

|| OM SATYAM PARAM DHIMAH ||

On Awakening And Keeping Awake

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(From the P. o. B & D.)

We cannot understand what it is to remain awake in one hour of talking about it and what it entails cannot be described in one volume. To remain awake is, over all and everything, the hidden meaning of the great mystery of organic life on Earth. We are here interested in the life of `man', and one should not expect subjective wisdom, which has been hidden for ages to be easily understood.

Stop thinking and be content to be! Awakening has many facets: taste the wine, look at flowers, hear the music. Remaining awake needs no special way of life -- in all the simple activities of life, let us be present and not perform automatically. Your mind must be where you are or in whatsoever you are engaged in. It is strange; it is always quite close; it is an external consideration, a non-identification, non-expression of negative emotions. Above all, transform all suffering. One's self can be evoked during moments of great danger or amidst great beauty. One can equate remaining awake to remaining constantly aware of 3SRB (three-step rhythmic breathing, or the all-purpose yogic breath, the correct natural breath we are born with). 3SRB and remaining awake are the same, for only 3SRB established for all 24 hours can keep you awake, even in sleep. To be, or to remain, awake is a 24 hours a day endeavour, just as 3SRB is! There is no substitute for remaining awake or for 3SRB. It is not mind or brain activity, and knowledge cannot be a substitute for it either. Any activity that hinders one from remaining awake or makes one forget 3SRB is wrong activity. 3SRB is something objective that can be experienced and which can help you to remain awake if you can keep it in observation from time to time. It is also important to know that 3SRB by itself will not go on because it has also no momentum, till it has been established. So remember your practice of 3SRB and remember to practice many, many times daily.

Remember to remain awake, because this state by itself has no momentum of its own. It has to be consciously pushed continually; one must make efforts moment to moment. The moment you cease to do so you are asleep, and if you are asleep you cannot carry on with 3SRB either, because 3SRB is a proof of your remaining awake, just as early light is proof of the sunrise! If you are awake, you need no friction from higher powers in your life, because friction is introduced to remind you that you are asleep. We cannot rely on accidents to produce awareness of a higher order.

One must not meditate under special circumstances and at certain times, but under all circumstances and each waking moment -- this we may describe as true "meditative attitude". It is never possible to evolve without experiencing this

state, without being awake. We must be able to distinguish between wakeful sleep and being awake. The self is always awake, the body/brain system knows sleep. "I look through my eyes, not with them." We are what observes, and not what we observe. What observes one's body/brain system is one's self, the fragment of divinity within each one of us.

Awareness has degrees, like the moon, from no moon to full moon. True or pure awareness can be divine; otherwise, low awareness can be degrading and negative. Awakening can or must originate in the intellectual centre as well as in the emotional centre. It is an emotional process and friction must be emotional. It does not mean being emotional is better than being intellectual, but let not being intellectual dry your higher emotions or suffocate them. Friction, i.e. 3SRB, can seem to be a curse, until we begin to realize the great idea behind it! What is the great idea? -- Immortality! Restoring the dead to life is the true meaning of remaining awakened or truly awakening others. We have within us the beginning and the end of creation. To remain awakened is not a sensation, it is an immortal process. Each time you remember it, you produce a flash of eternity that will not perish. We are foolish when we value the tangible above the intangible.

How do I get you to understand what I understand? Unnecessary talk kills the state of being awake. Silence is our business. Walt Whitman said, "And now the profound lesson of reception, neither preference nor denial." Just accept what each moment offers. Also remember that to remain awake is a private business not worth talking about. When that state appears, experience it instead of talking about it. If you are awake and other people cannot see it, then you are truly awake. Talking about awakening is not awakening. It is beyond words. Time appears to stand still when one is truly awake. When intellectual types first learn about how to remain awake, they often speak too much! Speech destroys this state or the oncoming of this state.

What do I need to do? -- the million dollar question on your lips! When you eat, taste your food; when you listen, actually make your ears work. Divided purposeful attention is a state of remaining awake, divided unconscious attention is sleep. Your heart will lead you and it knows what is right if your brain does not interfere.

In the end nothing stands between you and the state of being awake but yourself. Anyone not in the business of self-remembering is in the wrong business. Do not sacrifice the state of being awake for anything else in the world because everything else is secondary. No experience can compare with one's awakening - - it is the great truth amidst the great lie, everything else is false.

