

### Energy of Understanding

There is Life - and there is separateness from Life. In the state of separateness there is an experiencer and therefore an experience. In the other state there is no experiencer, no experience – only existence.

In the state of Life there is no 'understanding' as we normally give meaning to this word. 'Understanding' is normally used to connote an intellectual conceptualization of something experienced by the experiencer. The interaction of the experience and experiencer therefore, naturally, makes the so called understanding different for different bodies depending on the prior accumulation of experiences of the experiencer, i.e., the conditioning. Therefore all such understanding can be (and are) defended and challenged leading to interpretations, dogmas and beliefs.

This is not the understanding that happens in a body that is in the 'Energy of Understanding' – in which the Energy - Life - has penetrated freely and without interference from the experiencer. What happens when this occurs cannot be described because only experiences are subject to description.

When this happens - whatever 'this' is - it is for an immeasurable period of time and whether it is long or short is irrelevant because it is not in the dimension of time as in 'space-time'. What follows that penetration may again be separateness. Then this penetration of the Energy, this state of union with this Energy may be 'remembered' which is only knowledge stored up in the memory generating the divisive 'I' and the human is back to square one again, perhaps with a re-adjustment and re-embellishment of the shoddy little 'I' !

Can all this be vividly seen for the bliss to be? Existence may thus return to experience-structure again and again in order to announce itself!

THIS understanding – which is 'no-mind' – is the Energy of Understanding. It is not an achievement. On the contrary, it is the total annihilation of the tendency to achieve or arrive! It is Samadhi - Samatwa - Samaadhaan - sambodhi whatever you may say to indicate something that is beyond all indications. However, separateness of the thought-machine is somehow sustained through the illusion of a thinker 'I' as long as the body survives. Only a dead body has finally no 'I-ness'! That is perhaps why Rabindra Nath Tagore had sung:

'Maranre Tuhu Maumo Shyam-Samaan"  
'Oh my darling death, you are my Krishna'.

‘You’ - separateness - will still continue to breathe until breath stops and ends the separateness.

Nirvana Shatakam is verbalization of this Energy of Understanding. Bhavani Ashtakam is another such expression. The Bhagvat Gita is yet another and the Ashtavakra Gita is one more. The Messages are still more such expressions of the non experiential energy that has perhaps engulfed the body of a human being called Shibendu Lahiri.

Can these be understood by merely indulging in intellectual activity?!! Can Intellect penetrate Intelligence?!!

The attempt of the intellect to usurp the state of existence – which it can never do - is perhaps, what Shibendu calls the state of ‘intellectual over-activity’. Shibendu's only job is to remind you to learn the art of learning about Life & Love --- the ultimate in the Energy of Understanding --- in a state of Let-go! Because effort is ego-trip and all ego-trips are in the direction of division, not in the direction of Divinity. Religion is the gathering of the Energy of Understanding and thus to be free from all entanglement with mental undertakings. True religion liberates humans from the tyranny of all churches, mosques, temples, ashrams, ideals, mafias, sanghas, isms, ‘follow’-ships, organised beliefs, dogmas and all the various practices of yoga and all preconceptions of what reality or god is. True religion is not the rituals, the social morality, going to church, practicing the virtue of whipping oneself and the contrived good behavior leading to respectability! Let us wake up to True Religion.

**Jai True Religion-Energy of Understanding**