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THOUGHT...

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Who Created the Phenomenon of Necessity?

Seeing life all around you, you must have asked the question, “What are we living for?” In the forest, animals are guided by instinct to exist according to their nature. They are driven by hunger to eat, they have the instinct of fear to escape being eaten, and they procreate in accordance with nature’s cycle. When their belly is full, they rest. When they have escaped danger, they relax. They do not amass excess. They are not obese or suffering from addictions. They do not need religion to rationalize their fear of death, or a psychiatrist to appease their obsessing minds.

If animals can exist well with no significant mental awareness, then how is it that human beings, with a developed intellect, have become powerless to exist in society free from a sense of lack, scarcity, need, worry, and fear? Have you ever thought, “Who is responsible for this?”

We wouldn’t want to devolve to live like animals, only acting on their instincts, and yet we also cannot tolerate many aspects of living as human beings. So, what is the purpose of our lives as human beings?

Have you ever thought, “Where is the place of life?” When asked where is life? Is your attention placed on the body? Is it your body that is life? Then where do you place life when the body dies?

Have you ever questioned, “With whose power does the sense of waking state arise in the morning that makes you conscious of your existence and become aware of your thinking? Having woken from sleep, have you thought from where desire comes and what is the result of desire?”

Animal’s desire is basic – to exist. For human beings, who have all they need for their physical existence, desire comes in many forms. A man has become compelled to produce more food than he needs, to acquire more clothes than he needs, to build bigger houses in which to store more paraphernalia than he needs. Desire arises to be included, loved and accepted. Desire arises to travel and to experience new adventures. Desire arises to attain knowledge, to gain a skill, to create some art, and to receive recognition for what they have accomplished. And for some, desire arises for power, influence and leadership.

You must have asked yourself, despite all the food that is available, the houses, the clothes, the sophisticated societies, and the developed governments, “Why do people still feel frustrated, anxious, sick, tired and unhappy?” Why do people feel lonely, isolated and unable to bridge the invisible divide they feel between themselves and others? Why are some victimized and taken advantage of by deception and greed?

We must ask the questions, “Why has a human being come on earth? And why does he have to struggle to maintain his existence?”

Unless you observe and enquire into the status quo of human existence, whatever great changes you bring to the social systems, problems will continue to increase. Unless you take a hiatus from responding to the demands of desire in order to examine from where desire arises, the human hunger will continue to consume man’s vitality, and a deeper urgency to find food, homes, clean water, and unpolluted air will remain a profound struggle.

Who can evolve their thinking to no longer fall victim to the forces of need, want, and lack? Human beings become slaves because of their hunger. If the brilliant thinkers can find the root, the underlying truth, of the need of all beings, then the knowledge of the vitality of life can be unfolded. Then, desire will not increase more than what is needed for day-to-day existence. Let us observe how this sense of desire, need, scarcity, and want, has developed in the nervous system in which hunger is felt.

The Predicament of the Child

When a child is born, he appears to be perfect, and he is loved and appreciated by all. No wave of blame ever arises to minimize the existence of the little baby, rather he is treated as an innocent

flower to be cherished and protected. Even when he learns to walk, nobody faults him for falling down, or labels him as stupid or weak because he is dependent on a helping hand to stand up and try to walk again.

The child's body quickly grows, and soon he is sent to school, where the teachers see him as unintelligent and so they make the child hear all the instructions to build his intellect with which he can gather the information to help him maintain his physical existence.

Up to a certain stage, the child remains quite free from any pressure to achieve, and he finds himself growing and playing in life wherever he is led, experiencing excitement and happiness from some things and disappointment or sadness from others.

Now the child is 'grown up'. At least his body has developed and his mind is equipped with relative knowledge. He is driven by some powerful force to get out of bed every morning. It does not allow him to rest in one place peacefully. He observes that each time he removes a need, it arises again, and so his need is never ended. The force that created need in his head and heart compels his body to move throughout the day until his energy is exhausted and he falls into bed waiting for sleep, which means he is waiting to take rest from the sense of unease, want or need.