At a certain period in our evolution (that point in time!) everything is nonsense. When you are asleep everything is worth achieving or having; with awakening, material life becomes zero. Are you afraid of that? Death sweeps everything away, but it cannot touch the acquired state of remaining awake, and so we can die consciously and be born consciously.

The awake state is a never to be forgotten state. St. Paul said, "Behold I show you a miracle, we all shall not sleep." Humanity must remain under the law

of accident because it does not know what is the state of awakening. To be awake means that one is aware both of one's self and what one is doing or viewing. Remaining awake frees one from the law of accidents.

The whole of Existence groans to be delivered. Everything in nature is driven to exist, but does not know where to go. YOU are not the role you are playing. Two things become apparent as one awakens: (1) that there is truly no hope without the acquired state of being awake, and (2) how great is this state!

Although one must be emotional to awaken, it does not require an emotional centre of gravity. Avoiding sentimentality does not make one insensitive; it makes one sensitive to finer states and to nobler values. People without substance continually require novelty. What a breakthrough it is when our ears begin to hear and our eyes begin to see! But results do not come easily. It builds character, sanskaras, structure. Being awake is difficult, precisely because it is the key to a new world! So if you would rule all, rule yourself above all.

If one has the aim of remembering one's self, i.e. to remain awake, that is the first force; imagination that poses a denial is the second force, and friction, brought by higher forces, is the third force. When two forces oppose one's mechanical life, one's higher aim can be met; one then understands the need of receiving outside help to awaken. It may be a painful experience! Omar Khayyam wrote, "And when the dark angel with his darker drought draws up to thee, take that and do not shrink." This means that in material life one is made a zero, yet do not shrink. The awake state is sought eternally in books, in places and with external gurus; all that is needed is to remember your self always and everywhere.

The state of being awake is a nuisance to the body/brain system which wants to live its own life, would rather have its own wishes and remain blissfully asleep. False personality is opposed to the state of being awake. The body/brain system cannot remember itself because the state of being awake is not mechanical and the body/brain system is mechanical. Contradictions exist within our body/brain system because we are not ONE. We have many brains. So much of our day is composed of our body/brain system in wanton consumption of precious energy. It would be foolish to think that the state of being awake is easily attainable.

Different subjects interest the different many brains or the different many parts of the body/brain system. Will the body/brain system ever give up the idea that it is missing something? And so it continually seeks this or that. It will attempt to use excessive fear or doubt to undermine one's work. Simply correct the situation by remaining awake, or keep the state of being awake.

We normally think of the brain as one solid mass. We have many minor brains within this brain as well as in the body itself. We do not know which minor brain is working at what time and so it happens that one of these brains will make a resolution and another would not want it or care for it. We have to first become one within. The many minor brains that create the many `I's should first be made into one co-ordinated brain and one co-ordinated `I'. If this does not happen, or rather till this happens, there will be conflicts within, and `will', which is the outcome of one co-ordinated `I', does not function. This happens in an individual

over innumerable lifetimes as one proceeds: from neutral will (i.e. a will that is able to do nothing) through intellectual will (i.e. useful in the objective universe) to spiritual will, capable of doing much, subjectively and objectively, when one is properly established. This state of spiritual will within removes all inner conflicts and gives one the strength as well as the purpose to remain awake and not be lost completely and be unaware, i.e. sleeping and/or indulging in day-dreaming or brooding. The practices that help are the refining exercises, the corrective exercises which are applicable, the upgrading of awareness exercises (with or without the prism), the phase exercises, and, of course, unfailing 3SRB.

Thus the contradictory state of an average human being: a human being is structured in transcendence: that is, all the required energies and higher centres are all structured within and provided for functioning, so that should one sincerely apply and work, the result must follow. Yet, at the same time the body/brain system is 'designed' to sleep and remain asleep. The minor brains remain separate and demanding their pound of flesh and the many 'I's make inner confusion worst confounded. It is easier to sleep, it is easier to remain involved and to identify, it is easier to day-dream and/or brood. These two contradictory aspects of a human being within are both strong; one downgrades and the other upgrades us. In life we experience that it is easier to go down and difficult to go up. The choice is yours -- one road leads to oblivion, the other to immortality! To help awaken those who are asleep, nature brings in friction in their lives, and in some cases shocks.

