

Message 36

Möhlín, Switzerland, 14. June 2001

Expecting enlightenment is yet another ego-trip and, therefore, a trip in the wrong direction, that is, not in the direction of the divine. Mind perpetuates its protective mechanism through expectations. The simple practices are meant for melting the mind into a dimension which is not within the constructions and calculations of the mind. Then a situation of 'no-expectation' arises with its bliss of silence.

Kriya-Yoga is a journey towards 'no-mind', whereas expectation strengthens the mind. And thus one remains where one is, just moving in circles. Can mind see this mischief? Seeing is gathering of energy to understand what is, by which one gets a glimpse of the otherness - the overwhelming divinity. Seeking is the dissipation of energy and remaining helplessly incarcerated within the separative consciousness of the mind. Seeking is self-expansion through experiencing conditioned reflexes. But seeing is self-realisation by the energy of emptiness and existence. Seeking is the denial of seeing. Expectation is the destruction of Kriya-Yoga. To watch without a watcher seeking, is to be truly religious. To be in such choice less observation is to be a witness (Sakshi or (Drasta). It is not to be a spectator (Darshak) who gets influenced or involved. It is not to be an exhibit (Drishya) either demanding recognition as this or that.

Sakshi Bhava, that is, the attitude of witness is pure consciousness (no-mind) without the subconscious and unconscious and all the jejune jargons of psychologists. The mind is fragmented consciousness and all its other components which keep the psychologists in business. The knowledge that you get about your mind's activities from a psychologist, can never free yourself from the maladies of the mind. You are mind. You are not separate from mind. The freedom is not for you, but from you. And that is the ending of all maladies and emergence of a free awareness which is not of the mind. You can not know about yourself from another, whatever may be his expertise. You can not be a light to yourself if you are in the dark shadows of another's authority. Freedom is to be a light to oneself. This freedom is from dependency and attachment, from the craving for experience, from the very structure of thought. Expectations, conclusions, postulates, principles, isms, ideals, are barren movement of thought and therefore cannot coexist with this light. Seeing all this is Swadhyay (self-knowledge). You have to see, not through the eyes of another. This is love, this is freedom.

OM Freedom OM