

Bessay, France, May 7th 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). Swadhyay (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