

Satsang with Om Baba

(from Satsang on 9.12.2015, Rishikesh, India)

Space is Bliss

Says the Avadhuta Gita:

*In me, there is no impurity such as attachment;
There is no bodily pain for me.
Understand that I am the Self; I am Unity.
I am vast as space, like the sky above.*

*O mind, my friend, what's the good of so much speaking?
O mind, my friend, all of this has been made quite clear.
I've told you what I know to be true;
I am the ultimate Reality. I am unbounded, like space.*

This is a very beautiful way to illustrate what cannot be possibly explained in words – to illustrate It as Space.

Space is something we cannot see with our eyes, we cannot touch. It is not tangible, we cannot take a photograph of space, we cannot hear it, we cannot taste it. Yet, nobody of us can deny its presence. Nobody can deny the presence of space, because without space nothing else could possibly manifest.

In this way the Self is illustrated as Space.

It is not something tangible, but it is something undeniable, nobody can deny it.

It is something that is open to everything. Everything can manifest inside space.

As long as there is space anything can manifest. Something beautiful, something not beautiful. Something with a quality, something without a quality. But the space itself has no quality. It is open to everything.

It is a necessary condition for anything to manifest.

He says here:

*It doesn't matter where a yogi may die;
It doesn't matter how he may die.
He becomes absorbed in the Absolute,
Just like the space within a jar becomes absorbed.*

What does it mean?

He speaks about space a little bit more.

He says: "We have space within a jar. There is space inside it. If there was no space, we could not put flowers, we could not put water, it would be useless. The jar would be useless without space".

And we have many different containers, we have a jar, we have a cup, we have a box, we have this thing for the candle. Many different containers, different shapes, different material, different appearance. The containers are different - many different containers.

This individual body is a container, with many different variations.

This individual personality, also, is a container, with different shapes, different variations.

And the essence of the container is the Space.
Without that Space the container would be useless.
This box would be useless without space, nobody would have any use for that.
So, we are not interested for the box itself, we are interested for the space inside the box. This is the most important element of the box.
The same for the cup, we could not put water inside.
The same for the body.
The same for the mind.
These are only containers.
And it is the Essence that they contain.

So, here He says: "What happens to the yogi when he dies?"
The space that he is... the yogi is not the body, the yogi is not the mind, the yogi is space... The space that he is becomes absorbed to the big Space, you can say, to the Universal Space, to the space of the Self.
Everybody is that Space. The difference is that the yogi understands it. He has, somehow, realized that "I am that Space. I am not the container. I am not flesh and bones. I am not a personality. I am not the program. I am not the conditioning. But I am the vast Space where all these things manifest".
The Awareness is that vast Space.
The Awareness is Space.

Anything can manifest in the space of Awareness, anything!
Any thought, any emotion, any sensation, any sound, any sight, any divine experience, even the void. Even the void can manifest in the space of Awareness.
Without the space of Awareness even the void cannot manifest.
Some people speak of the Highest Reality as the Void, in some philosophies they say like this: "The Highest Reality is the Void".
The Vedas disagree a little bit with this.
They say: "The Awareness is Space. It is an open space, but It is not really a void".
It is not really something that is empty.
In fact, It is full. It is full of Life. It is vibrating with Life.
It is full of Presence, full of Light. It is not an emptiness as such, It is more like a fullness. Inside It, everything is included.
Awareness in Itself does not need something external to become complete.
Even in the absence of everything, it is complete.
Even in the absence of all sensations, of all emotions, of all experiences, even in the absence of all experiences, the Awareness is complete in Itself. It is perfect in Itself. It is not that It lacks something, that It misses something.

At the same time, although It is perfect in Itself, a perfect entity, a fulfilled entity, at the same time, It is open to anything to manifest within It.
Such is, you can say, the Majesty of the Divine.

We can see this manifested in Saints, in great, true Saints.
Although They are perfect in Themselves, they permit to anything to manifest. They accept everybody. They accept the good person, they accept the sinner, in the same manner.
This is a phenomenon that many people, many of us, can not explain.

For example, in the Ashram, here, with Maharajji, there were very good Spiritual people, and there were other people that were not so Spiritual, we can say, they were more like mafia style, truly they were, and still they are.

