

Satsang with Om Baba

(3 March 2017)

Live as the Self

Question: I am about to make a decision about something and yet when I try to change the story of this 'person' the resistance comes full force. I am wondering is this a vasana or some deeply rooted pattern for the person? I can see that I am THAT, but still the story is there somehow.

After practising spirituality for some time, by divine Grace we come to understand something which is much deeper than this whole show, we come to have a taste of what we are, a taste of the Self, a taste of God. A taste of our limitless nature. As we have said it is something very simple to be That and we cannot ever be anything other than That.

On the other hand there is still a story unfolding. The story has started, it has some momentum. The momentum will not stop just by our understanding, or our Realization – the momentum has to be fulfilled! And there is absolutely no problem with the fulfilment of the momentum. The fulfilment of the story must happen and this is perfect.

To know the Self is perfect.

To fulfil the story is perfect.

Now what is it that disturbs this perfection?

What disturbs the perfection is that there are still powerful traces of our ego. The Self somehow begins to shake out of its sleep, begins to open His eyes. The sun begins to rise on the horizon. That is perfect. The story itself might continue - our destiny, whatever our destiny may be, might unfold. Perhaps our destiny is to be a monk, or a householder, a businessman, a martyr, a father or a solitary person. This will continue, it will not stop.

Then the ego comes and says: 'Just a moment, I have realised the Self, now I should make the story as I would like it to be, I should make it a wonderful story, I know how it will be best. I will make it according to my realisation.' So the ego objects, it wants to change something. The ego wants to interfere with the unfolding of destiny. The ego thinks it knows better. The ego says now I want to stay all the time as the Self, I want to stay all the time in supreme bliss. Who says this? It is the ego that is speaking. The Self doesn't need to say this. So there are still some traces of the ego.

When the ego is absent, you let the story unfold in any way it wishes to unfold, there is no need to interfere. You are untouched by it. It is like you are watching a movie on TV. Let the movie unfold and see how it comes to its full completion. Let it happen, but know that you are not a part of the movie. This is very important, to know that you are not a character in the movie. Then you are safe. Then all the events that take place in the movie, all the story or destiny will not disturb you. You accept things as natural phenomena, just like, let's say, the change of the seasons. There is a time for the summer to come, there is a time for the autumn, and there is a time for the winter. You don't complain about it. You don't whine when the winter comes: 'Oh no, it is winter again, why can it not be summer all the time?' Let it come, it has its own beauty, it is the way nature works.

The only entity that interferes and complains or objects is the ego. The ego objects, it wants something better. No matter what you give to it, even if you dedicate your whole life, all your lifetimes, a thousand lifetimes serving it very obediently, offering it whatever it asks from you, the ego will still want something more. Something better. Even if Self-realisation comes it will still want something better. The ego is like a bottomless well, no matter how much you put inside, still it wants more.

The Self itself is Perfect. The story itself is perfect – if you keep each in its appropriate place. If the Self becomes a part of the story then we have trouble.

This mantra says:

Om Purnamadah Purnamidam, Purnat Purnam Udachyate

Purnasya Purnamadaya, Purnam Evaa Vashishyate.

Meaning; That (Self) is Perfect. This (the story) is Perfect. From the Perfect springs the perfect. Remove the perfect(the story) from the Perfect (the Self) and what remains is the Perfect.

Take the perfect out of the Perfect and the Perfect remains. This is a common translation of this Mantra, but Sanskrit is a language that can be translated in many different ways, it can be interpreted in different ways.

Sri Shankaracharya, the greatest teacher of Vedanta said Purnam means Perfect, but it also means Infinite. And so it becomes even more interesting. Here the mantra would be:

That (Self) is infinite. This (the whole of illusion) is infinite. From the infinite Self comes the infinite illusion and infinite phenomena. Take the infinite(illusion) out of the infinite(Self) and only the Infinite remains.

When everything is in its correct place, when the point of view is correct then we not only recognise the centre of our being as Perfect, but everything that surrounds our being also has its own perfection. It is Perfection with imperfections. The imperfections are part of the whole Perfection. That voice inside that creeps up and says: “Oh no, I have to correct something” that is mostly the ego. That is the guy who is never satisfied, who always has something to complain about.

