

# *Satsang with Om Baba*

(Rishikesh 2019)

## **The essential transformation**

About what shall we speak today?

*Q: Probably one destination, but many, many different paths, and sometimes it appears that the paths lead to different destinations...*

That is true!

Even if we just start walking in the forest, if we take one path we go to one destination, if we take a different path we go to another destination. Or sometimes the path may be different, but you may arrive in the same place. We can have all sorts of variety...

*Q: What is the feeling of the final destination?*

“How can we understand that the teaching bring us to the final destination?” This is the ego speaking...

“I don’t want to make just one step ahead, I want to go to the final destination just now! I don’t want to make ten or twenty steps, I want to make one step, I want it quick and easy! I want to reach the final destination right here, right now!”

My recommendation is forget about this! Just make one correct step at a time, make one more step towards kindness, one more step towards peace, one more step towards love! And if you succeed in these you know you are going in the correct destination.

There is hardly anybody who can make one step and arrive in the destination, in the final destination. I know that many teachers will promise you this, just one step and you are there. That is a very attractive teaching!

You don’t need to make any step for the final destination, but there are simply things that need to be removed from inside. Not even one step is needed, but a certain process is needed to remove the coverings that hide the Truth. A certain process is needed to wash away the impurities from the intellect and the mind. And as these impurities, as these obstacles are washed away, gradually more love comes out, more the Self shines, more the Truth becomes evident, more kindness arises. And as these indications happen in the way, you can know “I am proceeding correctly.”

The final destination that you call is in truth not a destination, it's already here. That's why we call it the Truth, that's the main characteristic of anything that is true - that is it's constantly here! That's how we define Truth.

By definition, the illusion is "appear and disappear". Like any magician, he shows a cloth, he takes a pigeon out of it. And he covers up the pigeon and there is no pigeon, there is nothing. That is illusion!

So, anything in our life that appears and disappears belongs to the category of illusion, including this body that appeared at a certain moment and will disappear for sure, including every thought that we have, including every emotion that we have, it appears and disappears... Including every possible experience that we have, it appears and disappears. You look for this and you cannot find it anymore. Why you cannot find it? Because it is not true, it was just an appearance! What is true is constantly there!

So, this is how we define traditionally the Truth and the illusion. The Truth is something that is constantly here, covered up by many layers of illusion. And what makes the Truth difficult to discern is that our attention is constantly on the illusion.

We are more interested for the illusion, we are in love with the illusion, we are captivated by the illusion that is always so fresh and so beautiful, always changing appearances, changing dresses, changing moods, always dancing in the most captivating way... How can we not be in love with such a beauty? And being in love with her, we have forgotten who we are.

In the same way that when you are in love with a woman or a man, your attention is completely captivated by this person, you forget yourself. You think always how to act, how to speak, to please that person, you don't think about yourself.

This is what happens with the Supreme Self. Captivated by the dance of Mahamaya, captivated by the grand illusion, He forgets who He is.

The Self is constantly there, but what He sees, it appears and disappears. The Self doesn't need to make a step to be who He is. You don't need to make a step to be Existence, but a process is necessary to remove what covers this beautiful Existence, a process is necessary to redirect the attention from the illusion towards the Truth. This process of redirection, this process of transformation, we call it Sadhana, or Spiritual practice. Whatever helps us in this redirection of attention, whatever it is, this is Sadhana.

So, different people have reached to this understanding through different paths. And when somebody reaches through a certain path, he comes out and shares the path that he has reached himself. So one teacher will teach one thing, the other teacher will teach something else, it's natural! And if you will become teachers, you will teach something else.

You can tell me that maybe this becomes confusing, because we hear so many different paths. It is truly confusing! Like you want to cross the forest to go to the village, one tells you "Go through this way!" The other tells you "Go through that way!"

"Which way should I go?"

The truth many times is that both ways will lead to the village. But you cannot go simultaneously both ways. Sometimes you need to choose!

So that's why they say that if you want to arrive quickly and guaranteed, choose one Guru!

And you don't need to listen so much what he says, what he says with his mouth, but you will need to listen what he says with his life! His life is the teaching!

Anybody can say whatever he likes! And do something different...

So look at the life of the teacher! And bring elements of this life to your life. That means you follow the teacher.

One of the greatest disciples of Jesus Christ was St. Francis of Assisi. He never met Jesus Christ! And when he was young and was going to the church, he was not so much interested for the preachings. He was seeing the people around him, they were listening to the preachings but they were not being transformed. He understood "If I want to experience what Jesus Christ experiences, I must live like him! And not just memorize the words of the Scripture, like a parrot. But make my life Jesus Christ life!"

So, he did it 100%, and in this way he became 100% Jesus Christ...even the stigmata appeared in his hands, they say that even the nails appeared, not just the wounds but even the nails were on his hands! He became fully Jesus Christ!

So, if there is any conscious being that inspires you and you want to follow that conscious being, it's not sufficient to listen to his words, but you have to put it into practice, you have to live the way he lives.

If you have a true connection in the heart with a teacher this will happen automatically, if your connection is true! And if you don't have a hundred teachers!