So, many of us were wondering: “Maharajji, why do You accept these people in the Ashram? How is it possible? This is a Spiritual place, this is a holy place. How can You accept people that are violent, who beat other people, or who are business-minded people. How can You accept these people?”

Maharajji’s answer would be: “But this man, he is a Saint!”

He would take a person who is a veritable criminal, with gun and everything, and say: “This man is a Saint!”...what can you say to the Master?

That is how Pure Awareness is illustrated and manifested in a human form. It simply accepts everything, and loves everything.

It is not a sort of lack of intelligence. It is not a sort of stupidity.

It is a sort of much more developed intelligence, divine intelligence. Because the Saint does not see the personality, and the faults in the personality, He does not see this.

The Saint sees what is behind the personality, what is much more essential than the personality.

The Saint sees His own Self, reflected in every Being. He sees the Saint in every Being. Even in the criminal.

Even in the criminal... how much more in the good people!

On the other hand, the ordinary person, he finds faults even with very good people, with very good, pure, spiritual people. He has the tendency to find small faults in the personality, and focus in these, and then he misses the Saint inside every person.

That is the difference between a Saint and us.

The Saint does not see the personality.

If you focus in this, you will find faults, for sure.

There is not a personality without faults.

But what is behind the personality – *That* is faultless.

That is the Saint, inside everyone.

And *That*, which is behind the personality, behind the body and the personality, if we could, somehow, illustrate It, It could not be characterized, It could not be classified. If we could, somehow, try to illustrate It, a very beautiful illustration would be: “It is like Space”.

It is like Space.

It is open and loving, and welcoming to everything.

And It is the same Space that is inside every container. The Space inside this container and the Space inside this other container is the same Space, and the Space inside the room, It is the same Space! Only the container is different.

The containers are many, many, but the Space is One.

And It is Pure.

And It is the Essence.

Just like the essence in the containers is space, we can very easily recognize this, in the same way, the Space behind the personality, that has been programmed by others, behind this personality, the Space is the Essence.

It was there before the body was born, it will be there after the body will dissolve.

Indeed, I am the highest Truth! I’m Shiva!

I contain the world, both subtle and gross.

I do not come, nor do I go.

I have no movement; I have no form.

It is like saying: “I am Space!”

I contain everything, just like Space.

“I do not come nor do I go”, you cannot take out the Space from this room, you can not invite It inside, It is here, It has no movement, It has no form.

*Beyond all speech, beyond all names,
Beyond the subtlest of the subtle things;
Beyond mind, intellect, and the five senses,
The stainless Lord of the universe remains ever One.*

*The Self is said to be like the sky.
Indeed, It is like the sky;
It is pure Consciousness, without any stain.
It is truly the all-embracing Whole.*

Sky and Space is the same word.

*It remains unaffected,
Though It takes the form of earth, air, water and fire.
Though It takes all these forms,
It remains always the same.*

We cannot deny That which is manifested, we cannot deny our thoughts, we cannot deny our sensations, what we see with our eyes, everything, we do not deny this, we say: "It's there!"
But where is it manifested?
What is *That* space where all of this is manifested, because space is needed for anything to manifest.
What is *That* space?
What is *That* space that is so open, so vast?
So silent.
So peaceful.

At the same time, It is not a black emptiness, It is a shining fullness.

It says here:

*I am beyond being a soul or not a soul; I am forever shining forth.
I am beyond being a cause or not a cause; I am forever shining forth.
I am beyond both nirvana and bondage; I am forever shining forth.
I am nectarean knowledge, unchanging bliss; I am everywhere, like space.*

*Unlimited by a beginning, I am forever shining forth.
Unlimited by the continuing play, I am forever shining forth.
Unlimited by the destruction of all, I am forever shining forth.
I am nectarean knowledge, unchanging bliss; I am everywhere, like space.*

Beautiful!

*Though you may be spoken of, you have neither name nor form.
Whether you are divided or undivided, there is nothing here but you.
O mind, O shameless, wandering mind! Why do you weary yourself so?
I am nectarean knowledge, unchanging bliss; I am everywhere, like space.*

I am everywhere.

