



28-2-2019  
Thursday

### **\*The Invention of 'Truth'\***

My Salutations to all Pious Souls.....

#### **'Values of Samarpan Meditation' - a new 'invention'.....**

Man's needs are the origin of inventions; similarly, 'humanity' is ending in the whole 'world', because of the present situation of man's one-sided development and thought pollution. And only after seeing this state in society, after 800 years of continuous spiritual practice, the sages and ascetics of the Himalayas have 'invented' the '**Values of Samarpan Meditation**'. Now, the question arises - Why has all this been done? What was the main 'objective' of doing all this? The main objective was to awaken the 'humanity' within man, because the prayers and methods of worship which were developed earlier for awakening the 'humanity' in man - and by methods of worship, I mean religion - these were actually only methods of worship; but later on, they started being called religions.

All these methods of worship (religions) were only brought into society, so that man could become a human being from an animal. Actually, earlier man's life was just like that of an animal - today's human being has evolved over thousands of years. Each method of worship used to be created on the basis of a particular method and 'teachings'. According to the times, dissimilarities definitely existed amongst the methods of worship; however, the biggest similarity also that existed amongst all the methods of worship, was that they all had the same objective - to awaken man's 'humanity' from within. But exactly the opposite happened - the methods of worship (religions) which had been created to awaken man's humanity were the very methods that were misused by the humans; and they started using these methods for thousands of years, for propagating their own thoughts for their selfish ends and for gaining power. And because of this reason, man started using these methods of worship only for destroying 'humanity'. A struggle for power started taking place in the name of the method of worship, and 'wars' started taking place. If you pick up the history books and read

**them, you will see that the volume of human slaughter which has taken place in the 'world' in the name of methods of worship (religions), has not taken place anywhere for any other reason.**

Man used to consider the 'slaughter of humans' as their work for religion (methods of worship) with great joy and happiness. This fact did not 'register' with anyone living in society, because each and every person living in society was connected to one form of worship or the other; but this was 'noticed' by all those Gurus in the 'Guru's area', because they were not present in society but were seated in the Himalayas.

The Himalayan Gurus studied this matter in great depth and then realised that all the methods of worship (religions) in society were good in themselves, but all the methods of worship (religions) were based only on 'sermons'; and this was the reason why, they made man cultured, calm and satisfied - but managed to convey all humans only up to the '*Agya* (brow) chakra'. After reaching the '*Agya* (brow) chakra', man attained a state of 'thoughtlessness' and felt very good about it.

In the ancient times, man was more emotional and sensitive; and hence, man's innate humanity used to actually get awakened because of these methods of worship (religions). But with the passage of time, man's emotional state and sensitivity started reducing, and his activeness increased - his right meridian (*suryanadi*) started developing more and more. In the world, the development of man's intellect became one sided; and then, the balance in society itself ended - and due to these reasons, 'humanity' itself started coming to an end.

It started happening like this, because all the methods of worship were based only on sermons. Man used to listen to the sermons with one ear, and let it go through the other ear; hence, no method of worship was such that all the people following it were good - in all the methods of worship there were good as well as bad people; and there were hundreds of methods of worship. And there were hundreds of 'Gods'; but when there is only one Paramatma, then how can he have thousands of 'forms' - however, everything depended on their believing.

Accepting Paramatma is the feeling (*bhaav*) of a person; he can accept anyone as Paramatma. That's why, people had thousands of beliefs about one and the same Paramatma; and these beliefs themselves became

the subject of dispute. Because of his 'ego', every person started saying that my Paramatma is the best. Although Paramatma is formless, people started getting divided due to various disputes that started cropping up in human society about Paramatma's 'shape' and 'form'.

It was only after studying these situations that the Himalayan Gurus 'invented' a new path based on soul level spiritual experience. They always knew about it; but they were successful in creating such an invention that could give others spiritual experience at the soul level, only after many Gurus performed spiritual practice continuously for 800 years. Then, the question arose as to how to make this spiritual experience reach society, because they (the Himalayan Gurus) had become so extra-sensitive that they could never ever come into society. Then, after making efforts for several years, after several years of prayers, Paramatma himself prepared such a 'Divine Soul' for this work, through whose 'medium' this work could be accomplished. Now, the next problem was – when would such 'parents' be found, through whose medium this 'Divine Soul' could take birth on earth. Such 'parents' who could give birth to such a soul were prepared after 40 years; it is only after this, that the 'soul' took birth.