How can we correctly concentrate our sex energy? The holy ground in our body/brain system is not in the heart or in the brain -- it is the sex centre, the area in the region of the perineum (the prana circulation at muladhara -- swadhisthana). This area is in the astral body and coincides in the physical body. It is a depository for energy in the body/brain system where nature quietly generates precious energies of life, awareness and will. It is a mechanism designed to refine materials, including food, air and incoming impulses. Its higher, invisible, purpose is to be utilized in always remaining awake.

Scientifically, this area forms the fulcrum or the centre of gravity of the body/brain system. We are born here and we die here, not in the heart or in the brain or in the lungs. The first breath in the lungs is possible only if two sparks take place at birth, one at muladhara and the other at swadhisthana. The heart's first throb (on its own volition) then begins, for till now, as a foetus, it throbbed with the help of and in conjunction with its mother's heart. If the two sparks take place, all is well and the child lives. It is also this area that will stop at death; when death overpowers the body/brain system, the heart and the pulse may last fractionally longer.

On one level sex energy is designed to perpetuate/procreate, on a higher level it is intended to ignite by transmuting/sublimating it. It transforms crude energy into finer energy (ojas) through the process of being awake. But for such a generation to begin, one must have control over one's sex. It does not mean that we deny healthy sex, but its misuse or overuse must be controlled judiciously. Wrong work misuses sex energy.

One can profitably use sex energy by remaining awake for longer periods, preferably always. Sex, like religion, keeps a man asleep. In the awakened person, a finer and higher energy is processed here – the energy of the essence of consciousness. It is not consciousness, it is the energy for the formation of essence -- an 'in between ground' – between the body/brain system and the Self. This substance which is processed, and which is actually the higher type of energy, is sometimes called 'the essence'. Some misunderstand essence as Self, but remember it is an 'in-between ground', the connecting link between the material and the spiritual aspects of a human being. Without formation of essence the body/brain system cannot wake up. In the beginning stages its quality is little, and whenever in a spurt of conscious progress it is utilized one is lukewarm again. In later stages with dedicated practice, it is produced abundantly and the source never dries up.

Conscious efforts to awaken and regenerate this area would start the regeneration of higher energies and when these energies reach the brain via the spine centres, higher centres open and transformation takes place in an individual because it is all structured thus in a human being by God and Nature. There are other methods followed by many different schools on this subject but this is the most potent method of all. Remember each human being is structured for transformation, but we have to make it happen -- it is not given as a gift to some few. But these few have worked day and night to make this possible. It gives natural control over (a) memory, (b) lower emotions and (c) negative states of mind, and will generate essence. One must not identify and/or involve oneself with one's negative state of mind and must practice 3SRB. To this effect one must practice voluntary suffering for a little while.

We do have an incredibly intelligent body/brain system. But do we ever think that there is some greater intelligence behind this body/brain system. Still, we must not underestimate our body/brain system, especially its capacity for playing mischief. But it cannot remember itself because it thinks it has nothing to gain from it. If it can, then Soul or Divine Fragment would be redundant to it! We can to a certain extent calm the beast, our body/brain system. Also never underestimate the instinctive centre, the solar plexus, the remnant of animal instincts. It is always poised to undermine any efforts to remain awake. This centre attempts to destroy hope; it pretends to the state of full awareness. To expect this centre to be able to experience the awake state is to expect the cow to jump over the moon. Yet when eating, this centre is very receptive and one can work on this centre. Because one dines 80,000 times in one's lifetime (not including snacks), it is the best time to remain awake. Perhaps this is why ancient wisdom required that whilst eating one must observe silence. But eating in excess prepares the body/brain system for sleep!

The Bible says, "For now we see through a glass darkly," which means that we experience the world through our body/brain system as if through a dark glass, that of false personality. False personality is a compilation of unconscious acts acquired from others. The real part of us is strong.

False personality has numerous masks. If friction were not given by higher forces, one would remain automatic and asleep always. When higher centers will develop, false personality will question them because its existence is then threatened. It does not see itself as false. Every situation can serve one as an opportunity for making an effort to remain awake. You have to examine what takes its place and experience an internal civil war. To help you in fighting this internal civil war, which each sincere aspirant has to fight, various techniques have been evolved, like 3SRB, the preliminary exercises, etc. Why does this civil war take place? Slowly in life after life one progresses from brute, automatic, unthinking reflex action to correct, all-considering, self-remembering thinking and feeling. One is able to generate the higher type of energy -- the energy of the essence of consciousness -- in a small trickle. When it dries up the aspirant fails and civil war takes place. Again the energy is generated and the aspirant gets a little success, and when it dries up again the aspirant fails again. There are regrets, there are resolutions -- all to no avail when the energy dries up. It happens thousands of times in life after life. In some one life as the struggle continues one meets or comes across a book or a teacher, and many a teacher there be who would mislead. These are the symptoms of one who has begun the path of awakening, of self-remembrance; it is a long journey.

