

# *Satsang with Om Baba*

*(Rishikesh 2019)*

## **The science of Devotion**

Welcome everybody to the Satsang!

Many people will have the question “What is the best way, what is the supreme, the absolute way to reach to the Truth?”

They will ask “There are so many different ways, I’m kind of confused, what is the best way? What’s the supreme, the absolute way?”

There is no absolute way, but there are many ways that lead to the Absolute, there are many wonderful and scientific ways that lead to the Truth.

I would like to speak about one specific way, today. That is Bhakti Yoga, or the path of Devotion.

The path of Devotion is extremely important! In fact, without devotion we cannot do anything in our life. If you want to do anything, if you want to be an artist, without being devoted to the art you will fail. If you want to be a businessman, without being devoted to your business you will fail. If you want to be a family man, without being devoted to your family you will fail.

A Mother who is devoted to her family makes a good Mother. An artist who is devoted to his art makes a good artist. A businessman who is devoted to his business makes an excellent businessman. A spiritual person who is devoted to spirituality makes a good spiritual man.

Now, there is a certain peculiarity in Devotion, there is a certain strange feature. Devotion cannot be taught, there is no way to teach you how to love the Truth, there is no way to teach you how to love the Truth of your Being. There is not something like a method for this. There is not a pill that you can take and you will be devoted. Unfortunately, not yet...

So, when we approach Devotion is good if we try at least to understand how it works, in a scientific way!

Let us take for example Devotion to a human being. When we are devoted to a human being, whoever it is, maybe it is our Mother, maybe it is our husband, maybe it is our child, maybe it is our Guru... When we are devoted to a human being we create a link with that being! A subtle but very clear link with that person. This link creates a connection, a flow of energy to and from. Through this link and through this connection, this energy is being transmitted.

So if you think all the time of a person that is, let's say, an angry person, you will be yourself angry. If you think and you are deeply connected with a person who is passionate, you will be yourself passionate. If you are very much connected with a person that likes football, you will begin to like football. If you are deeply connected with a person who is spiritual, spirituality will start growing inside of you. If you are deeply connected with a person that is a true devotee, Devotion will start growing inside of you! By itself, without somebody telling you "Look! You must be devoted."

A certain love will start to grow inside of you for the Truth, a love for the Truth. The qualities of that person will start to flow into you.

So, if you are connected, let's say, to Jesus Christ for example - sincerely connected! - you will start seeing some qualities of Jesus Christ growing inside of you. If your connection and your Devotion is perfect you will see yourself slowly being transformed into Jesus Christ!

This is what happened with St. Francis of Assisi and many other saints. This was their technique, Devotion, one pointed love!

That is love that doesn't go towards all directions, but love that somehow is focused to a specific direction. That creates a very powerful link, and out of this link a merging happens! Out of this link, the disciple merges to the Guru. Hopefully, to the Guru... Because with whomever we have this link, we will merge to that person.

Has it happened to you to see married couples that are married for many years, and you see that the husband and the wife they look the same?

This is what I'm talking about; one begins to be transformed into the other through love. Not necessarily through love, just by this connection!

There is a story, a very interesting story about Krishna - Krishna is a great teacher of Bhakti!

There was a certain demon, who hated Krishna! When Krishna was born here on this Earth, this demon was born as a King. And he always tried to persecute Krishna, always tried to find a way to bring him down, he was obsessed with Krishna! He hated him so much, Krishna was always on his mind!

So, at a certain moment he came face to face with Krishna. He said "Now I have you!" Krishna took out his discus and with a playful movement he threw it to him and cut off his head, the demon fell down dead. His spirit rose up fully shining with light and immediately went to the highest paradise and became one with Krishna.

He hated him so absolutely that Krishna was always in his mind. When he left the body, he became Krishna, he merged with him.

This is how Devotion works!

What we keep in our mind with great strength, we become that. So be very careful where you direct your mental energy!

There is this other story we say many times, the story about the buffalo.