So, let the story unfold – even if you want to change it, you cannot. Even if you want to change your destiny, you can't. Destiny is not to be changed – it is to be recognised, to be understood, to be accepted, to be fulfilled. The only entity that wants to change destiny is the ego. It believes it can make it better.

Many times we are at a certain part of our destiny that we do not enjoy or find unpleasant and you may say: “How can this be perfect? Where is the perfection in this, this is awful!”

Well, I say to you – just wait a little... wait. You have not seen the full story yet. You have to see the full story first, then you can judge the story. You have to watch the whole movie or read the whole book before you can have an opinion. Until then, you must be patient. Be patient. See how the story will unfold.

Can we, by knowing the Self, by knowing our true nature, be free from the story? The answer is yes. The Self is always free from the story, and if you know the Self and you are not free from the story, it is not the Self that you know, it is something else. It doesn't mean that the story does not continue. The story continues. It's just that the Self is now in a safe position... in a safe distance and observes all this happening.

Do we get to be free from the story if the story is just fulfilled? If the destiny is fulfilled? Do we get to be free from the story? The answer is yes and no. We are freed from that particular story but, as long as we do not know the Self, immediately a new story begins – part two! Or part three, or part one hundred and three! It is like a never ending soap opera, it never finishes.

This whole story that we experience is a product of karma, a product of actions. While we experience the story the karma gets burnt out. The karma gets exhausted. Slowly we perform new actions, we speak new words, and also generate new thoughts. New karma is thus created, and once again we must experience a new story. In this way we never get free of the circle of samsara. The only way to be free is to realise the Self. To realise that the Self is completely untouched by the story. And if the Self is untouched by the story, why would you try to change the story? Or, at least, why would you struggle with the story? If you like, you can play a little bit with it, try to experiment with different human behaviours, with different roles... playfully! Playfulness is part of the nature of the Self, but if you struggle to change the story, that means you do not know the Self. The Self will never struggle, only the ego struggles.

Instead of trying to change the story one way or the other, why not try to make the best out of it? Why not recognise all the infinite gifts that we have and try to make the best of them?

Instead of complaining about the things we don't have, why not be thankful for the things we do have? Instead of trying to change external events and circumstances, why not try to change our point of view and see the beauty that is already there?

There is a story. They say that in ancient Jerusalem there was a dead dog laying on the ground and it had been laying there for some days, it had started to decompose and to stink. The dog's skin had started to fall away and its insides had started to appear. This was an awful, ugly spectacle. Some people had gathered around this dead dog and were making comments. One would say: "How terribly it stinks!", another said: "Look! You can see his liver!", a third person said: "How terrible it looks, why doesn't somebody take it away?". All of them were describing the ugliness of what they were experiencing, when a voice sounded from the crowd and said: "But its teeth, they are beautiful and pure like pearls". Everyone turned around and saw there Jesus Christ, standing with them. Jesus could see the beauty. Even at this moment.

This is, in fact, the art of living life. Not trying to change it, but instead seeing the beauty in it. The beauty is already there, I guarantee it to you all, the beauty is already there!

In Life itself.

In your own Self.

In the people that surround you.

In the circumstances that surround you.

The beauty is already there.

We just need to slightly change our point of view, our perspective.

Thus the Sage has the capacity to see the beauty.

The ego is attracted more by negativity.

In modern science they say that nothing travels faster than the speed of light... except bad news. Bad news travel faster than the speed of light. People enjoy bad news so much. A small thing can happen and suddenly the whole village knows about it. The mind loves bad news. The ego loves bad news.

Yet, through bad news, through negativity or somehow being focussed on something that we consider ugly, we will always be miserable. No matter what you have in your life, even if you are the richest person, if you have the most beautiful partner, if you have the most prosperous circumstances in your life or are born a prince or a king, still you will feel miserable unless you are able to appreciate the beauty.

This is Perfect. That is perfect. From the Perfect comes the Perfect. Take the Perfect out of the Perfect and only the Perfect remains.

If you want to check yourself to see if you are in the state of the Self at any moment just try this Mantra. If this mantra works for you it means you are standing in the correct position.

