

## Message 78

Fatima (Portugal), April 22, 2005

Astavakra (continued from message 77):

41

Meditation,  
Controlling the mind,  
These are mere distractions!  
Now Intelligence is here.  
Intelligence is meditation.

42

Doing, or not doing,  
Both come from not knowing.  
Knowing this fully,  
Intelligence is here.

43

Thinking  
Of what is beyond thinking  
Is still thinking.  
I give up thinking,  
And Intelligence is here.

44

Bound to his body  
And the embodied consciousness,  
The seeker insists on striving  
Or on sitting still.  
But I no longer suppose  
The body is mine,  
Or is not mine.  
And I am happy!

45

I sleep, I sit, I walk<sup>1</sup>,  
And I am happy.

46

I have forsaken the joy of winning  
And the sorrow of loosing.  
And I am happy.

47

And I have forsaken good and bad,  
And now I am happy.

48

I think of things without thinking.  
All my impressions of the world  
Have dissolved.

49

Know you are free,  
Free of "I",  
Free of "mine".  
Be happy.

50

The body is confined  
By its natural properties.  
It comes,  
It lingers awhile,  
It goes.  
But the Intelligence neither comes nor goes.  
So why grieve for the body?  
If the body lasted till the end of time,  
Or vanished today,  
What would You<sup>2</sup> win or lose?

51

You are the clear space of awareness,  
Pure and still,  
In whom there is no birth, no death.  
No activity of mind,  
No "I".

52

Rid yourself of all purpose.  
And be happy.

53

Never upset your mind  
With yes and no.  
Be quiet.  
You are awareness itself.  
Live in the happiness  
Of your own nature,  
Which is happiness itself.

54

Give up meditation!  
Hold nothing in your mind.  
You are the Intelligence,  
And you are free.

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<sup>1</sup> totally free from past pretensions and from  
fancies of future

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<sup>2</sup> Life

55

You may read or discuss scripture  
As much as you like.  
But until you give up everything,  
You will never live in your heart.

56

Striving is the root of sorrow.  
But who understands this?  
Only when you are blessed  
With the understanding of this teaching  
Will you find freedom.

57

But if you desire nothing,  
And disdain nothing,  
Neither attachment nor detachment bind you.

58

When desire persists,  
Feelings of preference and aversion arise,  
Of liking and disliking.  
They are the root and branches of the world!

59

But the man of wisdom is a child.  
He never sets one thing against another.  
It is true!  
He is a child.

60

Let Hari teach you  
Or Brahma, born of the lotus,  
Or Shiva himself!  
Unless you give up everything,  
You will never learn anything.

61

Some crave pleasure,  
Some seek freedom.  
But it is hard to find  
A man who wants neither!

62

Without pride or humility,  
Nothing disturbs him.  
Nothing surprises him.  
Because he is free,  
He neither craves nor disdains  
The things of the world.  
He takes them as they come.  
He is not concerned with meditation,  
Or the absence of it,  
Or the struggle between good and evil.  
He is beyond all,  
Alone.  
No "I",  
No "mine".

63

His mind has stopped working!  
It has simply melted away...  
And with it,  
Dreams and delusions  
And dullness have melted away.

64

Undistracted,  
He does not meditate!  
Unbound,  
He does not seek freedom!  
He sees the world,  
But knows it is an illusion.  
Even when he is busy,  
The selfless man is still!  
And this is meditation,  
This is freedom.

65

The fool practices concentration  
And control of the mind.  
But the master is like a man asleep, but awake!  
He rests in himself  
And finds nothing more to do!

66

In this world  
Men try all kinds of paths.  
But they overlook the Intelligence,  
The Beloved.  
Awake and pure,  
Flawless and Full.

67

But a man without desires is a lion.

68

Just by hearing the truth  
He becomes spacious  
And his awareness pure.  
He is indifferent  
To striving or stillness.  
He is indifferent  
To his own indifference.

69

By standing on his own  
A man finds happiness.  
By standing on his own  
A man finds freedom.  
By standing on his own  
He goes beyond the world.  
By standing on his own  
He finds the end of the way.

70

For him there is no pain in pain,  
No pleasure in pleasure.  
Only those who are like him  
Can know his exaltation.

71

The master goes about his business  
With perfect equanimity.  
He is happy when he sits,  
Happy when he talks and eats,  
Happy asleep,  
Happy coming and going.

72

The master is like the sky.  
He never changes.  
What does the world matter to him,  
Or its reflection?  
What does he care about seeking,  
Or the end of seeking?

73

Even after hearing the truth,  
The fool clings to his folly.  
He tries hard to look calm and composed,  
But inside he is full of cravings.

74

Only the man without desire  
Sees without seeing,  
Speaks without speaking,  
Knows without knowing.

75

He thinks without thinking.  
He feels without feeling.  
He is intelligent,  
But he has no mind.  
He has some reference points only.  
But with no thought for himself.

76

Amid distractions,  
He is undistracted.  
In meditation,  
He does not meditate.  
Foolish,  
He is not a fool.  
Knowing everything,  
He knows nothing.

77

What is yesterday,  
Tomorrow,  
Or today?  
What is space,  
Or eternity?  
I sit in my own radiance.

78

I sit in my own radiance,  
And I have no fear.  
Walking,  
Dreaming,  
Sleeping,  
What are they to me?  
Or even ecstasy?  
What is far or near,  
Outside or inside,  
Gross or subtle?  
I sit in my own splendor.

79

I am always without thought.  
What is happiness or grief?  
What is here and now,  
Or beyond?

80

For I have no bounds.  
I am Shiva.  
Nothing arises in me,  
In whom nothing is single,  
Nothing is double.  
Nothing is,  
Nothing is not.  
What more is there to say?

## Epilogue

Energy of understanding is perhaps the vast veracity of Emptiness wherein the embodied consciousness is so completely wakeful that there is no word at all which means no image, no experience at all ! Structure of experience is now held in abeyance for the sacred space of emptiness to be. This space is not the one with which we are familiar. It is not formed or formulated by the objects in the space, that is, not by the distance and time between the objects. In the SACRED SPACE, all distance, duality, and division in time totally disappear. This absolute and unconditioned freedom is the only enlightenment. Anything away from this, is separation and fragmentation, sorrow and frustration, burden and bondage of human condition.

Jai Guru.