

Paris, February 14, 2010

**CONTEMPLATIVE WAKEFULNESS MOVING
IN THE INNER BEING OF A KRIYABAN**

The mind was filled with expectation, excitement and happiness today as it looked forward to visit to Bulgaria to be with the Kriyabans and Guruji there in March. Then the question came whether this excitement is appropriate if the body is in equanimity. There was therefore an attempt generated to suppress this excitement and be in equanimity.

It was a fact the mind was filled with expectation and excitement today as it looked forward to a visit to Bulgaria to be with the kriyabans and Guruji there in March.

There is a new place being visited. There was a desire to see this new place. The resultant expectation led to excitement and euphoria. At a more subtle level, there was a perception of love that flows from the Bulgarian kriyabans to this body.

The desire of seeing a new place is harmless; merely a childlike curiosity to see new places but there were psychological registrations too.

No tree feels gratified when the sun shines on it. It just grows in the sunlight. But human psyche wallows in self gratification and self aggrandizement in the energy of love & life. Mind wants to be wanted.

Then the question came whether this excitement is appropriate if the body is in equanimity. This is an example of the mind beginning to play mischief.

Equanimity is existence not an experience. But in the thought above, 'equanimity' is not a state but a status! Hence there is an experience of 'being in equanimity'. This happens because every verbalisation is a corruption of the comprehension. The moment a word is uttered to describe a state of existence, it becomes an experience to be stored up as knowledge in the memory, in the 'me'. And all psychological knowledge is division which is the denial of divinity or the natural existential state of humans. Mind is the separation from the Sacred.

Each time a mischief of mind escapes unnoticed, the separative 'I' gets modified and fortified.

JAI GURU
(May the protective Guru Process remain ever victorious)