It took many years to call that soul to the Himalayas; and Shree Shiv Baba was entrusted with the work of bestowing that divine spiritual experience (to that soul). Now, that work itself became the objective of his (Shiv Baba's) life; and he completed that work and then gave up his body. Later, other Himalayan sages and ascetics handed over their 'knowledge' to that same soul and attained liberation, because 'liberation' cannot be attained along with the knowledge. After making an 'ordinary empty (void) person' the 'medium', this spiritual experience of 'the values of Samarpan Meditation' was able to reach society. These (values) have been prepared for every person in the world; in this there are no 'sermons' – any individual can absorb this spiritual experience and 'progress spiritually' on his own, and attain the state of 'liberation' in this birth itself. This is based on the following 'beliefs' – we will now look at what these 'beliefs' are -

## **1. Belief in Paramatma**

One can see different beliefs of the forms of 'Paramatma' in society, but there is no form or shape which has been

accepted by all the people in the world; and it is these forms which are the cause of discord. On observing this, the Himalayan Gurus have not kept any form in this at all, hence there is no form in this.

Just as one can readily mould clay to get the form of any 'Deity', similarly man can see Paramatma in any form through his feelings; meaning, that man always creates 'form' and 'shape' only through his feelings. Paramatma is always formless; and man gives him the shape and form only for his own concentration.

Man's mind is very restless, it can never catch hold of the formless; and that is why, it has created 'form' and 'shape' for focussing the mind. This is exactly similar to the students in primary school (using the abacus) shifting a ball, and saying 1; then, after shifting the second ball they say 2, and after shifting the third ball they say 3 - meaning, that if they do not have the balls (for counting), then they cannot say 1, 2, 3.

**'Paramatma is immortal, he existed yesterday, exists today and will exist tomorrow'**. Meaning, that this is clear - no physical body can be 'Paramatma', because there is no physical body which can exist for ever. It is because of this reason, that till today nobody has said, "I am Paramatma". This is because the persons who are being called 'Paramatma' today also knew the 'truth', that they were one with Paramatma but they were not Paramatma; they were connected to Paramatma, but they were not Paramatma.

No one has seen Paramatma till date; even then, everybody believes in Paramatma, meaning, an unknown power of divine energy is Paramatma. It does not have any shape or form - shape and form have been given to it by man himself according to his liking. This unknown power is always present in the form of Paramatma, and there are also people who do not believe in Paramatma; and their life too goes on normally. Meaning, that it is not necessary to believe in Paramatma to live, even though the number of people not believing in Paramatma is 'negligible'. Man keeps believing in Paramatma in some form or the other; and the people who do not believe in Paramatma are called 'atheists'. Many 'intellectuals' do not believe in Paramatma, but they definitely believe in the 'energy of nature'. Meaning, that they believe that there is

some unknown power in the world, and this world operates because of this power itself.

**In the values of the Samarpan Meditation technique, the belief about Paramatma is that Paramatma is a universal power of divine energy, and it is prevalent in each and every atom and particle in the world. And it is because of this unknown power that the whole world is functioning today. It does not have any 'shape' or 'form', it is not visible – but wherever it is present in collectivity, it can definitely be experienced; and the soul always feels good in the proximity of Paramatma.**

When we go to the mountains, there is the collectivity of rocks over there; thousands of rocks have been staying there collectively for thousands of years - so, we feel good even therein its proximity, because Paramatma's energy is present in collectivity. When we go to the banks of any river, there are millions of particles of water flowing continuously, and because they are in collective form, we experience Paramatma's energy over there too. And we sit on the banks of the river and feel good. We get a similar experience by sitting on the 'sea-shore' too. Man cannot experience 'Paramatma's' energy which is present in every atom and particle, because man's sensitivity has reduced; but when Paramatma's energy is present in collectivity, then man feels good over there. Always feeling good is only possible with the spiritual experience of Paramatma. **This energy of universal consciousness existed yesterday, exists today and will exist tomorrow.**

This power of universal energy in the world itself is called 'Paramatma' in 'Samarpan Meditation'; and sadhaks are asked to focus their 'attention' (chitta) on this divine energy of Paramatma itself. And after the sadhak's spiritual practice is completed, he starts experiencing this energy immediately. The sadhak connects to this divine energy through his '*sahastrar* (crown) chakra', and obtains a 'divine spiritual experience' of 'inner-joy' at the soul level. After meditating for some years, he experiences that this divine energy of Paramatma is residing right within himself too; and then he becomes his own 'Guru' and starts receiving guidance right from within himself.

