

### **Meditative Process Without Dichotomy in the Brain is the Guru Process**

Conscious meditation by a meditator is the stinking pretentious personality. Flash of the fact of delusory dichotomy inside frees thought from the stranglehold of the 'thinker' and this is the beginning of the meditative process. This is the Guru Process in a human being which has nothing to do with a pretentious, calculating personality masquerading in the spiritual market as 'Guru'.

All of 'your' (mind's) search is from known to the known and so a complete stop to all seeking, all finding is the beginning of the vitality of the meditation in which veracity is directly seen without verbalization, thus ending the vulgarity of the seeker with all his games in the name of God. Meditation is to understand every influence, known and hidden, and thus to put it aside and just be alone! For God's sake, don't build a wall around yourself, of beliefs, of borrowed knowledge, of bigotry. That wall makes of 'you' (mind) a prisoner, everlastingly enlarging and decorating the mental prison. 'You' (mind) can't invite the immeasurable into the prison! 'You' battle with your own ideas or embrace them and still remain within the walls! Wisdom of seeing all this is meditation that brings the energy of understanding which breaks down the walls.

The brain, although a product of time and experience, is somehow utterly still in this high altitude and strangely sensitive for that which is here filling this airplane and the whole sky around without any measure whatsoever. But separative 'I's flying together, along with this body, are totally oblivious to the immense Intelligence. They are engrossed in chattering, watching vulgar films, playing cards, reading exciting news. The mind is total disconnection from Life. Disconnecting this disconnection is the awakening, the revelation of the CONNECTION (YOGA).

Taung Vidyaddukhasanyoga Viyogam Yogasangnitam |  
Sau Nischayena Yoktabyo Yogonirbinnachetasa ||  
(Bhagavad Gita 6/23)

Now, let us share the following letter from a brother Kriyaban to a sister Kriyaban:

*Dear Sister,*

*I am writing this mail to share with you a wonderful incident that happened when Guruji was here [Delhi] in January before he left for Paris [on January 24, 2009].*

*Guruji returned from Varanasi on the 22<sup>nd</sup> of January and his flight reached by about 3:30 pm or so. There was a disciple of Guruji here who was going through the last stages of cancer and wished to see Guruji. So when the flight landed, Guruji was taken to her straight from the airport. It was a long drive, quite strenuous. He sat with her for a long time holding her hands. She was in terrible pain and was wishing that death must come soon and release the body from pain.*

*Later, Guruji returned to the house of another disciple to stay, before his departure for Paris. That night, Guruji had a very bad stomach ache. His stomach became hard as stone and he was in terrible pain. Like the disciple, he also thought that somehow his pain must end even if death happens. In the morning on the 23<sup>rd</sup>, it was a little better and he rested for the whole day sleeping most of the time. In the evening of the 23<sup>rd</sup>, I went to see Guruji. Guruji was sitting up. He was free from pain and the disciple, who is a high official in the Indian Administrative Services, and Guruji were translating messages from English to Hindi.*

*I sat along with them listening to the translation. Suddenly, Guruji asked me how to contact the lady disciple who was suffering from cancer. I called up her house and spoke to her sister. "How is Deepa now?" Guruji asked, "Is there any relief from the pain?" He then said to us, "Yesterday I had gone to meet her and sat with her for a long time and held her hands. She was in terrible pain and wishing the body to die. Then last night, I had a terrible stomach ache and it was so bad there was a feeling that even death would be preferable to this suffering. Now there is a belief system that the Sat Guru will take the pain from his disciple, solve their problems and difficulties by taking all on his own body. This body has no investment in belief systems, but when all this happened yesterday, there was a question. I wanted to check and that is why I called up her sister to ask whether Deepa is feeling any better. But she is still in pain! And thus, there is the freedom from beliefs in spite of the heavy cultural inputs."*

[Deepa died peacefully on 31 January, 2009]

*The title of the message (67) which was being translated at that time was:*

**What is Mukti? What is Nirvana? What is Freedom?**

*And the eighteenth perception therein for translation at that very moment was:*

*18) Freedom is anonymous and alone. It is the courage to question everything vigorously throwing away all ulterior motives. Freedom is the ending of all disorder in the psyche.*

*THIS is the Sat Guru Sister. The courage to question everything vigorously was demonstrated that day to me and the most wonderful grace that this was seen and the swadhyay happened.*

*So many disciples approach the Guru with only this desire to unload their burdens on his body because of their beliefs. Where is the understanding and listening? Is the Sat Guru a garbage dump to unload? But it is much more convenient for the mind to depend, and demand to depend more and more; because dependency requires no seeing. Dependency does not require the courageous questioning without motives. Dependency is the easy way out which destroys freedom and invites disorder.*

*Freedom can happen only when there is seeing; when there is listening; when there is swadhyay – the meditation that happens without meditator (a-dhyay) on the machinations of the "I" (swa).*

*Many years ago, Guruji was in Arupji's house when he slipped in the bathroom and broke his arm. He thus had to stay there for two or three weeks. Now, by a coincidence, some problem that Arup's family was going through at this time was resolved. Immediately the word spread around the village that a Sat Guru is staying at Arup's house and he took upon himself the burden of the family and they are free of worries. There was a big rush to see Guruji – all coming with a list of problems for Guruji to solve. Guruji tried to tell them that nothing happened and that whatever had happened was just a coincidence, but no one would listen. They thought that the great Sat Guru is being very humble and saying in a typical hypocritical fashion "No, no, I am nothing. Everything is because of the great god, blah blah blah." Finally Guruji said, "OK, suppose, just for the sake of argument, that I have taken care of this family's problems by breaking one of my arms. Are you now saying that I should break my other arm and both my legs and so on to resolve all your problems?" Complete silence. The people went away without any encouragement to indulge in their belief-systems.*

*Sat-Guru process does not entertain any beliefs or disbeliefs whatsoever. The process is the bliss of division-free divine awareness of what is, from moment to moment.*

*Your Brother.*

**Jai Kriyaban Brothers and Sisters**