If your connection is true with a teacher you will find yourself slowly being transformed to that teacher. Because this connection with the teacher is like a link, and in this link the energy, the qualities of the teacher they pass onto you. And this is the true teaching, not what the teacher says with his mouth. What he says with his mouth you will remember for one, two days, then you forget. Very probably, it will reach your mind, it will be changed in your mind, it will come inside you in a different way. It will be misinterpreted.

But if your connection is true, you will get a teaching that cannot be misinterpreted, you will take a glimpse of his own experience, and that's what you truly need, not just words to fill up your

mind. You want a taste of his experience, a direct experience, a tangible experience! This is what you truly want, what you truly need, and the way to do it is only through a true connection with a teacher.

If there are too many teachers, there's going to be confusion.

Let me put it in another way; there can be many teachers, but there should be only one Guru. Because we can learn from many people, that's ok, but there should be one beloved! Just like you have one wife or one husband, there must be one Guru!

So, this is the most genuine way of developing the spiritual connection with the Guru.

There are three main ways to associate with the Master.

The first way is physically, in his physical presence. To be with the Master physically in the same space; to offer service to the Master, if you have the opportunity; to find an excuse to be close to the Master, a valid excuse; to go in the places that he goes, to come to the Satsangs, to come to the Kirtans. Seize any opportunity to be with the Master! This is, in my opinion, the best way and the most tangible, we can say...

Sometimes this is not very practical, sometimes you need to go back to your country, wherever you are, and you cannot be physically close to the Master.

Step number two; Many masters will give something like an initiation to the disciple, and the most efficient initiation is called the Guru-Mantra. The Master will give you a Mantra, he will say "Take these words and repeat them."

Now, the Mantra that the Master gives is not just a combination of words, it is not just a combination of consonants and vowels. This Mantra carries with it the energy of the Master, it has the presence of the Master in it. So when you repeat these words in your mind, you bring the energy of the Master inside of you. This is a way to connect with the Master that works quite well. This is called verbal association.

And the third kind of association is mental association, to remember the Master, to meditate upon the Master, to pray to the Master, somehow to bring him inside of you mentally. This is also one way to channel the energy of the Master to you. By doing so you create a strong link with the Master, your life will start by itself to transform. Don't resist this – support this!

This is the transformation that we truly want! You will see things going away from your life, you will see new things coming to your life. This is called transformation, something goes out, something comes in. Don't resist this – embrace this!

This is the reason why you visited the Master – for this transformation. This is the reason why you entered into Spirituality, this transformation. So when some things begin to be removed from your life, don't be intimidated, this will make space for something new to come.

Because as we said in the beginning, this final destination that you were mentioning is already here, but is covered by so many things... So, the path to the Truth is a path of removal, a path of taking out things, a path of lightning your burden. This is a transformation!

Now, let's say you understand well intellectually the importance of removing unnecessary things... if I would say to you now "Ok! Now you give up everything you have and dedicate yourself fully to the Truth! Give up everything! Give up family, give up work, give up your property, give up your ideas, give up your beliefs, give up everything! Give up anything that you are attached to, give up anything that distracts you from the Truth, so that you have no distractions, so that you can focus on what is essential! Can you do this?"

How many can do this?

Ok! That's why I am not asking this from you, because I know that almost nobody can do this.

In fact, everybody can do this! But... nobody wants to do this.

I know that you don't want to do it, at the same time I know that you need it!

How can this happen in a beautiful and scientific way?

How you can have what you truly need when you actually don't want it?

This can happen only in a very subtle and indirect way, by connecting with the Guru. By recognizing very clearly that this is what you truly need, to know your Self! By recognizing very, very clearly that this is the most essential thing! By recognizing that this is the most precious state that you can have as a conscious being! By recognizing it very clearly! When you connect with the Guru, this recognition will slowly blossom inside you.

When you connect all the time with people who have the opposite understanding, you will again be influenced in the other way.

Because you come here for this reason! Isn't it like this?

For what reason do you come to Rishikesh? For what reason do you come to the Satsang?

To know the Truth! What Truth... just words? No, you want to directly experience this! You want it to be a very tangible and direct experience. And I give you the way, and you say "No, no, I don't want this." Ok, no problem, we use indirect methods...

Another indirect method is very simply to simulate this during meditation. To bring yourself into a state of full renunciation during meditation, to renounce any idea you have, any property, to remind yourself "I have nothing!"...which is the truth, by the way.

Remind to yourself "I have nothing! Nothing belongs to me. I am nothing! Also no label belongs to me. I am not a woman; I am not a man. I am not old; I am not young. I am not strong; I am not

weak. I am not clever; I am not a fool. I cannot be described in any way. I am not from this country or that country.” Renouncing all ideas you have about yourself, renouncing all illusion.

