



14-2-2019

Thursday

**\* Becoming one with Nature itself, is 'Meditation' \***

My Salutations to all Pious Souls.....

Human society has developed and progressed slowly over millions of years; but today, we do not have all the details of this progress. Earlier, the entire earth itself was at one place (one landmass); later with the passage of time, different continents were formed and various 'countries' were created.

Earlier, humans used to move about in groups like animals, like we generally see groups of wild animals. This was something similar. Then, later on they humans learnt to live in caves, they learnt farming, breeding animals and fishing; and then, they started living in 'communities'. Man has always been a worshipper of power, and every human being wants to become powerful; but the physical body of man has its limits. Then man realised that the maximum strength (power) exists in nature itself. So, he started worshipping the five great elements of nature itself, and we see that this worship of the five great elements is the most ancient 'form of worship in the world. Primarily, humans used to worship only in this manner; hence, even though the earth has split into different continents, even today this method of worship is found all over the world. In America, even today the Red Indians worship in this manner; in the UK, in Wales, the Druids use this form of worship. Even today in India, in the settlements at the foothills of the Himalayas, many humans practise this form of worship; and I have seen this whilst living amongst them. These people call themselves Aryans, and say that 'we ourselves are the original residents of India (Bharat)'; it is said that the 'Maori' tribe in New Zealand also still depends on this method. I have met them too, and I have got the opportunity to know their methods too. Today, because of this same method of worship, even though humans have gone to distant lands due to the breakup of the earth into different pieces, the ancient method of worship is the same; and this ancient method of worship connects us with nature. Even today, they cure themselves of illnesses by connecting with nature. It is necessary for you to become empty, meaning 'void', to

connect with nature. **The biggest obstacle between us and nature is 'thoughts' - nature never thinks and we think.** The thoughts of human beings separate us from nature; we too spend our life in nature, but we never become one with nature. Even though we live in nature, nature never becomes a part of us - we live every single moment with the ego of 'I'! We always create and retain only our separate identity. **Meditation is wiping out our existence and becoming 'one with nature'**; but this is not easy.

In the ancient times, some men left their settlements and went to the nearby jungles and became one with nature; but after that, they never returned to the settlement. With the passage of time, human beings also evolved; and on seeing this evolution, nature sent those monks who had merged with nature or such evolved souls into society; then, their experiences and sermons created a new method of worship. In this manner, many such methods of worship took birth. Each method of worship had only one objective, and that was to awaken the innate humanity within man; but the methods of worship were based on their teachings; meaning, take what is good and let go of what is bad. Mostly, these teachings for all the methods of worship were given at the physical level; and the people also started receiving them only at the physical level. Those people who were sensitive and pure, were able to receive them; and the rest could not. Then, as man started going away from nature, as the intellect started developing - and the development of the intellect - in the language of yoga -as the progress and development of the *surya nadi* (right meridian) started taking place, man's left meridian, meaning the *chandra nadi*, started becoming weak; and then, man's sensitivity started dying.

This is the reason why, **today only the 'parents' of intellectual people stay in old age homes; whereas, the parents of villagers stay only at home, even though their home may be just a hut.** This is my personal experience; you can personally go to any old age home, and see for yourself. Only sensitive people can understand the teachings. All this has not happened suddenly - this process had been taking place over a period of 800 years. Those people who live in society cannot understand this change, which takes place slowly; but the sages who are sitting in the Himalayas, also desire the welfare of the human society. For the past 800 years, they had been continuously watching all that was happening- they

saw that the teachings were not having any effect. And there was no such method of worship in which all the followers were good people. So, they realised that in the coming era, only teachings would not be effective; however, nothing could be done, as they too did not have that 'path'. Their own experience was that they had left society and come to the Himalayas and become one with nature; so, after some years, nature itself had started flowing from within them.

In order to enhance their capacity to absorb, they accepted nature itself as 'Paramatma'. Actually, accepting Paramatma is the pinnacle of our receiving, but only those who are sensitive accept it. Secondly, their problem was that the inner-knowledge which they had attained had been received in the proximity of nature. They wanted to become 'free' from that too - they had been searching for the path (to become 'free') for the past 800 years. After years of research, they reached the conclusion that whichever path was possible now, would happen only through spiritual experience. If man could obtain the spiritual experience of the soul that he is a human being, then all the distinctions of race, religion, language, country, gender would end for him. The barriers that he had created would fall. The human physical body is made up of the five elements - earth, sky, fire, air, water. A path of 'spiritual experience' should be prepared for human beings with the help of these five elements, which would reduce influence of the physical body, and connect him to the five elements. Then, nature itself would start flowing from within man. Man's feeling of 'I', that he was the doer was the biggest problem; because till such time that the feeling of being a doer does not end, physical feelings also won't end. And, till such time that the physical feelings don't end, the spiritual experience (anubhuti) cannot occur.