We have been in many places, we have travelled a lot, many of us. Many cities, many villages, in the nature, in the school, in the parents' house, in the friends' house, so many places, infinite places, so many experiences...

How many experiences we had, each one of us? Infinite, innumerable.

Billions, trillions of experiences, yet again, in all these experiences, which are so different to each other, there is one thing that is common. One thing is the same in all experiences – that is our own Presence, inside them.

What is that “I”, that is common in all the infinite experiences that I have had?

“I”, or the Self.

This is the one, common thing in all the experiences that we can possibly remember – that means: “I am everywhere”.

Like Space.

In the Space that I am, every experience can take place.

In fact, I am not inside the experiences, the experiences are inside of me, like this.

The experience takes place in the Space that I am.

Unlimited by a beginning

I do not need an experience to start existing. I am not depending on an experience to start my existence. I was first existing, and maybe the experience will come, maybe it will not come, I will still exist.

Unlimited by the continuing play

Maybe the experience will evolve beautifully, it will be a very pleasant experience, maybe the experience will be unpleasant, but I will still be present. How the experience will evolve, that will not truly affect me, it will not make me absent. I will not be absent if the experience is not good. I will be present. I am always here. I am everywhere.

Unlimited by the destruction of all

Even if any experience finishes (any experience!), including this body, including the body of others, including the whole of the planet, I will still be here. I am unlimited. I cannot be removed.

I am nectarean knowledge, unchanging bliss; I am everywhere, like space.

Many times we are reading the Scriptures: “I am Bliss”. Many times we read it, and many people come and ask: “What is that Bliss that I am? I don’t really experience that. I feel very much pain, I feel very much misery. What is this Bliss that I am? Where can I find it?”

This Bliss is constantly there, but our attention is not to That.

Our attention is constantly to other things. We have been habitualized to give all our energy, all our attention to things other than what we are, to things that are not blissful.

That Space is blissful.

There is a story in the Upanishads.

There was a young student and he was serving his Guru, and his service, his Seva, was to take care of the fires, he was nourishing the fires, he was offering the ‘havan’ to them, he was offering wood to them, he was taking care of the fires, which should be kept lit during the whole day. And he took care of them for twelve years, continuously.

So, the time came that the Master gave the final Knowledge of the Self to all His students, and He told them: “Now, you can go. Go back home.”. And He did not give it to him. And the student expected the Knowledge, but the Master did not give it to him. He rather went away, he went traveling.

So, the student felt very, very sad. He thought: “I am going to finish my life today”.

And the fires spoke to him, and said: “Wait, beautiful one, wait! You have served us for so many years. We are very gratified with you, we are very pleased of you. We will give you the ultimate Knowledge!”.

And they said to him: "The Self is Prana. The Self is Space. The Self is Bliss".

"Did you understand?", the fires asked.

And the student said: "Well, I can understand that the Self is Prana, is Life, I can get it. But, what does it mean *the Self is Space*? What does it mean *the Self is Bliss*?"

And the Fires answered: "The Space is Bliss. The Bliss is Space".

What does it mean?

Usually, in the old times, when they were transmitting the Knowledge, they would just say something like this, and then "You can go!".

Very aphoristic.

But today we can explain a little bit.

The Space is Bliss. The Bliss is Space.

The Space is Bliss, that means that It is not just emptiness, It is not just a void that some philosophies speak about. It is not a blackness, it is not the limbo, some place you go when you die, and everything is finished, and all is blackness.

This is not the Space we are speaking about.

The Space is a fullness.

The Space that the Self is, It is not the absence of something, It includes everything, It is the Presence of all Life simultaneously.

That Space is Bliss, It is filled with Bliss.

It is not some emptiness, It is something that is filled with Bliss.

And, again, the Bliss is Space.

That means it is not the Bliss that has some reason, some dependence on something else, it is not the kind of Bliss that you eat a sweet and you say "Ah, this sweet is Bliss".

It is a Bliss that does not depend on anything, It exists by Itself.

It is the Bliss of openness, the Bliss of surrender.

It is not a Bliss that has some object, that depends on some object.

It is just open.

It is the Bliss of openness.

It is the Bliss of freedom.

It is very similar to the Bliss of Saint Francis of Assisi.