## **2. Belief/ Acceptance of Religion**

Generally, we observe in society that the 'method of worship' itself is called 'religion'. Actually, the religion of all human beings is only one, because they are all 'humans'.

There is a 'special knowledge' within every person, and with that knowledge man comes to know what is good and what is bad; what he should do and what he should not do. And it was to awaken that **special knowledge** itself that all the 'methods of worship' were created. All methods of worship have only the same type of teachings - speak good and let go of the bad - this is found equally in all methods of worship.

Speak about good things and let go of the bad things - by giving this advice, it tries to awaken the humanity lying (dormant) within man; but it is so lengthy, that man's life itself comes to an end in the number of years it takes. At the time of taking birth, man does not take birth along with the method of worship; the method of worship of the house in which he is born is attached to him. Because of his ego, man does not look at the uniformity in the methods of worship, he looks at what the difference are; and the differences have taken place because of the time and situations. Despite the differences between the various methods of worship, there is one similarity, and that is - all have the same teachings - speak about good things and let go of the bad things. And the method of worship is external; by changing the method of worship, no change takes place from within. Just assume that a boy has got a 'stomach-ache' - we take him to the hospital and he takes off the white clothes which he is wearing and he is made to wear 'red' clothes - will his stomach-ache get cured? No! If he removes the 'red' clothes and is made to wear 'yellow' clothes- will his stomach-ache get cured? No! To cure his stomach-ache, some medicine will have to be given which reaches inside his stomach.

In exactly the same manner, the method of worship is external; and it is not possible for the soul to progress just by changing it. For the soul to progress, it is necessary for the soul to awaken within. My Gurudev used to say, "Just as a 'soul' assumes a new body in every birth, exactly in the same way, it takes birth in a house having a new method of worship. In the same way, that the physical body changes, the method of worship also keeps changing - and both are not permanent; what is permanent is the 'soul' - you should give importance to it. Now, what is known as 'Hindu

religion', that too is Indian culture, which the sages and ascetics staying in India created by staying connected with nature in the natural environment. 'Hindu culture' is very ancient culture; and with the passage of time, that same religion started being called a method of worship.

Indian sages-ascetics had formed the idea of '**the whole world as one family**' – that one day, the whole world would be like one family. Now, this idea cannot be realised through any one deity or method of worship; as long as man's physical feelings do not end, this idea cannot come to fruition.

They were wise and they had this idea – meaning, they also knew the way to fulfill that idea – and that path was 'meditation'. And 'meditation' is the only way by which man's soul becomes so strong, that the physical feelings come to an end completely; and then, the inner-religion within man is awakened, and humanity within every human being is also awakened.

**The belief in this, is that even though the methods of worship of the physical body are different, the religion of our soul is only one - that is the religion of 'humanity'**. Without doubt, all of us are human beings; the basic nature of man is to love; and after attaining this inner-knowledge, man starts loving all human beings.

### **3. Satguru (Medium)**

In our lives, we notice that a farmer regularly waters a particular place, and also puts fertiliser there; and when you ask him why he does this regularly, he replies that he desires that a good 'mango tree' should grow in this place. Then, you tell him, 'You fool, can any tree grow without a seed?'

But we too are practising this same foolishness in our lives. We have not obtained the 'seed' of spiritual energy at all, and we wish to attain a 'spiritual state'; and we are making different kinds of efforts for the same too! **Based on my experience of 60 years, I can say with confidence that spiritual progress is impossible without the 'Satguru's Grace'**.

The Satguru's physical body is that 'medium' which has attained Paramatma in his own life. He has attained Paramatma because he has

become completely empty, and Paramatma's divine energy itself has started flowing from within him. Generally, such Satgurus have left society; and they cannot be found in society, as they have already become 'one with nature'. Hence, it is difficult to meet such a Satguru in society in one's life. These Satgurus are so sensitive, that they can never come into society because of their strong 'aura'; and their aura is so strong, that no individual can enter their aura without their wish. So, it is definitely not possible for any person to meet such a 'Satguru' in society. 'Paramatma's divine energy keeps flowing from within them, because their physical feelings have completely ended - they have a physical body, but their 'ego' of 'I' has ended completely.