It is only because of this feeling of being the doer, that except for his own self, man keeps trying to know the whole world throughout his life. However, this feeling of being the 'doer' could not end through external teachings. This could have been possible through spiritual experience at the soul level, but now the question was - how this spiritual experience would reach society -because they (the sages in the Himalayas) had become so sensitive, that they could never reach society; and society too could never go to them. This is why, they needed such a medium who was connected to society, but was still empty; then, the connection of that person to society would end automatically as he was empty. But why

would the person who had become empty, and then gone to the Himalayas and reached them return to society? - because after becoming ultra-sensitive, it becomes impossible to go back to society. This is why, the Guru-energies decided to create one such 'medium', who was connected to society but was also empty from within. Now, to give birth to such a 'medium', first such 'parents' were created who were not part of society despite living in society. Several years passed in doing all this; and only after that, could such parents be created! Forty years after the creation of the 'parents', it was possible to create a medium; and then, they waited for the 'medium' to mature in the physical body. Then, through a medium in Nepal, in the Himalayas, a 'seed' of spiritual experience was conveyed inside the medium; and then, they waited for 10 years for the seed to germinate. After that, they kept the medium in the Himalayas and prepared him in such a way that even though he remained physically in society, he would always be one with nature through his chitta. He was made just like an empty and clear 'pipe'. That medium was created with a feeling of giving unlimitedly, because the work of spreading the spiritual experience globally was possible only through a medium with the feeling of giving unlimitedly. That medium was completely one with nature, just like a waterfall which remains steady at one place and keeps flowing; in the same manner, the medium's work commenced by his staying within the limits of a specific physical body.

Just as a waterfall always keeps flowing continuously while staying fixed in its place - and if anyone comes below the waterfall, it does not ask for his race, religion, country, gender, language - it bathes everyone who comes under it equally; in exactly the same manner, whenever any person came to this 'medium' for taking the bath of 'spiritual experience', he used to give him that bath of spiritual experience. If someone did not wish to bathe, then just as a waterfall does not forcefully give anyone a bath, similarly, he too would not give the spiritual experience forcefully to those who did not want it. 'Spiritual experience / Anubhuti' is the knowledge of nature itself. You can come to know who you are, what you are- by taking the spiritual experience in the form of the knowledge of nature, by becoming one with nature. After becoming one with nature, firstly your feeling of being a 'doer' itself comes to an end. You may belong to any race, religion, country, language, gender, colour; you will still experience that all nature is one and the same. And after connecting

with nature, you will also experience that **'the whole world is one family'**.

'Samarpan Dhyān Sanskar' (the values of Samarpan meditation) is the only path created by nature through which you can directly get connected with nature. You directly connect yourself with nature through the medium of these values; and then, nature starts flowing from within your physical body in the form of divine energy. Then, just as nature does not discriminate between humans, that same basic quality of nature also starts getting created within you. We realise that we are all made from nature itself; then, the distinctions of race, gender, colour, country and language which have been created by man, come to an end. You become one with nature, and begin to experience unbounded bliss within you. Nature has no form; it is true that nature does not think and it is man's thoughts which always separate him from nature, although nature itself has created man. Man is directly connected with nature, but the thoughts man gets always separate his existence from nature.

Man has got an unnatural sickness of thinking; and because of this sickness, man moves away from nature. The uniqueness of man amongst all creatures is that he can think; but it is this very uniqueness which separates him from nature. When we go to a mountain, we experience that the collective strength of rocks is present there, thousands of rocks have been staying together over there for thousands of years. Rocks never think; hence, we notice that when we go on the mountain, our thoughts too stop. When we go to the banks of any river or sea, over there too millions of particles of water are present which remain in a thoughtless state - if you see the water flowing or watch the waves of the sea, then your thoughts will stop; if you look at a burning fire continuously, then too your thoughts will stop. Hence, even 'poets' first light a candle so that they can become thoughtless, and then recite their poem. Generally, this is the reason why, if you observe the method of worship of any religion, you will find that worship is performed only after lighting a flame in the form of a candle, lamp, incense stick or incense.

