

Tagore on 'Path to Truth'

Jaani Naai Go Saadhan Tomar Bauley Kaare.
Aami Dhulai Bosey Khelechhi Ei Tomar Dwaarey.
Abodh Aami Chhilem Boley Jyamon Khusi Elem Choley,
Bhauey Korini Tomai Aami Aundhokarey.
Tomar Gyani Amai Bauley Kothin Tirauskaarey,
"Pauth Diye Tui Aasis Ni Jey, Phirey Jaa Rey."
Pheraar Pauntha Baundho Korey Aapni Bnaadho Baahur Dorey,
Ora Aamai Mithya Daakey Baarey Baarey!

Not knowing the path and penance to Truth, 'one' suddenly stumbled upon Thy door and found oneself playing on the dust there-at in ecstasy and in euphoric innocence without any fear or apprehension! Thy knowledgeable 'agents' of course heavily reprimanded -- "Get out and go back. Everybody must follow the standard paths to Truth to come here". But Thee by now have already held 'this stupid one' within Thy majestic arms and have thus closed all the paths to return! Yet conventions keep alluring to block comprehension. Knowledge continues to confuse direct knowing. Paradoxes constantly prevent perceptions.

Perceptions:

- 1) Meditation is not something that you do in quiet room unrelated to daily movement of life. To be aware of many influences and to be free of them is the process of meditation. Influence is poison. It conditions, deteriorates and perverts the mind.
- 2) The beauty of meditation is that it is unending, it is an eternal process -- without any pressure. It is life; it is let-go. It is passivity; it is not pursuit.
- 3) Can we stop everlastingly climbing the steep hill called hope? We will then stop falling back into the valley of despair. Living in holistic awareness is meditation -- not in the fragmented consciousness with which we are familiar.
- 4) Freedom from opposites is meditation. Peace and silence are then the by-products.
- 5) Prayer is usually seeking, supplicating, projecting, postulating. Prayer is not meditation.
- 6) Meditation is not re-affirmation, not repudiation, not repetition, not ritual. Without understanding fear there is no meditation.
- 7) Meditation is an extraordinary state of awareness that has no center and therefore no frontier too.
- 8) Without understanding what meditation really is, your life will remain shallow, miserable and do what you will -- read any book, follow any Guru -- you will still be in the valley of darkness of the divisive 'I-ness'. Illumination of 'no-I' and its energy of silence and understanding can never happen.

9) An extraordinary process by which thought empties itself of its own impetus --- is meditation.

10) Mediation happening in the 'being' (not in the 'becoming') of a long-time Kriya-devotee, manifests in the following poems: ---

a)

With every breath that is inward drawn
In our body a cell is born,
And with every expelled breath
An older one meets death.

And out in the distant Galaxies
A similar game is played
A star is born; another dies,
While the Universe pulsates.

This body and this Universe
So similar, yet diverse,
The Universe, vibrant with Life,
But this body's choked by "I".

b)

Why does joy come with birth
And sorrow with death?
They're just the beginning
And ending of breath.

The "I" that was born with the very first breath
And lasts till the last is drawn,
Clings to an image of ownership
That says "he (or this) is mine"

How odd, that all joy and grief
Is for the gain or loss that "I" feels
For "me" and "mine".
Thus "I" breathes through life without living!

Jai Truth --- the pathless land!