

## MESSAGE 68

PARIS 10/06/2004

### Walking in life with open arms

Of late, one was walking on the sea shore at Lands End in south-west England. Waves were enormous and they were breaking with magnificent curve and force. One walked against the wind and suddenly one felt there was nothing between one and the sky. This openness, this total vulnerability, is the very essence of meditation which was not disturbed by the companions around and their gossip. To have no resistance towards anything, to be free from unnecessary urges, compulsions, demands and expectations with all their conflicts and hypocrisies; is to walk in life with open arms.

Walking there with the sea-gulls around one's body, one felt the great beauty of love which was not inside or outside – but everywhere. A great wind was sweeping over the land and through one's body. It was perhaps the wind of wisdom. The body was totally denuded of all duality at every level and a strange divinity was flowering. Only in this soil of meditation can this flower of divinity bloom ! This soil is not available in the separative consciousness in which the human brain is unfortunately kept confined. This soil is not in the field of expectations and experience which is wastage of energy. Experience is utilised for performing the daily tasks. In the soil of meditation, experience (which is a conditioned reflex from past postulates and pretensions) is the denial of eternity which is the ecstasy of emptiness and the euphoria of existence in total tranquillity of the brain. In this state of brain, there is a strange rhythm without any reaction or response from the psychological residues of the structure of experience.

All that is manifest has a beginning and an end. That 'other' which has no beginning and no end, must therefore remain Unmanifest. There is no way to enmesh the Unmanifest, the Reality, within the framework of knowledge, within the net-work of 'I' with its limitation of language, with its bondage of belief-systems (national, racial, religious & cultural), with its periphery of view points and with its conventions & conditioning. Seeking the Unmanifest is the unforgivable mistake of the manifest mankind in its everlasting search for permanency and immortality. All speculation and fanciful imagination about individual 'soul', its 'sin', its 'saviour' and its 'salvation' as also about 'God' with his schemes of 'justice' and of 'reward' & 'punishment'; are products of this seeking which keep human brain always in agitation, anxiety and ache. This is the genesis of all injustice, inequality, imbalance, hunger and horror in human society.

Seeing the wonder and mystery of the manifest (without seeking anything whatsoever except the basic needs for a living), watching the beauty and benediction of trees, of blooming flowers, of Royal Bengal Tiger in the forest of Sundarban (India), of whales around the coast of Cape Town (South Africa), of the dolphins dancing in the sea-shore of Gibraltar, of the snow-clad mountains of Switzerland & Himalayas and looking at the magnanimity of the vast Pacific in Chile as also hearing the melody of birds early morning every where is to have the bliss of an utterly silent brain in its wholeness with occasional rhythm of the Unmanifest along with its beginningless & endless energy-intelligence (Chiti-Shakti). Then the duality between manifest and Unmanifest also disappears. This is meditation. This can happen in human bodies irrespective of whether or not the body adopts a particular 'yogic' posture. There is nothing that one can do or not do to get into this meditation. All doing from the dimension of separative consciousness to get to the Unknowable, is the desecration of the Unmanifest.

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