In sleep, one has no want, no sense of lack, no sense of achievement or failure. But in the small gap between sleep and waking, one lies in bed wondering why he feels a pressure, and even an impending dread, to face the tasks of the day ahead. After he gets out of bed, he is absorbed in feelings of want, need, desire, or concern about what he has to do, where he has to move, what he should achieve, and what he should possess.

Feeling helplessly bound in the cycle of waking, desiring, working, eating and sleeping, his mind develops grooves of feeling careful, doubtful, anxious, and worried. Without knowing how this state arose, he finds he needs help that will remove whatever sense has caused him to feel uneasy, doubtful, and confused. To remove this sense, he asks the question, "What will remove my unease and return my state of happiness and playfulness that I used to know?"

Temporary relief from unease comes from a concentrated state of mind in which need is not experienced. Knowing this, elders advise a young man to study, work, travel, play sports, or gossip about the shortcomings of others to distract from one's own feelings of inadequacy. And thus, value in work – physical and mental – is evolved to gain more possessions, wealth or knowledge. As an incentive, work is highly praised and rewarded, whereas idleness is denigrated. So in the society of human beings, the important information or knowledge is

work, and they promise that work will fulfil your desire, need, wish or want. Although the young man may not realise it, his question was not to learn more, gain more, or to experience more, but how to remove his uneasiness.

The Predicament of the Human Being

Have you ever asked why, despite the universal wish to be free from pain, a human being feels uneasy, often tired, and sometimes miserable? Many live a state of worry and agitation, suffering under a sense of inferiority, and yet every human being desires to be free.

A child cries when he feel pain, and then feels alright again when the cause of pain is removed. When the body grows, the power of awareness begins to function, and the grown-up child now observes that pain is not only in the body, it is deeper. Then he starts to experience illusory mental, emotional, and existential pain that he feels helpless to remove.

A child knows the outer body, but he does not know the inner workings of his heart or brain, and so a doctor becomes the authority of knowledge. A child doesn't know how to use money, and so his parents manage it for him until he learns how to use it. A child doesn't know about travel, and so those who are more senior to him direct him and transport him from place to place. A child knows words and can

speaking all day long with his friends, but if you ask him to speak in front of an audience, he will feel timid in front of those he considers his seniors.

In this way, a child develops a sense of being a junior and others are his seniors, and so he accepts, "I am inferior". Now he is an adult, and an expert in his field, yet he has not been able to remove a sense of inferiority, insecurity, and insult. Regardless of his confused state of existence, he must continue under pressure to succeed in a job, to earn, to eat, and support his family. So he passes each day in this predicament.

Unable to fully articulate the cause of their dissatisfaction and sense of inferiority, human beings project their sense of problem onto the many issues surrounding them. They look for ways to alleviate their sense of confusion, insecurity, and the lack of fulfillment of their compulsive desires through mind-dulling distractions.

No matter how much money the young man makes, how many things he buys, how many varied experiences he encounters, or how many children he produces, unease arises again, and so full satisfaction never comes. Unable to remove the sense of restlessness, insecurity and inferiority in the heart and mind, the free spirit is entrapped on the wheel of doing, thinking, feeling and experiencing, not knowing what he wants or where he should get that which he wants. But he never gives up his search.

What Satisfies the Real Hunger of a Human Being?

Society should be organised by aware beings with a view to produce one more ‘commodity’. That commodity is the liberation from his search! Man needs the knowledge of what he truly wants, and thereby the knowledge of where and how to exit from the wheel of wanting and the frustration not receiving.

The relevant question now is, “How do we evolve that ‘commodity’?” The answer lies in the evolution of consciousness. We observe that all young children have a vital thirst for knowledge, asking, “What is this?” “Why is this?” “How is this?” and “Who created this?” Elders answer according to their standard of evolution. Educators address physical knowledge, filling a young mind with information of that which is seen, heard, and grasped – both with hands and with the thinking mind. And so the child is never encouraged to truly question, what is life?