Renouncing all duties, all obligations - inside of you! You say “For this time I sit for meditation, I have no duties.” This is true, your only duty is to realize your Self in this time. “There is nobody who waits for me, I have nowhere to go, I have nothing to do. Nobody expects me and I expect nobody. I have no destination to go; I am here, now, in the infinite space of my own Self. There is nothing from the illusion to steal my attention away. I have nothing and I have no duty. And I, myself, I am nothing! And by having nothing, and by being nothing, I have no limitations. I am existence itself, unlimited, pure, free! I am existence without parts, without separation. One existence without name, one all-embracing existence, true existence that is constantly here, oceanic existence... In this oceanic existence, my ego is dissolved, it doesn't exist anymore. Just this one existence, all-pervading existence. I am That without name or limitations.”

This is the way to renounce the whole of the illusion during meditation and have a glimpse of what lies beyond this illusion. If somebody physically renounces some things, will it help? Of course it will help! But not everybody wants to do this...

But you can renounce something, maybe you don't need to take everything out of your life, just something small you can remove, if you understand it is unnecessary for you. Make more space for the Truth!

And the purpose of any genuine teaching is to make this removal, is to make this washing, this purification. There can be many different ways and there are many ways. Whatever contributes to this purification it's good! Whatever you feel it works for you well, it's good, keep on doing this! Stay with it for some time, don't jump from teaching to teaching, that will lead you nowhere. Take a teaching as far as you can!

Fortunate is the person that has found the true beloved, be it a husband, be it a wife, be it a Guru. On the other hand, the person whose heart is not fulfilled and roams here and there, let us pray for that person. He is still unfulfilled, like a man who gets married to a wife but still keeps on looking at other women, it's miserable person. Or a woman that keeps on looking for other men. Lucky is the woman who has found the true beloved and is fully dedicated to him. Lucky is the seeker of Truth who has found a true Master and is fully dedicated to him.

Jesus Christ used to say “Nobody can have two masters. He will love the one and hate the other. He will have to follow the one and disregard the other.”

If anybody chooses to have two Masters, he actually chooses to have no Master!

One can have many teachers, but the Master can be only one. Because when the Master tells you “Come!” and the other Master tells you also “Come!”, what will you do?

Until that blessed moment that you will surrender to the Master, your master will be your ego. And the only being that can free you from the rule of your ego is the Guru.

Because if you go to the Guru and say “I want you to be my Master!” Then the ego will say “Hey, just a moment! What about me?” “Let us think a little bit about it. Let us weight it a little bit. Let us investigate further. How can you follow a Master? How can you follow somebody else?! I am your inner voice of wisdom, I am your most genuine friend, you don’t need anybody else. Why would you need a Master?! We can do it with our own strength!”

You should recognize that voice coming from your old Master, the ego.

The ego and the Guru cannot be together. The Guru will kick out your ego! Or your ego will kick out the Guru! Both of these happen. The ego can kick out infinite Gurus, he is an expert in kicking out those who don’t agree with it.

So, approaching the Master is like saying “I am tired of this ego of mine, I don’t want any more to be controlled by this dark energy. I have been controlled by this for infinite lifetimes, I am a slave of my ego for infinite lifetimes. Now I want to be free from it! How will I do it? I need a champion, I need a hero!” Who is that hero? Who can do this? Who can possibly do this? It is the Master, only the Guru can do this!

Maharajji was saying again and again “You cannot remove the ego with your own effort!”

It’s like you have something inside you, let’s say some tumour or something, you cannot just open yourself and take it out, you need a professional surgeon. The Guru is the professional surgeon to remove the tumour of ego. He is the hero to bring down the dark ego. And trust me, he is an expert in this!

But either the Guru will kick out the ego or the ego will kick out the Guru.

It’s like a very famous philosopher was writing “God and the devil are having a battle inside of me, and I am the battlefield. May God be victorious!”

In the same way, the Guru and the ego have a battle inside of you and you are the battlefield. If you are lucky the Guru will win.

One quick question:

*Q: Can we not reach the Truth without the Guru?*

This is one of the main objections of the ego...

Well, if the Guru does not represent the Truth he is not Guru, if the Guru is not an embodiment of Truth he is not Guru, he is a teacher. So this Truth you want to reach is supposed to be represented by the Guru. And you are very lucky if this Truth is represented by a human being.

In the case of Ramana Maharishi it was a mountain. Do you prefer to have a mountain for your Guru?

In the case of Dattatreya it was twenty four different animals, like the elephant, the snake, the pigeon, etc. Do you prefer to have these for a Guru?

You could, if this represents the Highest Truth for you.

If you have a human Guru, that is the greatest fortune!

Not a teacher, a Guru! Teachers many, many... Guru one!

Maharajji used to say the one who has a sincere thirst for Truth, a very strong thirst for Truth, he will meet his Guru. If you don't have this sincere thirst you will not meet your Guru. And even if you meet him, you will not recognize him. And even if you recognize, you will not be interested, your ego will take you away.

So my prayer is that all of us find our true Guru in this lifetime.

May all of us find this source of Truth that can dissolve our ego.

May all of us find that beautiful being that we can fully surrender to, that we can completely fall in love with him and give up any attachment to our own self, and merge with this Truth.

*Merge with the Guru,*

*merge with the Truth,*

*merge in Oneness.*

*- OM Shanti Shanti Shanti! -*