There was a certain disciple, he went to the Guru, he said "Master, teach me meditation!" The Master said to the disciple "Ok my child, you meditate on Sri Krishna in this way; you meditate on his divine form as having beautiful curly hair, a beautiful garland of flowers around his neck, wearing a golden silken cloth, keeping a flute in his hand, having a shining face, lotus-like eyes and a soul-enchanting smile. Meditate on him in this way and feel yourself melting when you just look at him, feel yourself melting in love when you see that beautiful form." The young guy said "Guruji, this is too complicated for me, it is too difficult for me, please give me another meditation." The Guru said "Ok... You can just think of the form of your Father and meditate on your Father." The guy said "No, no Guruji, please not my Father, I was always afraid of my Father, I don't want to think about him anymore." Then the Guru said "Ok my child... Is there anybody that you truly like, that you truly feel spontaneous love?" So the young man thought a little bit, he said "Well, in the village that I was living there was a buffalo I liked very much!" The Guru said "That's it! You meditate on the buffalo!"

So, the young man went to his room, closed the door, and he started meditating on the buffalo. One day passed by, two days passed by, three days passed by... He was still inside his room.

The Guru he worried, he said "What happened?! Let me go and check!"

So, he went to the room he knocked on the door "Knock! Knock! Knock!" and from inside there came "Muuuuuuuh!"

The young disciple has become the buffalo. By keeping his mind fixed on a buffalo he has attained identity with him. His whole world has become buffalo. Out of love, his mind has become focused. Out of natural love, his mind has become one pointed.

The Guru said from outside "Now leave the buffalo also!"

He left the buffalo and he entered into Samadhi!

Because his whole world was the buffalo, when he left that one object nothing remained, only pure awareness!

Whatever we meditate upon, whatever we fix our mind upon, we become that very thing.

If we fix our mind upon our human aspect, we become as it were human being. If we fix our mind upon a specific gender, male or female, we become man or woman. We have never been neither man nor woman, the conscious being is not a man, not a woman. But by fixing the mind constantly on this form and creating identity with this, it feels it is a man or a woman. The conscious being has never been a Greek, a Russian, an American, or anything like this. But going

to the school for so many years and telling him “You are American!”; “You are Russian, and Russia is the best!” or “Glory to Greece!”; then you say “Ok I’m Russian! I feel good with it!”

The conscious being has no qualities in itself, it has no description, it has no limitation, it is unlimited, it can be anything but in truth it is nothing in itself. By fixing its mind and its attention into something, somehow it shape-shifts into that, it becomes that very thing.

That’s why we say one of the most important meditations we can do is the “Not this, not this...”

*I am not this, not this...*

*I am not a man, not a woman.*

*I am not Australian, I am not Russian, I am not Greek...*

*I am not a Mother, I am not a Father, I am not a child.*

*I am not rich, I am not poor.*

*I am not old, I am not young.*

*I am nothing, absolutely nothing! I am pure consciousness.*

*I am! Nobody can deny his being. I am! But I have no description, no labels...*

*I have no ego. I don’t have the idea of a separate existence. I am not a separate existence.*

*I am the one Being! Indescribable, all-pervading, pure!*

Now, if you have love for this, it will call your attention back to it again and again. If you feel love for this Truth, you will want to come back to it again and again. You will do whatever is in your hands to go there. You will sacrifice anything else for the sake of That! If your love is true, you will sacrifice everything easily. You will sacrifice your false ideas, you will sacrifice your self-imposed limitations, you will sacrifice your ego! If your love is true...

You will not be away from that Truth for long, if you experience it, even if you have a taste of it, you will need to come back again and again and again. And if your love is true you will succeed!

I will say this again. If your love is true, if your Devotion is true, you will succeed for sure!

Just like if you love very much anyone - a woman or a man - that leaves in the other side of the world - you will go there, you will leave everything you have and you will go there! Even if you have a million obstacles in your way, you will overcome the obstacles and you will go there. If you have this Devotion... No obstacle will be big enough, no obstacle will be intimidating, you will overcome everything. If your Devotion is not true, even a small thing can block you or take you out of the way. “Oh today is very cold, I cannot meditate!” Anything, the smallest thing!

Think about this... If you want to meet your beloved, what is there you wouldn't do for that? What is there that can possibly stop you from uniting with your beloved? Absolutely nothing! Not your family, not the society, not your mind, not your ego, not the money, nothing can stop you! Not the boss in your work, not the customers, not good work opportunities, they will not stop you! Not many other temptations, they will not stop you! Not many other obstacles, they will not stop you! If you have the same love for the Supreme, nothing can stop you!