One learns about the sentient and insentient aspects of life, but many children are not satisfied with these answers, they want to know from where the sentient appears to be seen by eyes and the conscious mind. An inquisitive child sees a caterpillar crawling along the earth, and wonders what power moves the caterpillar? The consciousness that is aware of this unseen power, unknown to the educated mind, is an

evolved mind. Wherever this knowing aspect has been unfolded, this unfoldment is called evolution.

The Viewer, Seer, Knower is One

The evolution of consciousness is developed through the practice of observation to realise that, although imperceptible, the abstract existence is all-permeating, and therefore responsible for bringing out the manifest aspect of the unmanifest reality. The evolved mind comes to know that there is a field of existence prior to the manifestation aspect of the variety of all things. Generally, that which is prior to something is called “nothing” because there is no form to be seen, understood, known or perceived. The seeming ‘nothingness’ has initiated its own evolution into an appearance, and evolved out of itself the consciousness or sense of seeing its own appearance.

By the practice of observation, some brilliant ones have developed the power of perception with which they are able to perceive the abstract. An observer with deep insight can understand that if something appears, it must have a cause. The difficulty is that one does not easily know how to enter into that formless state because it is unseen.

To describe abstract, a multitude of words are adopted with the aim to access the knowledge of the abstract – spirit, God, source, underlying field

of existence, life force, essence, cosmic existence, pure consciousness, Divine Being, etc. But, whatever name is used to indicate the nameless existence, undeveloped minds will misunderstand because their attention is placed on the forms they see, the emotions they feel, and the ideas they hold to be true.

This world appears! Innumerable objects, people and situations constitute the world. The subject – you – perceives the existence of each separate form, but YOU, the subject, the viewer or knower of these differences, always remains one and the same. The nature of subject is not a form, an object or a person; it can be likened to an underlying power source, like the electricity that is not seen but is the source of light to shine in the light bulb.

Such a simple observation! The viewer, the seer of all the differences, remains one. And yet, the underlying source field remains unobvious when the mind's attention is engrossed in the forms, people, and happenings of the world. Viewing the objects as separate, the subject is helplessly drawn to be absorbed by the changing commodities of the world. Nature advances from creation to destruction, and so the pull of nature is actually drawing the mind's attention towards form, which is inevitably increasing, decreasing and dying. Therefore, the 'commodity' that is essential to liberate the attention that is otherwise absorbed in desire, unease, dissatisfaction, and fear of the destruction of forms,

is to realise that You – the subject Self – is never bound by the force of nature.

The Evolution of Consciousness

How does one, who has ‘grown up’, know that he knows all things and forms, and at the same time knows that he does not know the essential, unmanifest existence? What is preventing one from knowing the unmanifest power source of life? There is a power in the perception of a human being, called ego power, or in the Vedic system of non-dualism it is called Maya. Ego or Maya are words, they are not entities. They are words used to explain the phenomenon that divides the one field of existence and consciousness into separate parts. This dividing mechanism is designed for the survival of the body, but it is not a helpful instrument for the realisation of our one, undivided, unchanging nature.

The Changing States

You surely have observed that there is a definite order in the formed existence, whereby the human, animal, plant, and mineral realms are defined by their characteristics. For example, although a child’s arms and legs grow longer, he never grows more than two arms or two legs. The same law

governs every material existence: a bird never turns into a stone, metal never turns into water, earth on which you walk never turns into a tree, and fire never loses its quality of heat and light. And yet, the states of consciousness change!

The waking state of consciousness changes into sleep state and the sleep state changes into the dream state. The waking state is coloured by more changes – joy, excitement, sympathy, empathy, concern, worry, agitation, irritation, lust, anger, greed, attachment, pride, jealousy, hatred, and fear.

