

Sri Bhagavan's Teachings for February 2010

Transcript from Russia Skype 14 February 2010

<http://www.youtube.com/watch?v=MKNH2uyBw5A> Part 1

<http://www.youtube.com/watch?v=AG3mgNouS5g> Part 2

Audio mp3 <http://www.box.net/shared/4in9uibjje>

Every month I will be focusing on a particular teaching. You've got to intellectually understand it. You've got to contemplate on it and you've got to meditate on it. So we'll be going on month after month on particular teachings.

These teachings are like things being loaded onto the projector. Now visualize a screen, a projector and power supply. The screen is your consciousness. The projector is like the mind, and the power supply is the deeksha. Now the teachings are being loaded to a DVD, to the projector. So we'll be going on loading these teachings and after you have intellectually understood it and you've tried to work with these teachings, then we plug into the power supply, that is the deeksha, which means the kundalini will be awakened.

Then like the DVD you've see on your screen, these teachings are seen on your consciousness, that is they become a realization. Now these teachings are so structured that they will link up like a necklace and automatically join together and once that is done, after a few months, we'll initiate the process—a few months, or after the infrastructure is ready with the trainers we will initiate the process and then this becomes a realization. That is when you become awakened.

Each teaching is now to be understood intellectually. You have to contemplate on it, and then even meditate on it trying to applying it. You can go up to a point, beyond that you cannot do. Beyond that the kundalini must be awakened and the chakras must be made to move faster. That the deeksha would do. That is the power supply. Once it happens these teachings would become realization.

Now last month I was focusing on seeing and accepting the totality of what is going on inside you. That is inside a lot of things are going on: the so called

good the so called bad, the so called right the so called wrong, the so called sacred, the so called profane. So all things are going on, and there are all of these opposites inside you. There is love. There is hate. There is fear. There is courage. There is everything going on inside, and they exist as opposites because without the opposite being created there cannot be creation. All things exist in their opposites and you contain all these things.

What you try to do is you try to push out some things and keep the others. That is the mistake. You say this is good, that is evil. That is the problem. You say this is sacred, this is profane. That is the problem. You have to accept all that is there. You accept the most beautiful thoughts and you have to accept the most terrible thoughts because they are all happening inside of you. That is the truth.

Now the month of January our focus was on how to see, how to accept, how to stay with all that is going on inside without trying to keep something and push out the other, without trying to judge what is going on inside. That was the work for January. I hope you've done all those things.

Now we move onto February. For February the teaching is: your thoughts are not your thoughts. Your body is not your body. Your mind is not your mind. Your self is only a concept. That's the first part. You have got to realize when you become awakened you will see your thoughts before you. They are just going. Now what's happening is you are involved with your thoughts and you think they are your thoughts but once you become awakened they are not your thoughts. Just thoughts are moving. You are detached from your own thoughts.

Now how should you understand this? Thoughts are millions of years old. They are not your thoughts. They are just flowing through you. That's all. The structure of thoughts does not change. Only the object has changed. Thought has remained the same. Thought is essentially measurement. It is comparison. Ancient man was measure and comparing. You also do. He was comparing how many cows he had, how much the neighbor had. You are comparing how many cars you have, how many the neighbor has.

Comparing is thought. It is measurement. All thought is measurement. It is comparison. It does not change. They are not your thoughts. They are there.

So your thoughts are not your thoughts.

Your mind. What is the mind? The mind is full of thoughts and the mind is a human mind. It's very, very ancient. The same structure: fear, jealousy, anger, hatred, worry about the past, worrying about the future. It has not changed at all. Only the objects have change. Desire is there. You had desire for a spear. You have desire for money. That's all. You had fear of the saber-toothed tiger. You have fear of the share market. That's all. The structure is the same and the mind is very, very ancient. So your mind is not your mind. It's very, very ancient. It is just there. You assume it is yours. So your mind is not your mind.

Your body. Your body is not your body. You did not design your body. It was designed millions of years ago. The same structure: the nose is here, the ear is here, breathe in oxygen, give out carbon dioxide. It's been the same for millions of years. You did not design it. You did not create it. You did not conceive it. You did nothing in fact. How come it is your body? It's not your body at all. You have to think about it. Contemplate on that.

Then the self, the sense of separation. That's again an illusion. It depends upon how fast the senses are coordinating—slightly slow down, the sense of separation is gone. There is only oneness. You don't exist as an independent entity at all. There is no separate existence. Not at all. Just another big illusion. Your self is only a concept.

Now how to understand this? A very simple example would help you understand this. Mainly the dress that you're wearing, you did not design the dress. You did not tailor that dress. You did not weave the textile in the textile mill. You did not grow the cotton or create the polyester that has gone into the dress. In no way are you involved with the dress. How do you say it is your dress? It's not at all your dress.

Similarly your thoughts are not your thoughts. Your mind is not your mind. Your body is not your body. The self is only a concept. The moment you become awakened you're out of all this and you see your thoughts automatically happening. You see your speech automatically happening and you see your actions. You may think you're moving your arm by your control. It's not so. You can watch the brain in real time. Moments before you decide to move your hand the brain had decided to move the hand. It's only the illusion

that you have decided to move your hand.