Initially one's centre of gravity (structure of acceptance or sanskaras), the state prevailing at the perineum is a major denying force. If essence is aware both of itself and of the object viewed, higher centres will start functioning. Essence has no value unless it is accompanied by serious and continuous efforts to remain awake.

Why do we wish to concentrate on a talent we have instead of on our own awareness? If we could put the same efforts into trying to remain fully awake, what would we achieve? -- Immortality!

It is tragic that one stands in one's own way through one's own `I's. By resisting the inclinations of our body/brain system our true self will emerge. It takes many lifetimes to transform essence, to make higher centres work, and it takes many lifetimes to form essence. The road that leads to establishing the state of awakening is very long; a few hundred thousand lifetimes is average.

Fear and resentment can extend one or two minutes of suffering into hours and days. Real grief is not a negative emotion when there is restraint and silence. One must use voluntary suffering to awaken but other people should not know. Keep irritating the body/brain system. Use voluntary suffering for fifteen minutes and then find something else. But be within means and do not defeat your will by trying to do too much.

Almost anything is an excuse for preventing the state of being awake. It is much easier to imagine, daydream, brood, be identified or negative than to be awake. We still have not gone to the bottom of things as long as we are blaming someone or something else. These substitutes are active when we are asleep. However we can function without them. We awaken by removing excuses and illusions. The many `I's bewilder the simplicity of being awake. The intellectual

centre does pose questions indefinitely distracting one from the need to be awake. Self-pity is the greatest enemy. One needs to study other people as well as oneself to understand how features like vanity or fear manifest.

What replaces the efforts to remain awake is a variety of non-important phenomena. We should struggle to prevent the state of being awake from disappearing behind our daily petty routine, just as 3SRB also disappears.

One must understand that one gains something real and eternal when one is really awake. We have something within us that is immortal. Do you also believe so? -- Then why the hesitation? Higher forces gradually corner one into living in the present by gradually removing a series of lies.

However, being awake is not a mind activity.

It is not the event, the people, or the time of life, that is the obstacle, it is one's own many `l's. Think of the great chaos that exists each day within us. We have random brains that move from one area to another and we call that `man'. "It is a generous title for a divine comedy." It is amazing what floats around in our brain. We go through periods of extreme behavior and during these times our work is to remain awake and persevere in doing so till the period lasts, no matter how long.

It is useful and necessary to think about what interfered with our state of being awake today. We can observe that many of the situations that brought sorrow or joy were not worthy of these states. It is sad one is to be taught to remain awake. One can forget a coat or an umbrella, but to forget one's self or 3SRB is unpardonable, even after knowing what we can gain and achieve thereby!

Our major problem is how to avoid identifying with our problems. For example, try not to identify when the body/brain system is lying! Because it does not matter what one's body/brain system is doing if one is asleep.

Our bodies were and are designed to sleep, not to remain awake, so we must go against nature. The body/brain system thus requires a push every moment.

Identification masquerades as humility! If one is not careful one can spend one's entire life in identification and this is what we usually do.

Some of the things we take seriously you could not sell for a rupee. But, it is understandable that one cannot sever old bonds without pain; at any time one's self may cease to move on the path of evolution and that is truly death.

We know awareness has degrees. Identification is a state of madness, maybe a little less than actual madness. Very small things catch us: he did not remember my birthday! One must remember that a higher right exists: the right to be! One has difficulties with others because one has difficulties with oneself. Identification (getting involved), regardless of the subject, is a negative emotion. It is not possible to evolve without confronting one's deepest identifications.

What is the strongest force against keeping awake? Imagination, which is a natural state of a man. It is a state we have to struggle with throughout our lives.

Imagination consumes energy and intrudes into all circumstances so that reality seems to be a foreign experience. Does not 3SRB seem a foreign experience today in comparison to our wrong breathing? When you yield to imagination, i.e. day-dreaming or brooding, and similarly to wrong breathing, something great disappears behind something small – your state of being awake suffers. Do you realize what 3SRB can give? Total rhythm and peace, and yet you would allow that to disappear behind your daily routine or your dreaming.

