

## A Right Response

The Kriya co-ordinator for India programs responded to a query regarding the forthcoming Retreat at Satyalok in October 2016. The Guru-Process, reading this, was full of applause and felt that this may be put up as Message, after a little editing here and there. Also, adding a few pointers at the outset.

- 1) Light of Silence casts no shadow of the separative psyche 'I'.
- 2) Simplicity = Joyful Existence. = Absence of Ego-experience.
- 3) Being = Beauty.
- 4) Miracle-mongering is 'Spiritual' pornography.
- 5) Right understanding = Right response. = No reaction.
- 6) Upanishad points out: — Those who do not know are in the dim light of dawn. Those who "know" are in the deep darkness of night.
- 7) Minds never meet, they merely manage to adjust. Only Lives meet indeed.

## Retreat phenomenon as explained by the co-ordinator:

The group kriya practice during the Retreat days, is meant for people to clarify doubts, if any, or have some corrections done to techniques, if required. Kriya practice may be done by all for as long as their body needs by waking up before the group practise time (they may even skip it and continue kriya in their rooms). The joint sessions do not mean that you cannot practice on your own. Indeed, you can and must if that is what your body needs.

The purpose of a retreat is NOT to practice kriya. If that is what you wish to do and are unable to do so because of heavy schedules, perhaps the right option would be to take a vacation and spend the time practising kriya. However, I would like to submit that kriya practise is not something to be done in large doses once in a few months or once a year either at a retreat or during vacation. Kriya practise is to be done daily. It may not be palatable to hear this, but man does those things that he thinks are important and if kriya practise is important to a person, then he/ she would find the time. If all that he does presently are deemed more important than kriya practise then so be it.

The purpose of a retreat is to share the energy of Understanding that happens in a body - whether the Guru body or any other - and thus to make available for other kriyabans, this understanding. This energy of Understanding has nothing to do with all kinds of mental undertakings in which we remain everlastingly entangled, excited and amused. Because of such undertakings, the holy awareness of ego-emptiness, of wholeness, of Life, of the 'otherness' is systematically sabotaged by the separative-divisive consciousness of 'I-mentality' and its enigmatic activities!

The "talks" are not a repetition of stale ideas. These are fresh verbalisation of immediately and directly perceived truth. If there is listening with whole body (and not merely with the mind and its habits of comparing and concluding), then there is an immediate sharing of the same vision in the listener's body. This is most holy Swadhyay - the observation of the workings of the separative-ness without separateness (or as Guruji says in his words sometimes "Seeing the machinations of the mind without a see-er"). This sharing is the purpose of a retreat. It is supplemental to the outcome of Yoni Mudra or Niravalamba Dhyana. These are not kriyas as you know, but postures that help meditation to happen wherein the 'meditator', the 'I-ness' starts melting in total & absolute surrender! Retreats, therefore, are not "talks" but "listening" - in a state of holistic awareness. And this listening is Meditation - Swadhyay - Silence. It is intense and tells on the body because of the intensity of the energy.

The visits to some places, the dancing and chanting, the listening to music are all supportive to help the body absorb the energy of the retreat. Without these things most of us would go crazy (if we were really listening during the sessions) as the body can't take the intensity of the blasts that rock it again and again.

## Jai Right Response