

## Message 334

Paris , 28 May 2017

### On Swadhyay

A devotee dedicated to Guru-Process for past many years, has sent an intense note on Swadhyay phenomenon. This is proposed as Message 334.

Swadhyay is to be aware of “I-ness” - the separative psyche - the divisive consciousness - the cultural inputs in one that come through conditioning - in which we remain amused without waking up to the division-free awareness that is divinity, which we (Life), indeed are.

This death inducing sleep in “I-ness” is because of the stranglehold of mind - the myth, which though not real, is valid as it gives functional value to perform our daily tasks. It is strong, persistent and life-extinguishing. Just as a stranglehold on the neck cuts off blood supply to the brain causing death.

This ‘Swa’, this “I” masquerades as ‘soul’ which is the connection of Life in this body. This connection of Life is the whole Life, not a small part of it. The mathematics of the whole is different from the mathematics of parts. Thus when a part is taken from a part, then what remains is a smaller part. But when the Whole is taken from the Whole what remains is also Whole. This was said in a beautiful verse, by the sages of ancient India, as stated below : —

*“Poornam adam, poornam idam, poornat pornam udachyate.*

*Poornasya poornamadaya, poornamev avashishyate”*

**“That is Whole, this is Whole. From the Whole comes the Whole.**

**When the Whole is removed from the Whole, what remains is also Whole”**

Is it possible for us to realise that this ‘Swa’ or ‘I’ is not the connection, the Otherness, but the protective mechanism of the contents of consciousness. When this is realised, then ‘Swa’ drops into total non-action. And this non-action is the highest form of Action, *Purna Chaitanya*.

When ‘I’ drops, the contents of divisive consciousness which are greed, fear, envy, stupid belief systems of sorts, start vanishing too. And the sun-rise of Division-Free-Awareness, the very Divinity, commences. Comprehension of this phenomenon is meditation.

That is why Gorakhnath had said “*Hasiba, Kheliba, Dhariba Dhyanam*” -

**Laugh, let go in playful mood, let meditation thus happen spontaneously.**

**Jai Laughter, Jai Play, Jai Meditation.**