Since their 'I-sense' of being the doer has ended completely, they cannot do anything at all, because they do not have the feeling to do anything at all for anyone. They are like a completely empty pipe; and the emptier the pipe, the greater will be the flow of water. They themselves do not do anything; but if you connect with Paramatma's divine energy through their 'medium', then you can attain anything. Meaning, that they don't do anything, but it just happens in their proximity.

The first requirement for spiritual progress is self-realisation; meaning, the knowledge that you are not a physical body but a soul. **They can bestow their 'grace' in the form of this knowledge (of self-realisation), only when their 'Satguru' has 'authorised' them to do this; only then is it possible to receive self-realisation from them.** All spirituality is bound to the word 'authorised'. They too have obtained this inner-knowledge from their Guru secretly; and till such time that their Satguru does not 'authorise' them, they cannot bestow this inner-knowledge on anyone. **Meaning, it is necessary for us to meet an 'authorised Satguru' to obtain the seed of inner-knowledge.**

It is necessary for you to have a divine physical body in order to meet such a Satguru. A soul gets such a divine physical body after many births, because this is not possible as long as one does not get pure 'parents'! It is necessary to have a divine physical body in order to receive this inner-knowledge.

'Self-realisation' is not everything; it is just a tool to attain the state of 'liberation' (*moksha*). Many souls take birth only with the objective of

attaining 'self-realisation'; and even after obtaining 'self-realisation' in their life, they do not manage to attain the state of 'liberation'. Hence, the souls which take birth only with the objective of attaining 'liberation', they **start their spiritual practice after attaining 'self-realisation' in their lives**; and then, they attain a 'karma-free state' which is called 'liberation' in their life-time itself. That's why, to attain the state of liberation, it is necessary to decide to have only the objective of liberation. The Satguru too does not give 'self-realisation'; but it can only be obtained in his proximity - he is beyond the physical action of give and take - so, how can he give 'self-realisation' either?

Then, how does this event of self-realisation take place? Understand this - a candle is burning in its own place; and on seeing its light, an unlit candle also gets the desire to burn, to light up! Then, that unlit candle goes near the burning candle and lights up. So, did the burning candle light the unlit candle? No! But the unlit candle lighted up only because of the burning candle - exactly the same process takes place in the proximity of the medium, that is the Satguru.

**If you are in the presence of an authorised Satguru, and you also make a wish with full feeling that 'I should receive self-realisation', then too you may be able to get it; you will just have to make your feelings the medium and receive it.** An authorised Satguru is that 'medium' of the divine energy in the form of Paramatma, **through whose medium Paramatma reaches us; and you too can reach Paramatma through the medium of an authorised Satguru - everything is dependent on the state of your feelings. In this, only an 'authorised Satguru' is accepted as the medium to attain Paramatma's divine energy - only he is accepted as Paramatma's medium.**

The biggest difficulty in this, is believing that an ordinary person just like us is Paramatma's medium, because our ego of 'I' always comes in the way. All of us believe that a part of Paramatma is definitely present within each and every person. If we manage to see that part of Paramatma in an 'authorised Satguru', then we will be able to see that part of Paramatma in every person.

Actually, an 'authorised Satguru' is just like the physical body of an ordinary person; but the 'soul' within him is such, that the collective

energy of millions of souls is present with him - and the **name for the collective energy of souls is 'Paramatma'**.

As a result of the presence of the collective energy of souls, just by getting the darshan of an 'authorised Satguru', we can obtain peace of mind; the soul obtains a special kind of joy. We will obtain the joy of spiritual experience only to the extent of 'soul-feeling' (*atmabhava*) within us. It is impossible to meet such an authorised Satguru in society, because which authorised Satguru seated in the Himalayas will 'sacrifice' the 'proximity' of his Satguru and come to society? Nobody will do so! In the Himalayas, in the 'Guru's Sphere', no one gets thoughts of this society at all; so, there is no question of coming into this society at all.

Such an 'authorised Satguru' can come into society only when he is sent through his Guru's order. Even if he manages to come into society, very few people are able to connect with him during his 'life-time'. And only those people who live in the 'present time' manage to connect with him - and the people who live in the present time are very few. Mostly, man stays only in the past; and hence, he can believe in a '*samadhist*' (enshrined) Guru but not in a living Satguru. Hence, the information about an authorised Satguru generally manages to come into society only after he is 'enshrined' (takes *samadhi*).

