

## Message 389

Paris 20 May 2020

**A profound Message perceived during the Internet-International Satsangh held on 17 May 2020.**

*(This Message is a communication from a disciple who attended the International Internet Satsangh on May 17, 2020)*

Perhaps eating banana is the easiest - without any effort - whereas eating any other fruit, like apple, is not effortless. While eating an apple, one needs to chew it.

Secondly, banana is perhaps the most wholesome and complete food in itself.

In spirituality, *Sankhya* is like banana. When available to *Sankhya* understanding, it is the easiest, most effortless and wholesome in itself. Though, in the end, there is no difference between *Sankhya* and *Yoga*, as both lead to the same *Ishwarpranidhan*, still, for many beginners, *Sankhya* is not understood due to the heavy conditioning.

Perhaps, that is why J Krishnamurti, who was available to *Sankhya* wisdom, responded to the intellectual questioner saying that his philosophy is - "banana".

As the Guru process always says: "*Swadhyay* of Kriya Yoga is the essence of *Sankhya*". If the process of *Swadhyay* is understood (not at intellectual level or emotional or so-called devotional level but as holistic awareness) by someone in the first day of three days' Kriya Yoga initiation program then *Ishwarpranidhan* i.e. perception of wholeness happens in his or her body directly - like Hanuman. Hanuman is not required to go through the bridge of *Tapas* (Kriya practice) to reach Sita, the Divinity, the Wholeness. He could jump over the ocean of ignorance of duality and could reach directly to the Divinity. Here, Hanuman jump is the symbol of the "Energy of Understanding" of *Swadhyay* or *Sankhya*. Perhaps that is why, Hanuman is very much fond of bananas (*Sankhya*).

When *Swadhyay* or Energy of Understanding does not happen in the first day of the Initiation program, the Guru process says: "Don't even try to understand; who will try to understand? The same stupidity, the psychological "I" will try to understand and there will be more complications and confusion rather than clarity and understanding". Instead, one needs to go through the Bridge of *Tapas* patiently to reach the *Ishwarpranidhan*, the other side of the ocean of ignorance i.e. the Divinity, the Wholeness. That is why, Kriya practice i.e. *Tapas* is taught on the second day of Initiation program like a bridge between *Swadhyay* of the first day and *Ishwarpranidhan* of the third day of Initiation program.

Moreover, even when *Swadhyay* or *Sankhya* happens in the body and one is available to the Energy of Understanding, this Energy of Understanding may go away anytime due to distraction and deviousness of mind. To consolidate the Energy of Understanding in the body, one needs to do the holy Kriya practices throughout his (or her) life as otherwise, there is every chance of getting mired in mind.

**Jai Hanuman Gyan-Guna Sagar**