If you feel there are still things to correct, improve, etc... that means that the ego is still dominant.

We were speaking the other day about how the ego can be very subtle, very-very cunning. Supremely cunning. Even when the moment comes that it vanishes inside the Self-realisation, it immediately comes back and starts playing its tricks. It says: 'I got Self-realised, I got the highest experience – all because of me! I'm so great, I am so advanced! People should start to recognise me'. These beautiful experiences only happen when the ego is absent, but soon it comes back and misappropriates these experiences and says 'it is because of me'. As we were saying the other day, from the level of the ego it is not possible to realise. That is why they would practice karma yoga for so many years in the old days. Day after day, year after year – karma yoga. Carefully purifying the ego, otherwise it will constantly be an obstacle.

You have the experience of Infinity, freedom from all limits, Supreme Bliss, and then the ego makes its final stand and says: "How can I make this last forever, how can I stay here and never go out again" and so it is destroyed, you have lost it.

This is why, together with our Self-enquiry, we practice Japa, Karma Yoga, Pranayama, charity, etc... we do all of this to purify the ego so that we can practice Self-enquiry more effectively.

If you want to jump straight away into the Self-enquiry, if you don't want any intermediate stage, if you don't want to wait or make any effort or waste any time – who or what is this entity that is in such a rush? This is the ego.

The Self has absolutely no problem with doing selfless service for 12 years, one hundred and twelve years, one hundred and twelve lifetimes! The Self has no problem at all with this. It is the ego that is in a rush, it says “No! I want it now!”.

So, Self-enquiry is very good, it is necessary, but it is not sufficient by itself, it should be supplemented with many other practices. In the case of modern times, the ego is too complicated. It will not let go easily. Whatever you have, whatever spiritual achievements you have made, whatever experiences you have had, it will come and it will misappropriate them. It will say: ‘It is mine’ and it will just grow fatter and stronger.

When you do karma yoga and simply chop the potatoes, what can the ego boast about? “I have been chopping potatoes for three years” – the ego cannot boast about this, it cannot feel special about this, there is nothing to feel special about it.

You deactivate the ego via the back door. It is very intelligent.

Question: When I go back to my job, I become identified with my role. Here (in India) when I do Seva, if I feel identity rising up, I practice the enquiry and return quickly to the awareness, but when I go home to my Role as a Kindergarten teacher I get lost in the identity and the dream.

It’s a good job, it means you can be a child as much as you like (laughter).

You can perform your work on a spiritual level. It can be a spiritual practice. This is very important with all work. Your job must become a spiritual practice. If it is not a spiritual practice then it will be a great obstacle. Maybe you identify with your work because you enjoy it too much?

Answer: Yes I do.

It’s ok, give space for this. It will not leave many traces inside. When you go back home after work and you sit for your meditation, just forget about your work.

Question: How can we stay in the present while still having to plan for the future?

Sometimes some planning is necessary. Do the planning and forget about it. Focus on the Self. There will be practical things that need to be taken care of, but they can be done quickly, don’t get stuck with them. Cook your food, pay your rent, do it and forget about it.

Stay as something far more essential. It’s great fun if you stay as the Self and make your plans. If you can truly connect with the centre of your being, something very interesting happens. The plans that you make will be fulfilled, because they are not the plans of the individual being – they are the plans of something higher and if you tune in with That, whatever plans you make, whatever wishes you have will be fulfilled.

If you tune in with the ego then you are in trouble. It will become complicated. If you want to have your plans fulfilled, tune in with the Self. Wipe out the ego. Wash away the ego completely. Through all the practices we have talked about you can wash the ego away completely.

Live as the Self. In fact, everybody lives as the Self. So, when we are actually living as the Self and at the same time we become identified with something that is not the Self – that gives birth to the great confusion.

Everyone lives as the Self.

Everyone sees with the eyes of the Self.

Everyone experiences the world, including the ego, through the eyes of the Self.

But when one becomes identified with the ego then the trouble begins.

So, you ask: ‘How can I see from my true eyes, the eyes of the Self?’

But you cannot see with any other eyes!

There is no other source of the Awareness.

The ego has no awareness.