Having as little as possible.

Bliss is Space.

The Space is Bliss.

So, if the Space of Awareness is always filled up with things, we are going to be distracted from the Bliss that is Space, from the Bliss that is a natural quality.

If the Bliss of the Self is always full, with thoughts, with desires, with fears, with ambitions, with impressions, with all these things, how will we experience the Bliss that is Space?

So, the question is: "Where is that Bliss? Why I don't experience That?"

The Bliss is behind all these desires that most of us have, behind all these fears, all these endless impressions, all these attachments, It is right there.

The Bliss is Space.

It is freedom from all these things.

The Space is Bliss.

What we are can be, somehow, dependent on other things?

Even if all the other things are absent, will we not still be what we are?
But if there are too many things attracting our attention, we will never pay attention to what we are. We will never recognize that Space that is Bliss.
We will never recognize what we are. That is why we say that when we sit in meditation, the first condition is to forget about everything.
Forget, for a moment, our duties, for one hour that we sit for meditation, we are free from all duties, all worldly duties, we are free from all family duties. We forget for one hour. Free from mother, father, children, brother, sister, neighbor, employer, employee, master, slave. Free!
We forget all these unnecessary impressions, we make Space.
We make Space.
We call upon the right to be free from that for one hour – it is our right to be free from that for one hour per day. We can serve the world for 23 hours, but for one hour we can be free from this, free from all duties.
Free also from our own body.
For one hour: I have no body.
Not only I have no family, I have no work, I have no home, I have nothing to attract my attention, I have nothing that needs me, I have nothing that expects me, that expects something from me, nobody expects something from me.

I have nowhere to go, I have no place to go.

I have no obligations towards anybody.

I have no duty.

For this one hour, I am free.

For this one hour, I do not have a body, I do not have a form.

I am free from the form for one hour, I have no form.

I am not a male, I am not a female.

I am not old, I am not young.

I am not from Greece, I am not from India, I am not from America, I am not from Italy, I am not from anywhere. I have no nationality.

I am free from nationality.

For one hour, I am formless.

I am free from the boundary of form.

I have no name.

I have no wealth, or anything that is connected with the body.

I am free from all this.

For one hour, I am free from personality.

I am not intelligent.

I am not stupid.

I am not educated.

I do not know any languages.

I have no skills.

I have no strengths.

I have no weaknesses.

I have no special abilities.

I have no faults.

For one hour, I have no faults.
I am not angry.
I am not peaceful.
I am not ambitious.
I am not lazy.
For one hour, I have no quality.
I am free from any quality.
Free from any label.
For one hour, I have no limit.
I have no past.
I have no impressions.
No past. The past does not exist.
I do not have a future.
I am free from that burden.
I am free from time.
For one hour, I am timeless.
Bodiless.
Without personality.
Without any quality.
Without any past, or any future.
Without any limit.
Sinking inside the Silence of my Being, I get nourished by that Silence.
I become healed by that Silence.
That Silence is my True Being.
That Silence is Space.
That Space that is not limited by any conditioning, but It is vast, It is unlimited.
It is free.
That silent Space, That is my Nature.
That shining Awareness, That is my Nature.
I am forever shining forth.
That shining Awareness, that blissful Awareness, That is my Nature!
That is who I am.
Unlimited by time or space,
I am forever shining forth.

So, do not forget about the Space inside you.

Do not forget to honor It.

For some time, every day, remove all these unnecessary distractions, unnecessary programming, conditioning. This is not your Nature. This is what makes us different, everyone has a different programming, but everyone has the same Nature.

So, do not forget to be free from the programming, every day, one hour, two hours, as much as you can.

To be like Space, blissful Space.

Is there some question?

Question: I am just wondering why we, almost all of us, possibly, spend so much of our lives in a state so divorced from our True Nature? What is it? What is that bounds us and makes so hard for us to realize our Self?

Has it happened to you that you go, for example, to the internet, maybe you go to Facebook, and you say: "I go just for two minutes, I go two minutes in the Facebook". I don't know if it has happened to you. You go for just two minutes, and then it passes two, three hours, five hours and you are still there.