Ordinarily, information about the period of spiritual practice of a Satguru is not available to society. Society never manages to learn about that difficult time, and the millions of failed spiritual attempts of a Satguru. Society notices him only when he reaches the high spiritual peak; but every Satguru's life definitely has a difficult period of spiritual practice and penance - **'gold' always becomes pure gold only after heating.**

#### **4. The 'values' of Self-realisation**

These are the 'values' bestowed by one pure soul on another pure soul. This is not any technique which one person can teach another person, or one which one person can learn from another person. When a disciple's soul merges with the Satguru's soul, then the knowledge which is within the Satguru, is easily transferred from the Satguru's soul to the disciple's soul.

Science students can understand it in this way - in a science laboratory there is a U-tube which has two columns, both of which are connected from within. If you put 100 ml of water from one side, then 50 ml of water also goes easily to the other side; and nothing separate has to be done for this to happen.

If any soul merges with the Satguru's soul by remaining in the proximity of an 'authorised Satguru', and it 'prays/requests' him - 'may I obtain your spiritual experience of inner-knowledge through your grace - then that soul immediately starts experiencing a soul-level spiritual experience and the mind becomes calm. All the thoughts in the mind stop, one experiences inner-joy, and feels like remaining only in his own proximity.

**In this, the 'belief' which exists is that, spiritual progress is impossible till such time that we do not receive the seed of spiritual knowledge from some authorised Satguru's medium.** Now, the question that arises in one's mind is - what are the things that one has to give up in life to obtain the spiritual experience of spiritual knowledge? So, there are no instructions in this - you can also receive this spiritual experience just as you are.

**The Satguru is the 'mother' who gives birth to the soul.** Just as there is only one mother who gives birth to a physical body, similarly, there is only one mother that gives birth to the soul. The way in which a 'mother' accepts anything, similarly, the Satguru who is the soul's 'mother' also accepts everything. This matter is very clearly understood after obtaining 'self-realisation', that Paramatma's divine energy may be spread all over the world, but Paramatma has made the Satguru's physical body itself the 'medium' to reach me; and hence, I have received the spiritual experience. Meaning, **the 'Satguru's physical body' is that 'bridge' through which Paramatma has reached me; so, I too can reach Paramatma through the medium of that same bridge.** 'Self-realisation' is just the beginning of one's spiritual progress. After attaining it, the sadhak has to perform spiritual practice and obtain that state in his life which is called the state of liberation.

**After attaining 'self-realisation', man's nature changes from one of 'inspection' to that of 'introspection'.** Ordinarily, man's nature is to inspect everything - if he sees anything, he will promptly 'examine' it - this should happen, this should not happen; if it happens like this, it will

be better, the colour of this cloth does not suit this; this man is fat – it would have been nice if he was thin, if there was less salt in this dal (lentil gravy), it would have been nice; if there was less crowd over here, it would have been better, there is no crowd here at all – meaning, that the mind inspects everything and keeps preparing its ‘report’ and keeps on destroying the ‘chitta’.

**After self-realisation, man’s innate nature of ‘inspection’ of several years, changes to one of ‘introspection’ within a moment;** (he realises that) the abuses which I keep giving is not a good habit, my habit of telling lies is not good; the negative thoughts which I always have is not a good habit, I do not sit regularly for meditative practice and that is not a good thing; I cannot get along with anyone, these are not very good qualities/signs.

After obtaining ‘self-realisation’, man’s chitta ‘turns inwards’ in a moment, and he starts seeing his own faults. And when his chitta goes to his own faults, then his faults start going away. After some years of spiritual practice, he starts experiencing that Paramatma is right within him; and then, his search for Paramatma comes to an end. Then, he obtains the greatest satisfaction in life that he has attained Paramatma. Once he obtains the spiritual experience of Paramatma in the Satguru’s physical body, then everything starts happening automatically. For one, accepting someone as Paramatma is the peak of one’s receiving capacity; in this way, on the one hand his receiving capacity increases; and on the other hand, once he has learnt to see Paramatma in a human being’s physical body, he starts experiencing that Paramatma resides within every human being’s body. Then, he starts loving everybody, and the religion of humanity within a person is awakened.