Now the problem is you're identifying yourself with your thoughts, with your mind, with your body and the so-called self. This we call anatma. Anatma in Sanskrit which means false identification. And why is there this false identification? Because of what we call in Sanskrit pragnaparada or failure of intelligence which is what we try to awaken in level 2. Because of failure of intelligence you're having wrong identification which leads to a sense of separation. The sense of separation is the cause of all problems. All problems inside yourself are caused because of this sense of separation. All problems with the family are caused because of this sense of separation. All problems in your country are caused because of this sense of separation. All problems in the world arise because of this sense of separation.

If you remove the sense of separation then there are no problems in the individual, no problems in the family, no problems in the nation, no problems in the world. That is the root cause of all problems. To be free of the self is the only revolution. Not the French Revolution, not the American Revolution, not the Russian Revolution, not the Chinese Revolution. Those revolutions were necessary. Yes, but they had their place. That is not going to transform man. That is not going to end suffering.

The only solution to all our problems is to ultimately awaken where we lose this sense of separation. That is the real problem.

So in the first part of the teachings for February you'll focus on the fact that your thoughts are not your thoughts, your mind is not your mind, your body is not your body, your self is only a concept. The next part of the teaching here is: all things are happening automatically. They're all happening automatically. That is, thinking is happening automatically, not that you are thinking. There is nobody there, let us say like Guiermon. There is no Guiermon who is thinking. There is simply thinking, that is all. Guiermon has nothing to do with it. Thinking is simply happening. It is a function of the brain. When you become awakened you see thinking is just happening. There is no thinker.

Suppose you draw a circle. The center automatically comes up. Thinking is happening. It is automatically creating an illusion of the thinker. There is no thinker. Only thinking is happening. It's all automatic. Speech. You think you're

speaking. No. Speech is happening automatically. Action is happening automatically. So all things are happening automatically.

So this is what you have got to focus on for the month of February: all things are happening automatically. There is only an illusion that there is a controller, that there is a thinker. That there is a controller who is controlling all actions, that there is a thinker, it's not so. It's all happening automatically.

So you will try to understand this intellectually. You will contemplate on this and you will meditate on this.

This is the programming. It'll enter your mind and there it will stay as an understand or as an insight and then when we go for the process then we activate the kundalini and we make the chakras rotate faster, all these teachings would integrate and would become a realization.

When that happens, you will be pushed out of your mind. You'll be detached from your mind. Your mind will be de-clutched from you and you'll be watching your own mind and the mind will be functioning automatically. Right now you're living within the mind. All of you there, you're only existing, you're not living because you're living the life of the mind.

You are in prison, the prison called mind. You're all prisoners within the prison called mind and you do not even know you are in a prison because you're very intelligent, you've nicely organized all the furniture inside the prison. It is so nicely organized you don't even feel bad being in the prison, except now and then. All the furniture is arranged. What is the furniture? Your attachment to your wife, husband or children, your attachment to money, your attachment to property, your attachment to name and shame, your attachment to excitement, this and that.

This is the furniture. All this has been arranged and this is good. You must arrange it and we'll also help you with it. But then that's only for survival. But then that is not living, that is merely existing. You can start living only once you come out of the prison.

Now this prison is locked from inside and outside. The inside lock you must try to open. How will you open it? You must realize you are living in a prison. Once you realize you're living in a prison, you'd like to get out. Then you'll open the lock inside. The outside lock you cannot open. The deeksha will blast open the outer lock and then you'll come out of prison.

When you come out of prison you will see your mind is there intact. All your knowledge is intact, but you're out of it. It'll be working automatically and it will beautifully run your life. The problem is when you get involved. When you merely become a witness consciousness the mind is automatically functioning.

You can drive your car, ride the plane. You can do your work. You can be an engineer. You can be a doctor. You can be anything without any stress, very efficiently, the mind will be working and you'll be watching your mind working. When you come out of the mind when you're free of the mind, you are awakened.

Right now the mind is like a huge donkey. Is it serving you? Are you riding on the donkey? You are carrying the donkey on your shoulders. That is your condition. The mind is holding you prisoner. It is making use of your life for its survival. You're not at all free. You've been taken over as a prisoner.

Only when you jump out of the mind, you're truly free. You will start living. You then know what it is to live. Then all your questions of: what is God, who is God, how did the universe begin, what is the purpose of life, what is the meaning of life? Everything disappears, completely gone because the one who's asking these questions is gone. The questioner is gone, the questions are gone. There are no answers to these questions. The questioner must go and that's what we are intending to do.

So please in the month of February contemplate on what I have just now spoken. In March we'll be moving on to some other teachings and we'll go on...?.. in May and June until we finally come to the process. The process, all of this will come to a realization and if you become awakened you are free.

So we shall now meditate for the next three minutes.

(A note: "Guiermon" is the transliteration of the Russian coordinator's name. With apologies to him, our spelling is likely not correct.)