It can be the internet, it can be a tv-show, if you don't have internet. It can be something in the mobile phone, it can be a magazine. There is something very fascinating and addictive in the Samsara, in the Cosmic Play.

And, perhaps, some compassionate person, maybe your friend, maybe your mother, your father, will come and say: "What are you doing there in the computer? Five hours have passed, you have not taken food. Come out! Step out of it!". And he will take you out, and you will see there is a beautiful world outside the computer - much more beautiful, in fact.

In the same way the Master, He shakes you out, and tries to remind you that you are not this program, you are something much more beautiful, and much more essential. You are not just this body and personality. Which is fascinating, in a way, it is fascinating for all of us, and it can still be fascinating, after realization of the Self.

It can be even more fascinating, but then, you know the way back home. You know you are not this.

You can play with it, from a strong position, you can go back home any time you wish. You can let your Karma unfold, somehow, naturally, and do not complain about it. It becomes much more beautiful. Because now you recognize it to be "a play", you recognize it to be like a show, so it is beautiful. You do not feel the burden of the world on your shoulders, not any more. It is just a play, like a video-game, or something like this. Like a cartoon movie, like this. And it is fun. This is my answer.

Is there one more question?

Question: You were saying that when we come out of that and we see the movie, many times there's like a running away from that...it's a...

Running away from what?

From the Truth, let's say?

Yes, it is true, it can be like this.

Some people may have some experience, very deep experience of their Self, and they cannot bear it, they cannot handle it, and they say: "I'll never go back there!". They go back to the world, full power.

This can also happen. And it is fine.

It is like a child, it has a play, like a video-game, and his mother calls him to eat, and the child thinks: "Ok, I go to eat". He eats very, very quick the food, and he runs back to his video-game.

It is a matter of maturity.

It is fine that it is like that.

It is fine if a soul enjoys the Cosmic play, that is why it exists, it is beautiful!

When the time comes, it will have enough of it.

It will realize that, somehow, it is empty, something is missing.

And what is missing is the Knowledge of "Who am I?".

And it is something very important, it is not a small thing - it is something very important!

So, the game is beautiful, fascinating, sometimes.

Sometime it is painful. But, who is the experiencer? Who am I?

So, this question becomes very burning, slowly slowly, through time. And then we turn towards Spirituality to find out "Who am I?".

But, until that point, we can enjoy the game, there is nothing wrong with it.

It is a sort of a choice, if you like.

When the time comes, you will have enough of it.

You will say: "I cannot find happiness in this. It is not possible. Until I realize who I am, I cannot find happiness". Then you will turn towards Spirituality, very sincerely.

Question: So, if God puts us into this play, for example, and we act our roles, maybe we are not supposed to get out, maybe we are supposed just to play and act our roles, and being here...

What is very important to understand is that nobody puts us in the game. We put ourselves in the game. That is very important.

And this is a choice – this is our choice. And as long as you have this choice, nobody can change it. No God, no Guru, no friend, no mother, no father, nobody can take you out of it, as long as it is your choice. But when it is your choice to see beyond it, some people can help.

It is completely a matter of choice. You do not have to do it.

The Karma has to be played, has to be fulfilled, but you do not have to play along.

Because the Karma is for the body and for the mind, it is not for you.

So, when we realize the Self, we become free from Karma. This is what it means.

Not the body. The body has to play the Karma, it has to fulfill the scenario.

But we are not anymore the body.

And that is a beautiful freedom.

For one hour, every day, minimum - one hour in the morning, one hour in the evening, you have the right to be free from Karma. You have the right to do it. You have the right to be free from anything, from any duty, any obligation, any conditioning, including Karma.

The moment we are free from the body, we can be free from Karma.

So, just the understanding, that "I am free from the body", makes you free from Karma. Just this.

One hour every day, minimum!

You need to honor that right of yours.

One hour every day be 'nothing'!

Have no label, have no body, no mind.

Says the Zen teacher to the student (instructions for meditation):

"Sit down, and forget your body, forget your mind, and then forget the body and the mind of others, and meditate".

Make space.

Be Space.

Be the blissful Space.

Be what you are.

Space is the secret to Bliss.

If you seek for Bliss, make space.

Space is Bliss, Bliss is Space.

Om Shanti Shanti Shanti!