## **5. Samarpan Meditation**

Simply attaining self-realisation is not everything; after attaining ‘self-realisation’, one needs to give time for meditative practice for several years. The word ‘doing’ meditation is not the correct word – man is so accustomed to doing all kinds of work, that he also ‘does’ meditation. My dear, ending the feeling of being a doer itself is meditation. So, there is a ‘doer’ in doing meditation, isn’t it? **One has to go into meditation – meditation is the state of establishing a connection between the soul and Paramatma.**

Actually, doing nothing is meditation; when you are not doing anything physically, and you are not thinking with your mind either – that is the state of meditation. While going into meditation you should go without expectations, because expectations always make meditative practice impure; because expectations are connected with the physical body. It is the physical body which always has ‘expectations’, the soul never has any ‘expectations’. Meditation is the strong medium for establishing a connection between the soul and Paramatma; hence, do not sit for meditative practice with any ‘expectation’, to the extent that you should not do meditative practice even with the expectation of attaining liberation. As you go deeper and deeper into meditation, the soul will start becoming stronger and stronger and it will take you further ahead.

In Indian culture, there are temples of Lord Shiva; inside the Shiva temple there is no idol, only a *shivlinga* is present as Lord Shiva’s symbol; and outside the temple a *nandi* (bull) is seated. While explaining its meaning, my Gurudev had told me that the *shivlinga* in the temple (collectivity of souls) is the symbol of Paramatma; and the *nandi* sitting facing him is the symbol of a strong soul’s total surrender.

This means that as you progress in meditative practice, your soul will start becoming stronger; and **if the soul becomes strong, then it will remove all the ‘attachments’ on its own from your life. You will be in the midst of everyone, but you will not be attached to anyone; you will be free while remaining amidst everyone.** And you will not have to do any of this; it will happen automatically, because as your soul-feeling within starts increasing, the soul will start reducing the physical feelings within you. The morning meditation should be done alone through the medium of ‘Samarpan Meditation’ for spiritual progress, and there should be no one around you – by doing this, your chitta will start becoming powerful.

Then, slowly and steadily your ‘aura’ will start developing around you, and you yourself will start hearing a sound from within you. This sound is called the sound of *Brahmanaad* (Paramatma’s divine energy/celestial sound). On hearing this sound, you will experience the soul’s joy; but if anyone comes near you when you are listening to it, then this sound will stop.

You have to do the evening meditation only in collectivity by going to the centre. When you sit with hundreds of other sadhaks for

meditation, then you will learn to get control over your chitta too. Meaning, that you will be sitting amidst hundreds of people, but you will still sit by staying within. Both these meditations are necessary – meditation in solitude makes the chitta powerful, and meditation in the evening brings the chitta under control. You should also know how to drive a car fast, and it is equally necessary to have control over the car; hence, both the meditations are necessary.

Just as we make watching a football match our hobby in our life – no work of ours gets accomplished by watching a football match – but we go to watch a football match just because it is our ‘hobby’; similarly, go for meditation only because you feel good after meditating.

**Anybody in the world can do ‘Samarpan Meditation’ – he could belong to any race, language, religion, colour, country, gender – this is open for all human beings. It is taught free of cost all over the world. Today, it is being practised in more than 22 countries in the world; today, ‘millions of souls’ are connected to this meditation.** We see in society that newer and newer ‘inventions’ keep taking place for human convenience – there is only one objective behind it – to give human beings more and more facilities and that the work of human beings gets done easily; or better and better tools of transport and communication are made available to man, so that human life can be happier and more comfortable. And every ‘invention’ is the finding of the human intellect – first a human’s necessity is created, and later the ‘invention’ is made to fulfill that necessity.

Only one person creates the ‘invention’; but not only the people of his country, but also those of the whole world benefit from the ‘invention’. Meaning, that the ‘invention’ is meant for every person who wants to use the new means that are made available by the ‘invention’. Then, any person in the world can make use of those means also, while staying in his country.

Any inventor always has a grand global way of thinking while creating the invention, that it should benefit all humankind; then, later on all humankind takes the benefit of that invention. Meaning, that the grander your thinking, the greater will be the use of that invention too. Now, this is related to the inventions in our material life; just like when a car manufacturing company brings any new model into the market, it will do so with more ‘modern equipment’ and facilities. Meaning, the car’s

'model' always has improvements and progress taking place. We live in this material world, and that's why we keep coming to know about all these things.

Do you think that the sages, ascetics settled for so many years in the Himalayas would not have made any progress in the 'spiritual world'? They would definitely have made progress! But we are not in that world and hence we have no knowledge of it.