One can see how desperate is one's condition when one discovers oneself in imagination while reading the topic of being awake! One can remember oneself only when one sincerely and ardently desires to remain awake or to awaken.

We must struggle with all forms of imagination as with the sexual. False personality does not wish its false life of imagination interrupted by the reality of the state of being awake. Is it not odd that we have to be taught to breathe correctly? Is it not odd that we have to be taught to live in the present? When one awakens and discovers that it is the body/brain system speaking, a sense of alarm passes through one, because one realizes that one's body/brain system functions adequately only in sleep!

These two familiar adversaries to being awake, imagination and identification, will haunt one throughout life. One of the sad things about friction is that it passes away -- and we prevail -- not learning anything out of it! There must be tension in one's life to awaken, but most or all people are asleep and they do not want to be disturbed. When friction is intense and extreme, it is difficult to control internal storms, we tend to succumb or become indifferent, but it is also true that if friction stops, the state of being awake also stops. Under real stress, all philosophical wisdom gives way to the silent bearing of the ruling faculty. When friction is intense we may forget that it is a play, when it subsides we realize it; but the shock was intended to reveal identification and develop higher centres.

How can one attract more friction to be more awake? By introducing voluntary suffering in life. One is fortunate to receive friction in the form of large shocks. They help us to evolve. Jesus said, "The son of man hath nowhere to lay his head." What do you think is the greatest friction? Awakening is a moment to moment struggle -- don't wait for the friction to end. "When will this end?" wrote Rilke; "How dear you are to me, you nights of sorrow! Why do I not kneel more to receive you and give myself more unto you? We are wasters of sorrow! How we gaze beyond them into some drab future to see if they may end there!"

You receive friction when you need it. Trials force sincere students to surface. One's mechanical morality thinks friction is punishment. Some even say, God is testing him or her! The aim is to transform. If we are awake when experiencing friction we assimilate suffering. But no inner mental dialogue is necessary! It is mechanical to resist friction, but divine to transform it. One can become exasperated under pressure, yet one must try to allow oneself to reach that point. The only way out is to change one's level of being (our structure) through not identifying.

"Submit in Silence!" The only answer is to remain awake! Everyone gets the crunch but we come through our trials the stronger for them. We cannot escape through thinking (inner mental dialogue), we cannot escape through laughter or crying. We can only escape if we are awake.

Life is sleep and we are going against the stream if we keep awake. Like salmon with a strong homing instinct we must swim against the strong currents of life's sleep to remember ourselves and to develop. What is it to be a man, to be human? We cannot awaken unless we have verified that we are asleep. When one deeply and truly understands that one's time is limited, then regardless of one's age one will try to awaken. Higher forces become more serious with one as each year progresses.

Almost no one realizes the enormity of what can be gained or lost during one's life time. One gains immortality or suffers oblivion or worse. Every moment that you are awake you pierce eternity. No one provides enough pressure on oneself to awaken which is why higher forces provide the necessary shocks. It takes more to awaken than one knows and more than the body/brain system is willing to admit. Remaining awake is a challenge we have to accept even though at times it seems almost too much and beyond our capacity and our level of being. Courage can have limitations, but awakening requires no courage, only perseverance -- simply endurance!

Never lay aside the state of being awake. Higher awareness is not given, it is earned through one's efforts, aided by higher forces. In trying to awaken one has to realize that there are no guarantees. If you want to be immortal, you will be; if you want something else, you will get that. The choice is yours. What does it mean to make extra efforts? "There is not a moment without some duty. One must work beyond one's capacity daily to change one's level of being."

What is the origin of tension in our body/brain system? How can it be used for remaining awake? We live in a mechanical age that produces tension within one's system, only it helps to awaken. One way to avoid words for registering impressions is to employ the just-look exercise -- merely to look into the prism. Or while walking, one can concentrate one's attention on an object that is within reasonable distance and try not to allow thoughts to manifest until one has passed that object. If one were to act consistently one would be acting consciously. How can we be in the present when we plan for future needs? To everything there is a season. There is need to plan for future needs, but do not prolong the process and once it is finished, focus on the present. We must have a total commitment to awaken. The most beautiful achievements are within our reach, but because of man's own neglect they are seldom attained.

Never allow yourself to be so busy, to be in such a hurry, that you forget your precious self. How can we include the element of surrender in our moment to moment effort to remain awake? We should not need external events to urge us to remember ourselves. We push ourselves to the limit to remember. Why is it harder to do this the farther we go? Because we stop being satisfied and have stopped fooling ourselves about our condition.