And the more we manage to go beyond all the false ideas we have and go into the Supreme, the more we manage to place our mind at the feet of the Supreme, the more we manage to place our heart in the hands of the Supreme, the more we merge with the Supreme, the more we merge in Oneness, the more we become free from the ego. And all this through the power of Bhakti, through the power of Devotion!

So, this is our greatest power, this is our greatest strength! You can call it love if you like, I prefer the name Devotion. Because a woman for example, can say "I love many man. I cannot decide... I like to have 5, 6, 7... I love them all!" In fact, this woman loves nobody, this woman has no husband!

Or somebody says "I love to do many, many things! I cannot choose, I love this, this, this..." We call him Jack of all trades, master of none. Be master in one!

When you manage to direct this love into one direction you will be unstoppable! You will be all-powerful! That is the secret of Bhakti Yoga. That is the secret of power, if you ask me. Focus your love!

And now, if you feel that focus in the love of the Supreme is too much subtle, there is another option. If you feel that is something not tangible, you say "What means to focus my love in the Supreme?" The second option is to focus your love on somebody who is focused on the Supreme. This is where the Guru comes into play, or any spiritual man, any spiritual devotee that you feel inspired of, any true spiritual man that inspires you, be it a modern sage or be it an ancient sage, it doesn't matter. Be it Jesus Christ, be it Buddha, be it Krishna, be it Ramana Maharishi, be it Swami Sivananda, be it Gururji Maharajji, be it your Guru whoever it is... This is the other way to do it, which is more tangible.

Instead of focusing the mind directly on the Supreme Reality, focus the mind on somebody that represents that Supreme Reality. Be devoted to a true devotee and you will be transformed into that devotee. That is the second option. I don't have a third option at the moment...

This power of Devotion, this is true strength, this is true Shakti, this is necessary for all of us. Even if somebody is a fool and doesn't understand anything about the spiritual teachings, just by love he can reach there. If somebody is a genius and understands perfectly the teachings of Vedanta but has no love, he has no chance. I tell you again, without love, one has no chance!

One can make a very nice scholar, maybe; one can be a very nice intellectual person. He can go and teach in the University, but he will not experience the bliss of Oneness, without this Devotion.

This is what I want to say about Devotion. Is there any question?

*Why should we personify our Self? Why should we give it a form? Why should we give a form to the Truth and to our Self?*

We don't need to do this, but in many cases it helps very much because this Truth is something exceedingly subtle...exceedingly subtle! And how will you recognize this inside of you?

Any emotion can come; a beautiful emotion and you say "Oh that's the Truth!" Blissful emotions, you say "That's the Truth!" You can take some special herb, you will experience very special emotions that you have never experienced before, you will say "That is the Truth! That is the Universal Love! That is what I'm searching for, that's so sublime, so Supreme, that's what I'm looking for!" You will be wrong...

I don't say you cannot do it without the help of some expert, you can do it, but is much more difficult! Just like anything else you will wish to do in your life, just doing it by yourself - you can still do it, you can do everything, but is much more difficult! Do you understand?

Now, some people ask: "How can we love our Self?"

Of course, when we ask "How can we love our Self?" we don't mean our physical body or personality - we rather mean "That which stands beyond these things". In fact...just one glimpse of That can be enough. Just one glimpse of the Self and you will immediately fall in love with it! If you manage artfully to redirect your attention towards what you are, you don't need any effort to love your Self, you will immediately melt in love with your Self.

But to feel that spontaneous love you need first to know your Self, to have a glimpse of this, or somehow experience this. It can happen through Grace, it can happen through prayer, like "May I know my Self!" Or it can happen by devoting yourself to somebody who already knows himself, who knows the art of how to redirect the attention, how to be aware of who he is, of his Self.

Once you are aware of your Self you don't need to make any effort to love your Self. You will have immediately a crush, you will fall in love with this, like you have never done before. So spontaneous and powerful is that love that everything else will fade out. You say "Now I love this person, I love my wife, my husband, my children, my uncle, my neighbour, my this, this, this... I love many people." When you see your Self you forget everything!

And when you see your Self inside of you, you start to see your Self inside everybody and then love is spontaneous. There is not anymore wife or husband, there is not anymore Mother or Father, there is not anymore friend or stranger. There is just your own Self, one living energy, one vibrating energy, one peaceful and all-embracing energy, one loving energy.

- *Om Shanti Shanti Shanti!* -