

"Devotion coupled with faith leads one to acquire deep knowledge, penetrating insight and clarity of thought, but meditation begets spiritual progress."

# Why Do We Meditate?

by SRI KARUNAMAYI AMMA

*My Dear Embodiments of Divine Souls,*

**W**hy do we meditate? It is just to merge with the Supreme Truth. The Supreme Truth we are meditating upon—that Truth is unchangeable. That Truth is permanent. In this universe there are innumerable religions. Let us not speak about all the different types of religions. Each and every religion teaches that the path is one and the same; the ultimate goal which we all reach in any religion is the same. Disregarding this truth, we are always speaking unnecessary words and wasting time. We must not waste time. We must always think about the Truth, and meditate upon the Truth, and meditate not only for our individual selves. We must respect all the paths... all the ways of all the religions.

In order to reach the goal, a spiritual seeker, realizing that every path is the same, will not differentiate between religions. Just as there is only one sun but the rays are innumerable, likewise God is only One, but the religions, the ways and the paths, are many.

Wherever we see the divine light, in an ordinary person, or anywhere else, there we can see Godly Consciousness. The true nature of the soul is compassion, mercy and forgiveness. It is our true nature. Knowing this, we are not in our true nature at all. We are entangled in many miseries. That's why we are always in the lap of sorrow. When you are in your true nature, misery and sorrow will not approach you. Your true nature, your true goal in this life is complete peace, which has to be achieved.

This body is not you, and the mind which controls the body is also not you. Not only the body and the mind, but the intellect also is not you. Above all these, the vital force, the vital energy which makes us act, is the one which is called the *atma*, the soul. That's why, in our ancient Indian culture, in a spiritual gathering people are addressed as 'embodiments of divine souls...' They are not called by their names, nor referred to as 'brothers and sisters.' They are just addressed as 'embodiments of divine souls.' It is only the soul that is being addressed, and not the body.

So, my dear children, you have to meditate. This is very important. To meditate you need a true, pure, devoted heart, and love in your heart. You may come across many pictures. For instance, in the picture of Ishwara, Lord Siva, Shankara. He is in a meditative posture. And not only this, we see the picture of Lord Buddha in meditation and in some pictures we can see Lord Jesus in meditation. Likewise, many holy people and even the Gods are meditating. Being themselves Gods and manifestations of the spiritual Self, why are they meditating, and what are they meditating on? They are meditating on their own Self, the *atma*, the soul. So when you meditate on the soul, you will always be at the true blissful Consciousness level. As long as we are entangled in body-

consciousness, always under the control of the sense organs, we cannot experience this blissful state. So your mind must turn inward, not outward. It has to go deeper and deeper into your heart. Even though your eyes are open and you are in the world, even though your vision is external, your inner vision should be internal. It must be inward only. Therefore, to achieve that state of inwardness we have to meditate. This is very important.

In this vast universe there are innumerable languages and everyone speaks a different language. But there is one universal language which all of us have to learn, and that is the language of Lord Siva Himself. And what is the

language of Lord Siva? It is Silence.

In this world we commit many sins and most of them are committed by our tongues. Hurting others, scolding others, and telling lies are done through the tongue. Even though the tongue is just three inches in length, it causes a lot of harm to the whole world. So one of the states of observing silence is not speaking. This is one state of silence. This silence of not speaking, just closing the mouth and not talking a word, is one aspect of silence, and is the first stage only. Above this, the real state of silence is to silence the mind. Mental silence is very important. Here we are speaking about meditation. In Sanskrit, meditation is called *dhyana*, which is explained as "*dhyanam nirvishayam manah*," meaning "Freeing the mind from all thoughts is real meditation." Silencing the mind is meditation.

An example is given here as to how many thoughts a man has from childhood to the time he gives up his body. In a study it has been found that from the age of five until the time one gives up the body, about sixty years, the number of thoughts arising in the mind is twenty-five thousand million. Each thought becomes a *samskara*, and whatever thought is left over in this birth, this single thought will give rise to another birth. So the thoughts that arise in the mind, as mentioned earlier, are turned into *samskaras* and *vasanas*.

These are always embedded in our minds and bodies. According to these *samskaras*, we act in the world. Only meditation controls and burns away the *samskaras* and thoughts. This is not visible to the ordinary naked eye. However, in meditation, it has been distinctly seen in a subtle form that the *samskaras* evaporate when we meditate. That's why it has been said that if one is meditating, one should not be touched. In case you don't know this, *you must not touch the person who is doing meditation*. This is very important. You may not have come across this point—whether to touch a person or not—but it is very clear that anyone who is meditating should not be touched. This is because his *samskaras* will be evaporating, and the negativity will be getting released from his body. So when you touch a person who is meditating, you will attract the negativity.

Just by external observation, we cannot say what we are achieving in meditation. Whatever you give to God, if you give a flower to the Almighty, it is seen by all. But what Amma gives to us, what God gives to us, is not seen by the naked eye. It is invisible, as we are limited in our thoughts and are always in the mental plane, that is, the ordinary lower level. When Jesus sacrificed Himself and gave peace to the world, what did we give Him in return? We crucified Him! When we observe the life of Buddha, we find that He has also given the world His compassion and love. He has elevated many people. But in return no one can give what He has given to us. When we question why God has descended to the world from the level of highest Consciousness, from that level where we can't even raise our heads and see Him, no one knows the answer. When God sees the people here, He wishes to elevate them, since they are entangled in worldly affairs. Just to elevate and enlighten them is the reason why the Supreme Consciousness comes into the world in a limited form.

