

Message 1998

Bessay, France, 7 May 1998

Sat Guru (Realised Teacher) emerges in answer to tears and, therefore, he belongs to whole humanity. He may have a lineage, education, accomplishments and so on. But all these are unimportant in describing him, for he is **jivan mukta** (liberated despite all bondages of conditioning). His is a different consciousness – an awakened-ness, an intelligent awareness, a presence (not a personality) – and when he says something, one should reflect on it (not reject it), should dwell upon it (not discard it). Swadhyaya (Self-Knowing) in company with a Satguru is the beginning of Kriya-Yoga.

A disciplined mind is a dull mind. It is coerced and compelled. It does not understand. It is in conflict, confusion and conning. The word 'discipline' comes from the word 'disciple'. A disciple is one who learns. And for learning; there must be a lot of un-learning, de-conditioning. Learning comes from swift perceptions and not from slow thinking. Thinking emanates from dead concepts. Thought is death and 'no-thought' is dance. Thought is idiotic, 'no thought' is intelligence. Thought is analysis, 'no-thought' is awareness. Thought is logic, 'no-thought' is love. Thought is the measure, 'no-thought' is the meaning. Thought is reason, 'no-thought' is righteousness. Thought is introspection, 'no-thought' is insight. Thought is knowledge, 'no-thought' is wisdom. Thought is cloud, 'no-thought' is clear sky. Thought is depression, 'no-thought' is delight. Thought is reaction, 'no-thought' is realisation. Thought is only validity, 'no-thought' is veracity. Thought is devil, 'no-thought' is divine. Thought is sensuality, 'no-thought' is sensory perceptions. Thought is dream and 'no-thought' is the drum of Shiva (Damaru). Kriya-Yoga liberates us from the activities of thought and opens the door to Eternity. Kriya-Yoga, a spiritual journey and not a stale judgement, needs deep understanding, tremendous courage and himalayan patience.

JAI SATGURU