The real work starts from the realization that man is only a body/brain system. It is a very rough road, but the only one worth traveling.

*When Nature wants to drill a man,
When Nature wants to mould a man,
Watch her methods, watch her ways!
How She ruthlessly perfects,
How she hammers him and hurts him,
And with mighty blows converts him
While his tortured heart is crying
And he lifts his beseeching hands!
When Nature wants to make a man
To create him large and whole,
With what cunning she prepares him
Bid him struggle harder yet.
Angela Morgan.*

One must become somewhat accustomed to suffering. Men require formidable suffering to make them men. One must experience pain and rise above it, only then one truly understands what one has suffered. Awakening is not intended to be a pleasant process. One must pay the awesome price. It is necessary to accept suffering as a life-giving principle. One can bend or buckle under pressure. Do not wish for it to end, but try to transform, "for in much wisdom is much grief." An element within us wishes that suffering will or may occur to someone else instead of to us; it is the solar plexus that is speaking.

There can be no victory without battle. One reason people suffer is because they think of themselves too much. Higher forces are then assured of having created a compassionate identity that will serve, rather than selfishly abuse. One must suffer the same trials to achieve the same spiritual results in any age. The same inexorable price must still be paid for the same great purchase. Each must have the fortune and the misfortune to verify that.

No man can know himself without carrying a heart that has endured despair. One must strive for what is inaccessible, for that is where reality dwells, and only despair can scale the great walls. Let us be touched but not consumed by suffering. Remember when feelings of helplessness arise, you have help, but for such who have really suffered. "While I thought that I was learning how to live, I have been in fact learning how to die."

In the face of suffering, one of our prevalent weakness is resentment. Rilke described such a man as a "water of sorrow." The best way one can serve higher forces is by remembering oneself continuously. One of the important functions of negative emotions is to distract us from remembering our state of being awake.

How can one prevent self-pity from misusing the work of higher forces? How can we increase voluntary suffering? Do what your body/brain system does not want to do or give the body/brain system what it does not like.

Is voluntary suffering an artificial pressure or is it legitimate? It is both. It produces results. It contains an element of will, but it must constitute a small fragment of one's day. Do not overdo it (not more than 20 minutes a day). Is it easier to remain awake when one is relaxed or tense than when one is feeling neutral? All three states are good for remaining awake. "One's self and suffering must often wend a lonely, mystical path and make no attempt to conceal this fact, for there is light at the end of the tunnel."

Awakening is divine and higher forces use altogether different rules. They do however love us consciously. It is wisdom's everlasting law that truth can only be learned by suffering it. Transforming suffering requires the state of being awake. There is really nothing we can do about suffering except transform it. Life has many unpleasant moments that one must endure with or without a system. Do not try to run away from suffering. Do we bring about our own suffering? There is an irrevocable 'play' written for each person and each of us has to pay for receiving our awakening. You lose nothing but your illusions. Sadness has its place but one needs to nip it in the bud. "I trouble deaf Heaven with my fruitless cries."

The foe of real progress is sleep and so remaining awake is very necessary at all times. "Nothing can make man so like God as suffering." One's attitude towards events, and not the events themselves, determines whether or not one will suffer. Maintain silence in the face of suffering. Giving thanks sincerely -- true prayers -- is a state of being awake.

There must be friction always of sufficient magnitude to produce higher awareness, though at times massive suffering forces one to question the meaning of existence! Do not waste time in thinking thus. Friction is given to all types of persons regardless of their centre of gravity. How will you weigh or decide what type of suffering is greater? Few men who become conscious know their alchemy, centre of gravity, or body type.

Although the methods used by higher forces may seem uncivilized, one must attain the higher understanding that transforming suffering creates life and peace. If one assimilates suffering correctly, there is no time to indulge in self-pity. Self-pity does not prevent suffering, and neither does rebellion.

Nothing is more noble, nothing is more important than transforming negative emotions. One's wish to awaken increases with each lifetime, as does one's intensity of friction. Few men have the strength to bear awakening. Something is always trying to distract us from the present.

"Behind all negative emotions lies our permission." People who are mechanically positive are not different from those who are mechanically negative. How can one work without losing one's temper? Anger is a real disappointment when it occurs. "Endure my heart, far worse hast thou endured."

Everyone is not the same and one's soul is the result of his experiences and suffering. As our goal is immortality, I wonder why we are not given more suffering! All men require friction of all levels to improve their level of being. One meets one's fate on the road one took to avoid it! So do not think about escaping.

