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Wisdom of the East

Religions emanating from the Middle-East, such as Judaism, Christianity and Islam, emphasise 'sin' as the cause of human sorrow and suffering. The remedy suggested is missionary service to the poor and suffering people and conversion through persuasion or by force (as recommended by Prophet Mohammad).

Whereas, in the East (i.e. India), 'Ignorance' - not knowing 'what-is'; only postulates about 'what should be' and the ache and agony arising therefrom - has been pointed out as the root cause of human sorrow and suffering.

Therefore, the remedy suggested in India is Meditation (*Dhyan*). Thus the religions emanating from India such as Hinduism, Buddhism, Jainism all persuade us to meditate - which has been pointed out as 'me'-deletion - not 'me'-dictation. Thus, there can be no 'method' for meditation, because 'method' comes from 'me' and its agonising activities. Freedom from mind as time, i.e. from psychological time, is, therefore, the greatest enlightenment.

Jai Sages of the East