the exterior but not within ourselves, the better. Till then we are bound to suffer.

It is in this connection that I would like to draw your attention to how lucky we are. The meeting with the Master, Bhagavan Baba, or for instance with any other *guru* you may follow, has always been a kind of death. Death? Yes, a death to all that you have been, a death to your past, a death to your ego, a death to your personality. It's not only a death; it is also a resurrection - the birth of the new, the birth of the fresh and the innocent, a new sunrise on the horizon, a new unfolding of your being.

But naturally, first you have meet death. You have to pass through it – the death of the past and the death of the ego. Resurrection can only be afterwards. This death is what you pay for your resurrection. So this is important to bear in mind.

In fact, the most ancient scriptures in the world are the Vedas. They describe the Master as a death; but a death which opens the door to the Divine. Certainly such a death happens only to the blessed ones. It's no ordinary death. It's not the death of your body. It is the death that transforms you. Everything remains the same - the body and the world, and yet nothing remains the same because your vision, your perspective, and your way of looking has gone through such a deep transformation that, although superficially everything is the same, in death everything has changed.

You have entered a new dimension of life - the dimension of eternity, the dimension of ecstasy, the dimension which is beyond time and space. But courage is needed for that. You have to come close to the Master. You'll have to go through this fire which burns all that is false in you. Out of it, you become twenty-four carat gold.

What is it that is false in you? The ego. The function of mystics' school is to encourage you. You don't worry. You have to pass through the test, that's all. The fire is cool, so such a death is a blessing. What is possible right now should not be postponed till tomorrow. Why remain in misery even for one day? Even for one minute, or even for one second. No!

The death of the ego, the death of your personality, the death of all that you have been thinking about yourself - that immediately opens a door. New flowers start blossoming. New songs start stirring in your heart, and new dances. You don't walk anymore; you simply dance, you fly. That is ecstasy; that is blissfulness. Gather a little bit of courage to enjoy the ultimate. That is the ultimate bliss.

Thank you. Sai Ram. Meet later.