Transforming negative emotions must become a habit. If one is awake one does not need friction, but if one is asleep one needs. It is a law that one must transform negativity in order to awaken. Negative emotions are always concerned with something small. A mere trifle consoles us because a mere trifle distresses us. "I argue not against Heaven's hand," said Milton. This is an example of transforming suffering. He said this only later when he had awakened, for earlier he had rebelled against Heaven. In his poem 'On His Blindness' he asks, "Does God expect day labour light denied?"

No surer sign of sleep exists than a negative emotion. Imaginary pressures are responsible for many negative emotions, most of which originate in the solar plexus, the centre of animal instincts in human beings. Experience helps as time passes. It is a miracle to turn water into wine, i.e. knowledge into understanding. The expression of negativity is mechanical and deeply programmed into our body/brain system. Buddha used to eat whatever fell into his begging bowl. We can transform negativity only when we understand that we gain nothing by expressing it and gain everything by resisting it. What a waste negative emotions will have been to us at the end of our lives to have wasted a part of our precious life that way.

Some shocks show us how much potential we have and are not using. There is no dwelling on one's loss. To be awake and yet to experience hatred cannot occupy the same space within us. "Leave me then to fulfill the will of the gods and to follow whither they lead," said Socrates.

The body/brain system has many subjective and objective states, but they all can be illusions that take away our precious time. The non-expression of negative emotions gives one energy -- it is silence under trial. One reason it is difficult to awaken is because we are surrounded by six billion people who are asleep and snoring. What does it matter if the whole world cries out against you, if you are right! Relinquishing negative emotions is indeed a matter of life and death.

Suffering itself is a waste, but transforming it is precious. Our human heart is so great that there is almost no limit to what it can transform. Regardless of what action one takes to develop one's essence, one's efforts must also be accompanied by remaining awake. But one must sufficiently increase the value of being awake. "When the object to be gained is sufficiently valued" -- one may be able to extract moments of wakefulness in a day; nevertheless, these fragments are your real possession.

The present is the only thing of which a man can be deprived, though it can be harsh enough, rightfully demanding its pound of flesh. If we are not awake, we escape from it into the past or the future, by brooding or day-dreaming, tinged as they are with regret or sorrow, and hope or ambition. Six billion people on earth have not discovered the value of 3SRB, the one sure factor leading to being always

awake, and what is worse for them they do not want to hear or practice. They do not know what they are missing. And some even on being told endlessly the benefits of 3SRB, are yet asleep! It can take away all negativity and give precious energy to progress. It is a reward unto itself but one would still prefer to remain asleep, i.e. be busy with one's daily routine in preference to be aware of 3SRB.

It seems that the more one knows, the more one does not know. Our job is not necessarily to know but to be. Awareness has degrees and you must find ways to increase it. Subjects like alchemy and essence do not mean much compared to entering the path and seeking to remain awake. People seem to forget and not understand that words are only symbols that point to a silent reality. Symbols cease to be important when we have discovered the reality.

We penetrate the present by not thinking of ourselves, by avoiding self indulgence. You must find other things interesting besides yourself, otherwise we strive to keep up a frail and feverish being. We identify with trivial events and perpetuate illusions of reality. It is painful to observe men as they are because they are capable of greater achievements, yet they accomplish so little. If one does not keep moving towards one's aim or goal to awaken and remain awakened, one is lost. Realizing that one's time is limited regardless of age and being repelled by one's sleep, these are two precious thoughts for increasing the value of remaining awake. Man has within him that which can surpass the galaxies. But you get ultimately what you want. Keep plunging into the unknown, knowing it is the only direction -- Home.

Time brings all physical phenomena to an end. We can create moments that are out of time. Remaining awake creates a timeless state. The older one becomes the more one favours slow growth. Man can escape time by transforming suffering. I do know that time does not exist for higher centres. The word 'immortality' means just that. It is appalling to witness how people waste time, even after knowing that life is so short.

It would seem that you who are timeless and eternal are content to live by the sense of eternities and so would make no effort to awaken. Death is something very few people talk about and fewer prepare for. Being awake alone can confront death. Death is one way to see one's nothingness. To be awake seems a flaw in organic life on Earth. One must therefore make great and ceaseless efforts to remain awake throughout life, even in sleep at night. We must gather our awareness at the moment of death, but how can this be possible to one who has been asleep his whole life.