That's why, in the oldest forms of worship in the world, the five great elements themselves are accepted as God - **earth, sky, fire, air, water**; because when we place our chitta on them our thoughts immediately stop, and we experience peace. If you sit in solitude and stare at the sky with great feeling for some time, accepting the sky to be Paramatma; even

then your thoughts will stop and you will experience limitless peace. You accepted the sky as Paramatma it does not mean that the sky itself is Paramatma; but accepting someone as Paramatma is the pinnacle of our acceptance. Accepting someone as Paramatma enhances our receiving capacity to the maximum extent. On accepting this, on the one hand we become empty; and on the other hand, we absorb all the good qualities of the person facing us. Now, I will narrate my own experience. In the Himalayas, in Nepal, when Shiv Baba made me attain 'self-realisation' for the first time, at that time I accepted him only as 'Paramatma'. My 'I' sense completely ended with that; I became completely empty, and I could absorb the knowledge of the divine energies which he had attained through his spiritual practice.

When a person with a body that is similar to mine is standing in front of me, then to look at the 'inner-energy' within him without paying attention to his 'physical body', and accept him as God is very difficult for any human being; and especially for men. My being a man was also an obstacle for me on this path, because man's ego is always an obstacle in accepting anything. Hence, it is generally said, in comparison to males, it is 'women' who make greater progress in the spiritual field; their acceptance is more, because of their capacity to absorb and accept everything. The soul is definitely present always inside every person in the form of Paramatma. I too accepted Shiv Baba as Paramatma (meaning, that I undoubtedly accepted the Paramatma within him, isn't it?) The only reason was that Shiv Baba's physical body should become the medium to give the darshan of the Paramatma within a person; and that is why, later on I got the vision to see the Paramatma within every person. Now, I can see the Paramatma within each one of you very clearly.

During my childhood, when my maternal grandmother used to go to pluck flowers or Tulsi leaves from the garden outside the house, I used to see that before she plucked a flower from any tree, she would bow down and pray and ask for 'permission' from that tree to pluck the flower; and only then would she pluck that flower. I used to find this act of bowing before small plants and trees, and folding her hands before them a bit strange. One day, when I asked her why she did that, she replied, "Paramatma is definitely present in every tree; and that is why, it grows from a plant into a tree and then it flowers. Paramatma means that living energy which keeps both humans as well as trees alive. I bow and fold my

hands to that living energy of 'Paramatma' through the medium of the tree. By doing this, my thoughts stop and I experience endless peace right within myself. Every 'flower' is the personal 'property' of every tree, so it is necessary to take the tree's permission at the time of plucking (the flower). And if you do not this, it would be like 'grabbing' the flower from the tree, and then you will get into the 'habit' of grabbing everything.

I do not want to get into the habit of 'grabbing' things in my life; I want to get into the habit of taking permission, and I have learnt all this from my maternal grandmother herself. And today I am giving this knowledge of connecting with nature to you." I asked my maternal grandmother whether she too had a maternal grandmother? She replied, "Yes, just as you are a small child now, similarly I too was a small child; and I too used to go to the garden with my maternal grandmother to pluck flowers. Nature has its own wheel, in which every soul first takes birth in the form of a child, then it becomes a youth, then it becomes old and then it dies." I asked, "What is the meaning of 'dies'?" She replied, "Paramatma calls that soul back. This is nature's wheel which has always kept turning and will always keep turning. Our body has been created under the control of this wheel; and the more we remain connected with nature, we will remain that much happy and joyous. The further you go from nature the 'unhappier' you will be. Paramatma and nature are not separate; that is why, in our Indian culture we also worship trees, rivers, seas and stones.

The more you bow before them and accept them as Paramatma, the better you will feel. I too have experienced that when we bow down before nature, our ego of 'I' within us reduces. This ego itself makes us unnatural. Do not look just with your eyes, place your chitta into it, and then look at the tree, the mountains, flowing water and also the sky with the eyes of your chitta; then, you will experience limitless peace. You will become one with nature for a short time. Actually, if you think about it, the Samarpan Dhyana Sanskar (values of Samarpan meditation) awakens the energy of nature that is hidden within you; and connecting with nature itself is Samarpan Meditation. Now, the only difference is that there are intelligent people, right-sided people, who call this the 'power of nature'. Apart from such intelligent people, all the others who are emotional, meaning the left-sided people, call this energy 'nature's power' or 'Paramatma' or universal consciousness.