A human being does not easily recognise with what power the eyes see, the ears hear, and the tongue to tastes. With what power does thinking appear and emotions arise? Why is it that sometimes he relishes the appearance of one state and the disappearance of another? It is very simple, he does not like the states of consciousness that make him feel uneasy, and he likes the states that make him feel easy. He does not like the states of consciousness that make him feel inferior, inadequate, or deficient in any way, and he likes the states that make him feel complete and capable.

There is some indistinct, unlocatable awareness in a human being that he feels people should not change. If they are loving, they should remain forever loving. If they are peaceful, they should remain forever peaceful. However, in the state of unhappiness, of course everyone wants to change his state to happiness. Have you ever thought why this is so?

Now, this is a central point! If you have observed this predicament of a human being that has been revealed thus far, then ask yourself, why is it that a human being, with the sincere desire for peace, happiness, and wellbeing, cannot, by his mental will, bring about a change from unease to ease or vice versa? Why can he not bring about a change from anger to peace, from smallness to greatness, from criticism to love? Without this 'commodity', the know-how, which is the ability to effect a change in his state, a human being suffers in helplessness.

Waking up from the spell of the dividing power

We have been led to ask, "What makes the states of existence?" Those who have practised observation and evolved their subtle perception, have shared their realisation that the whole field of existence is One. It is the unifying power that is the essence of all the visible and invisible conditions and states of existence.

So why are human beings not automatically equipped with the knowledge or perception of the unity of all Being? Human beings were given the power to discriminate. They were also given the gift of language. With the discriminating intellect in partnership with language, human beings have described,

classified, categorised, and divided the formed existence in many parts.

Intellect, along with language, provides a means to name and describe things as separate parts in order for us to communicate with each other about their creation. Therefore – and this is another central point – it stands to reason that it is also in the human ability to reach an understanding with which he can have the knowledge of removing division.

This is what separates us from animals, who do not have this ability. Human beings have been endowed with the most precious of all gifts, the gift to evolve their state of knowledge. We can expand our understanding beyond the dividing lines that intellect draws, to recognise the unifying power that permeates the differences described by language, and unfold the awareness that there is only One Existence, where no such division can be made as sentient and insentient, material and immaterial, mundane and mental, mental and intellectual, intellectual and egotistic, egotistic and egoless, matter and spirit, man and God, ignorance and science, science and Yog, physical and metaphysical.

That is the advancement for which so many human beings come on earth – not just to be born, grow, create, procreate, maintain, support, destroy and become old and die. Among all the billions of people on earth, in every age and time and division of history, it is only this advancement that was designed to take place, if not for all, then for the brilliant awareness.

Life is Eternal Oneness

Humanity has reached the unfoldment of knowledge only to the point to recognise that one part is sentient and the other insentient. Just because of this division, not many people dare to investigate into the nature of the immaterial existence and consciousness in order to unfold a higher knowledge, the awareness of Oneness. And thus humanity remains fixed in its understanding that matter is different from spirit. This division is the cause of all unease, worry, tension, agitation and fear. Because of this intellectual assumption of division, the human being imagines he is separate from the source of power, and thus feels powerless. Therefore, he is bound to desire – not things, not status, not money, not learning, not experiences – but to be united with his source.

Progressing within the confines of divisive knowledge, one is unable to reach a level of understanding to know the wonder of wonders, the eternal Oneness of life. So long as one doesn't grasp this truth, he lives in division between matter and spirit, between body and bodilessness, and suffers under the illusion that he was born and will die, blind to the vision of Oneness that sees the source of all existence.

The source of all existence is called by many names, but it cannot be limited by name or description. The consciousness that has reached its total growth of

awareness, knowing all is One Source, will be released from the fear of death, the root of all struggle and suffering.

Now You Know

The source, by its own freedom, releases an atomic energy that binds all formed beings. It binds them with a power that does not allow them to know that it is this Source which created their sleep, dream and waking states of consciousness. From the Source, the infinitely vast atomic structure of existence appears as waking state of consciousness in the morning, making a sense that I am this body. Now you have come to know how, and with what power, this division has taken place. You have come to know clearly that without this power the body cannot get up in the morning.