We must study the idea of repetitions, i.e. cycles. To verify this, one must study and one must remain awake. Credentials are deceiving and death is not impressed by them. But death is a live experience to one who has remained awake in life. Ordinary people are shocked into limbo in death.

Even humanity as a whole is not immortal and is periodically expunged by higher forces. The man who has remained awake all life is imperishable. Most aged people creep towards death, helpless and complaining. We too will die, but

we must do our best to remain awake at all times, and not to complain and waste time but to transform and gain the ultimate experience of death, the final act.

One may understand something clearly today and not comprehend it tomorrow because awareness has degrees. The more fully one understands that one is asleep, the more one will desire and make efforts to awake. When one is not awake, where one goes one knows not. One simply disappears, robbed by the thief of day-dreaming or brooding. We are fortunate our body/brain systems are so delicately structured that we can readily enter immortal realms! But the efforts are sadly wanting.

Nature, at the same time, does not encourage one's aim to awaken and has arranged a variety of alluring deviations, otherwise awakening would be a simple matter. We are like a drunken man staggering towards our goal, but on the way we fall innumerable times. There are many lamps to guide one on one's painful path, yet there are few who wish a light to penetrate their darkness. One cannot have a conscience without awareness; I mean not here the awareness of the sleep state. Regardless, one must work with what one has. Being present here is not your state of presence!

One positive aspect of great shocks is that they lift the veil and we see more, but this is true for those who do not buckle under. One is confused if one is not awake. If you want to awaken, nothing will stand in your way; if you do not want to awaken, `you' will stand in your way. The word `want' is not `wish' -- it is a great determination. How can one strengthen that tiny part in us that wants and is interested in awakening? We receive shocks because we are asleep and we have no other purpose. If you want to avoid more shocks, remain awake. Again I say, want is not wish.

One must be sincere with oneself and know that one's soul is in a vessel (the body/brain system) and one must always remember that awakening is not for the vessel, but for the release of the soul from the vessel. Nevertheless, it amounts to the vessel being awake to the thought of releasing of the soul. Our many, many births have been mechanical, but at least let this or the next one be a little conscious!

The intensity and duration of one's work will determine the level of one's development. When one attempts to awaken, the many mechanical `I's will start taking control. Be firm. One may have an emotional realization, but in order to understand one must be fully aware. To awaken one must be beyond the emotions and the intellect. The non-expression of negative impressions is the major key to awakening. Higher awareness is not mechanical, thus it must be earned. We are all naive to the requirements of awakening -- it boils down to being crucified innumerable times. Take nothing seriously but your aim to awaken; do not count on anything but the present.

There can be awareness without functions and it is understandable. But when there are functions without awareness, that is mechanicalness and it is dreadful. How can we learn to relax? We are not here necessarily to relax but to work on ourselves. Do not take the wrong things seriously.

Great attempts at esoteric knowledge do not improve our awareness, nor are we a little more awake. When higher centres function one is awake. The human body/brain system is a very complex structure that hardly anyone understands. But it has supreme potential. Do not be fooled looking at the primitive modern men.

The presence of higher centres is a gift of great value. It is because God and Nature have structured a human being in transcendence -- if only he would awake! And that state is not possible if one is thinking about one's own self -- this is ordained. Our future bodies will be nearly the same in future lifetimes, but our higher centres will progress and their progress will improve our bodies. One must be the fourth dimension to understand the fourth dimension, for time does not exist for higher centres.

Learning to bear discomfort produced by silence is a necessary step in one's development. Awakening is mathematical -- it calculates the efforts put in and the depth of sincerity. The very process of awakening alters one's inner chemistry and one turns slowly from being entirely mechanical.

The intellectual centre cannot become awareness. We may describe and define, but awareness remains awareness. How tumultuous and pathetic our inner life is. The prism exercise is one of the best ways to stop that chaos, or at least reduce it. We confuse the physical form with life. The machine, the brain/body/mind system, mistakenly thinks it is real. You will ultimately understand that the only thing that holds you back is yourself. "Nature holds up to God nothing so high as the finished and perfected man." Nature and higher forces cannot and do not give the gift of awakening to one who places himself first.

Again I say, make a total commitment to awakening. Take constant help of three-step rhythmic breathing. Understand that your life is at stake, so work more painstakingly. Ask again and again, am I awake or asleep, am I practicing 3SRB?

|| OM SATYAM PARAM DHIMAH ||