Those who believe in 'Paramatma' too have many forms of worship. Each method of worship it is called by a different name, but it is also true that there is an unknown energy of universal consciousness which man has been not been able to define to date. Man has been unable to reach that universal consciousness or energy of nature; and the main reason for this is, that this energy always exists and keeps manifesting through different mediums. Man starts believing these mediums themselves to be the energy of universal consciousness. It is human nature to catch hold of the physical(gross); and his attention does not go to the subtle at all. He always catches hold of the form of the medium, but his chitta does not go to the energy within the medium; and the main reason for this, is that man does not know himself at all. He too is connected to that universal consciousness - but he considers himself to be only a physical body; and there is a reason why he considers himself to be a physical body - he is always fixated with the immediate problems of the physical body.

That is why, man is always at the physical level, and also manages to keep his chitta on the medium's physical body. His attention never goes to the divine energy that is flowing from within the medium. If man's attention goes to the divine energy, then he will be able to understand that the inner-joy which he had obtained in the proximity of nature in the jungle, or on a mountain peak or on the banks of a river, is the same natural divine energy which is being obtained in the 'medium's' proximity. When man is closer to nature, then at that time nature itself brings a medium in the form of a 'Satguru' into his life. One does not get a medium in the form of a Satguru just because someone says so; whoever has met a Satguru has done so because of his natural state, because of his own suitability. Nowadays, cities are prevalent in the world, and more and more new cities are being developed; and as more and more cities develop, man is moving further away from nature.

Thought pollution is spreading in nature due to the dense human population in cities; and always remember, that every thought takes us away from nature. Thoughts are always a creation of man himself, nature never thinks; nor do we get any thoughts in the proximity of nature. My younger sister had asked me - when you used to roam around alone in the Himalayan mountains for years, did you not feel 'afraid' that as you were alone, if a mishap took place, then there would be no one would to save you? I replied - does a mad man ever feel any 'fear'? No, my state



too was like that of a mad man. There were absolutely no thoughts in that atmosphere, so I too did not get any thoughts; and fear too is a thought, that too did not come! In the Himalayas, the entire atmosphere was natural – one's attention would only be on what was in front of you, that's all! While climbing from one mountain to another, I never looked at the height of that mountain or how much I would have to climb, or whether I would be able to climb it or not; I did not get any such thoughts, I just went on climbing. Only the 'peak' of that mountain would remain before me. Many times, nature used to test my commitment, but later nature used to help me too. I always used to be very careful about carrying as little 'weight' as possible during my journey. By remaining in proximity of nature, as it is my body had also got moulded to it. As a result, no bad effect of any kind of weather had an adverse effect on my physical body. I never became sick over there – I feel that 90% of man's ailments are only mental; and they all come only when you invite them by thinking negatively. And the doctors who live amongst these invited ailments, are the ones who are the sickest. I recently heard that an organisation of doctors had carried out a survey and studied the health of doctors; and they realised that doctors are not able to become senior citizens – meaning, they cannot manage to 'live' even up to 60 years of age. It is extremely necessary for doctors to go into the proximity of nature.

As we continue to stay in the proximity of nature, nature itself starts flowing from within our physical body. Many sages and ascetics have obtained this experience by staying alone in the jungles in the proximity of nature for many years. Today the biggest obstacle on the meditative path is 'thoughts'; they take us away from nature itself, and we definitely get more thoughts in the human society. We can reduce our thoughts by placing our chitta on nature, but for that we will have to go into nature. There are only two ways to connect with nature – one is to renounce the world and go to the Himalayas; this path is not possible in the present age, **because one needs to have the suitability to reach the 'Guru's place' in the Himalayas.** The second way, is to stay in society and meditate in collectivity; stay with those through whom nature flows in collectivity. I feel that only the second path is possible in today's age.

The Sanskar of Samarpan Meditation is a natural inculcation of values; and because it is a gift of nature, it is offered 'free of cost' all over the world. **To meditate along with these values, means to connect with**

**'nature'**. My dear, if you do not want to believe in Paramatma, then don't believe in Him; but you can definitely believe in nature. Even if you believe only in nature, then too you can obtain the experience of the free state in this life itself. Perform the spiritual practice of meditation regularly, experience it for yourself, and make your own experience your 'Guru'. My prayers to 'Paramatma' that you attain the 'karma free' state in this life itself. Lots of blessings to all of you.

Your own  
Baba Swami  
14/2/2019