Many years ago, it was the practice that when any sage or ascetic obtained the spiritual knowledge and powers after performing meditative spiritual practice for years together, then during the final stage of his life, he would bestow 'self-realisation' on some 'deserving disciple' and then 'give up his body'. This is because liberation also cannot be received along with knowledge; one also needs to become free of knowledge to attain the state of liberation. And this tradition had been going on for years together. Then, the sage/ascetic would also make that same disciple complete his last rites. And, till the time he did not find a deserving disciple he would have to wait for years together for that deserving disciple, because it was necessary to become free from inner-knowledge too. They would use their entire 'life-force energy' to bestow the self-realisation; and after bestowing the self-realisation, there would be no objective left in their life, so they would themselves give up their body.

They would always bestow self-realisation at the cost of their life; meaning, that 'self-realisation' was not such easy work. And the energy of spiritual knowledge earned over a life-time would be given to their disciple with the faith that they would keep that knowledge alive in the future.

After 800 years of spiritual inquiry and research they created an empty physical body which remains like a 'lotus' with their will power. Meaning, that he can stay in the muck of society, and at the same time, there will not be any stain of the muck on him either; and he would always keep giving the 'fragrance' in the form of 'divine energy' to society.

They created the body of an individual who was empty, because an individual with an exalted spiritual state can never live in society as he will become extra-sensitive. This empty person was just like an empty 'pipe'. This physical body had no desire, no objective, no knowledge of its own - knowledge could be bestowed through this empty physical body,

and the faults which were created by living in society could also be removed. He could always be kept holy and pure, and 'inner knowledge' had to be delivered to millions of people through this person's physical body; that is why, he had been created in such a manner that even the most ordinary person could receive it. By pouring the knowledge and powers acquired through 800 years of spiritual practice and penance into the physical body of that 'ordinary person'; everyone 'authorised' him in the form of their medium. Doing this is also the biggest 'invention' in the spiritual world; and the responsibility has been given to 11 (eleven) Gurus to 'observe' whether he is doing his work well or not, and to keep that physical body 'safe'. Those 11 Gurus are always present with this body in a subtle form.

**The biggest 'invention' is creating this body through their power of spiritual practice**, and that is the reason why, by creating an ordinary looking person, with ordinary height and ordinary power, today they have performed an unparalleled task in the world itself; otherwise, it was impossible for such work to get accomplished by an ordinary 'householder'.

Earlier those sages and ascetics could bestow self-realisation on only one individual during their life-time; but now, through the 'medium' of this individual, they are managing to do so for millions of people. This individual's physical body itself has become a 'medium'. This 'medium's' presence will be experienced more after the 'medium' takes *samadhi* (becomes enshrined). This 'medium's' work will actually start spreading in the real sense after he takes *samadhi*. Such grand work has taken place now itself, so we can only imagine how great the work will be later on.

### **To summarise briefly -**

After 800 years of spiritual practice, the Himalayan Gurus have created the values of Samarpan Meditation based on a soul-level spiritual experience; and the 'objective' is to awaken 'humanity' in the world; and they have complete faith that this can happen only after attaining the knowledge/realising that 'I am a pure soul'.

**All this has been done only with the objective of realising the dream of our ancestors, that 'the whole world is one family'.**

1. Paramatma - the 'belief' that ..... is a universal energy which can be experienced.

2. Religion - we are all humans, so our religion is the religion of 'humanity'.
3. Satguru - he is that 'medium' through whom Paramatma's divine energy reaches us, he is an empty 'pipe'.
4. Values of self-realisation - this is a holy inculcation of values, this is not some technique.
5. Samarpan Meditation - this is a regular spiritual practice, which a sadhak has to perform regularly in collectivity.

This is a new 'invention' of the spiritual world. This has been created by many Himalayan Gurus through their collective efforts for the welfare of every human being. By making the medium a 'medium', they are distributing it in the whole world for universal peace and welfare.

**This is distributed 'free of cost' all over the world.** Any person can receive this - as there is no distinction on the basis of race, religion, country, language, gender, etc in this. **Its main objective is to awaken the 'humanity' hidden within man.**

My prayers to God that all of you may benefit from this invention, and that you may attain the state of 'liberation' in this birth itself. Lots of blessings to you all.

Your own  
Baba Swami  
28/2/2019