The Source is self-effulgent power, out of which the formed existence came into manifestation. This invisible power that generates movement in the body is called the consciousness of 'I'. You may ask, "If this is so, then of what material substance is the consciousness of I made?" I consciousness is a manifestation of the same Source. But this 'I' recognises "I am body" and gets mixed and absorbed in the differences that it observes on the level of each human nervous system.

The quality of the Source is realised by the consciousness of I that is released from the binding force of the

material manifestation. The vision of Oneness describes the Source as indivisible, eternal, without beginning, with beginning, without end, with end, without middle and with middle, without present and with present, without past and with past, without future and with future, without pain and with pain, without joy and with joy. There is no such thing as dichotomy. This vision is free from any sense of duality or any sense of describing two poles, positive and negative. There is not even any such dichotomy to describe as male or female, highest and lowest, thought and emotions, friend and stranger, good and bad, or any division between sleep, dream and waking states.

Due to the power of the binding force of the Source, one wakes up and says, "I am this body that woke up, and I began to think and feel and act, but I do not know when and how. I began to feel a sense of love, but I do not know how. I began to feel a sense of friendship, but I don't know how. I began to feel uneasy, but I don't know how. This state of not knowing is due to the limited perspective of the body in the waking consciousness, so that I am separate from all that which I see, perceive and feel.

When the I consciousness – which is one and the same with all human beings – advances to know that Source is all-permeating, and attributes all action – physical, mental or emotional – to the Source, this knowledge of Oneness releases all that which binds a human being.

Liberation

Those who know the Source in which all the changing states of existence and consciousness reside, remain at peace and in love. On the other hand, those whose mind, intellect, and ego are not tuned in to the Source of all beings, cannot be peaceful or in love. They are tuned in only to the formed existence – the body and personality – as the individuality of themselves and of others. Therefore remain restless in the field of change, endlessly searching for a place of rest from their search.

The changing field is not mistaken in any way. It is not to 'blame' for keeping the mind and heart from being at peace. The changing field is dependent on appearance and disappearance, whereas the Source is forever free because it is eternal existence, consciousness and bliss. In Sanskrit, Sat (pure existence) Chit (pure consciousness) and Anand (the indivisible happiness and love that is not dependent on a person, an object or a happening).

We, as human beings, have been endowed with the magnificent gift of conscious awareness that can keep us alive to the knowledge of our eternal existence, the true nature that is forever free from change, appearance and disappearance, birth and death, and thus free from the effect of confusion that is attached to the changing thoughts and feelings.

Meditation

Now, to the how question! This is simple. If you have reached this point of the writing, you are deserving of a most significant injunction that has been passed down through all the ages, and expressed through exalted souls established in the knowledge of our Source.

Simply close your eyes and watch! What is forever present is obvious. That is You. You, ever present awareness, are able to witness the thoughts as they come and go within the field of knowing awareness. You, ever present awareness, are able to experience all kinds of emotions which arising in the mind and sensations felt in the body, while staying in tune with your own true nature. You, ever present awareness, with eyes open, are able to perceive all that which comes into manifestation, while at the basis, you know that You are all-permeating.

The technique of unfolding the knowledge of ever present awareness is to be forever watchful, moment to moment, of that one who knows. The power of the Knower is constantly exerting its power of attraction, the love of Oneness, peace and delight. It will draw your limited mind to expand and realise the Knower, knowing, and known are One.

An enormous ability is already in existence, which will enable you to get all the answers from within as to what the body is meant for, and for what purpose

your mind appears and your intellectual capacity grows. Remain for some time every day with your eyes closed and observe that You are the Knower. You will certainly get the answers by contemplating the wisdom of the enlightened elders that you are not this little, incompetent bulk of the body and senses. Rather, You are the Source of all energies. You are the Pure Self, infinite, blissful, pure existence, pure consciousness, pure bliss.

The knowledge of your ever present Self will always overrule the influences of all the needs, wants, desires and wishes that continually arise from within.