The body is like an iron cage, and the mind is like a silver cage. Our intellect and all our good qualities are also like a cage, but a cage of gold. Our *atma*, the Supreme Consciousness, is limited, embedded and entangled in these three cages. Holy people, in their state of higher Consciousness, see that Supreme Consciousness, which pervades the whole universe, present in each and every one. But since it is at present in the body consciousness, they want to elevate and liberate us. That's why

Your  
mind  
must  
turn  
inward,  
not  
outward

Devotion



they come into this world.

To achieve the state of Liberation and immortality, we have to sacrifice. We have to sacrifice our anger, our lust, our hatred and all our bad qualities. When all these qualities are sacrificed, then the soul will be radiant and luminous in our hearts. But while these qualities and virtues are still present, they are like curtains which prevent our *atma* from being seen clearly as self-luminous. This is called *maya*, *avidya*, or illusion. When the veil of darkness, or the curtain of illusion, is removed, one can distinctly see, and the soul is clearly visible in all its brilliance. And so what we need is complete awareness of our true state. We must be aware of our true selves. Only then will we be able to realize that state.

So, my dear children, my beloved souls, Amma desires that you must be in the fourth stage, not the first stage only. You have to be freed and liberated from these three cages of body consciousness, mind consciousness and intellectual consciousness. And you have to be immersed in the true state of blissful Consciousness. This state cannot be described. This state cannot be explained.

Once upon a time there was a spiritual king who had two sons. He sent them to holy people, as he wanted them to get an education in spirituality. After some years they learned many things from the holy teachers and then they returned home. The king

wanted to know what they had learned, and what was their understanding of the true state, the state of Supreme Consciousness. So he asked his first son to explain his experience of Consciousness. This son started speaking on the subject right away, and explained about the higher Consciousness in many, many ways. The king then called his second son and asked the same question. But when the question about the state of blissful Consciousness and

the higher spiritual level was asked, the second son kept quiet. He did not speak a single word. Thereupon the king hugged him and said, "You have realized the Supreme State. Because it is Silence, you cannot explain the experience which you have had in that meditative level." And if you can explain that state, it means you have not truly realized it. You must all experience that state which cannot be explained at all.

No one has explained the state of Supreme Consciousness in depth-neither Buddha, nor any other holy person in the Indian philosophical tradition. They have just shown us the path, that's all. They have shown us the path, and we have to proceed on that path and experience that state for ourselves. We have to close our eyes-see not with the physical eyes but with the inner eye-dive deep into ourselves, and see

what is happening inside. That is what they teach us. As we dive deep inside, as we turn inward, one by one the veils of ignorance which cover our intellect will be removed like curtains, and finally we will see the pure Supreme Consciousness. We can experience this state when we remove the veils of ignorance within.

Thus, we have to lead our lives as true spiritual seekers, and when we do so, we shall be like the fish in the mighty ocean. As spiritual seekers we must not bind ourselves to one particular religion, one particular sect, or one particular institution. Whatever religions there may be in this world, they all belong to your soul only. All the beings in this world are your true Self only-they are all your dear ones. They are not separate from you, they are your own Self. And the *atma* within you and within them is one and the same-not only in human beings but also in birds, insects, oceans, mountains and trees-they are filled with the *atma*, the same soul. And to experience that higher state of seeing our soul in each and every particle of this universe, we have to open our inner eye and dive deep into our Self.

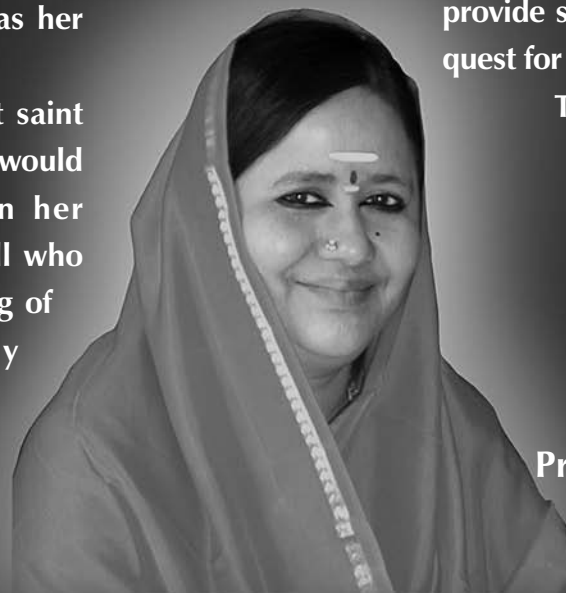
So, my dear embodiments of divine souls, Amma is wishing that you reach that highest state of Truth, and you yourself become that Truth. *Hari Om Tat Sat.*

[www.karunamayi.org](http://www.karunamayi.org) for more info

## Divine Mother Karunamayi in Sedona

Sri Karunamayi, venerated in India as a living incarnation of the Divine Mother, will visit Sedona to offer spiritual discourses and individual blessings. "Karunamayi" literally means "compassionate Mother," and she warmly receives all who approach her as her beloved children.

Before Karunamayi's birth, the great saint Ramana Maharshi told her mother she would give birth to the Divine Mother. In her childhood, Sri Karunamayi delighted all who met her with her intuitive understanding of holy scriptures and her deeply compassionate nature. At the age of twenty she withdrew to a sacred forest in southern India, where she meditated in silence for ten years on behalf of all



humanity. When she emerged from this period of silence she began her mission to share her divine wisdom and love with the entire world.

Sri Karunamayi has said that she has not come as a guru, but rather as a loving mother who wishes to provide spiritual sustenance to her children in their quest for self-realization.

The program schedule is as follows:

**April 16 2007 7:00 PM**

**Evening Program**

**April 17 2007 9:00-12:00 AM**

**Individual Blessings**

**Program Location: Creative Life Center**

**333 Schnebly Hill Road**

**Sedona AZ 928 282 9300**

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