

ALLOWING SHAKTI TO FLOW: Awakening to Freedom & Bliss

LIGHT OF CONSCIOUSNESS

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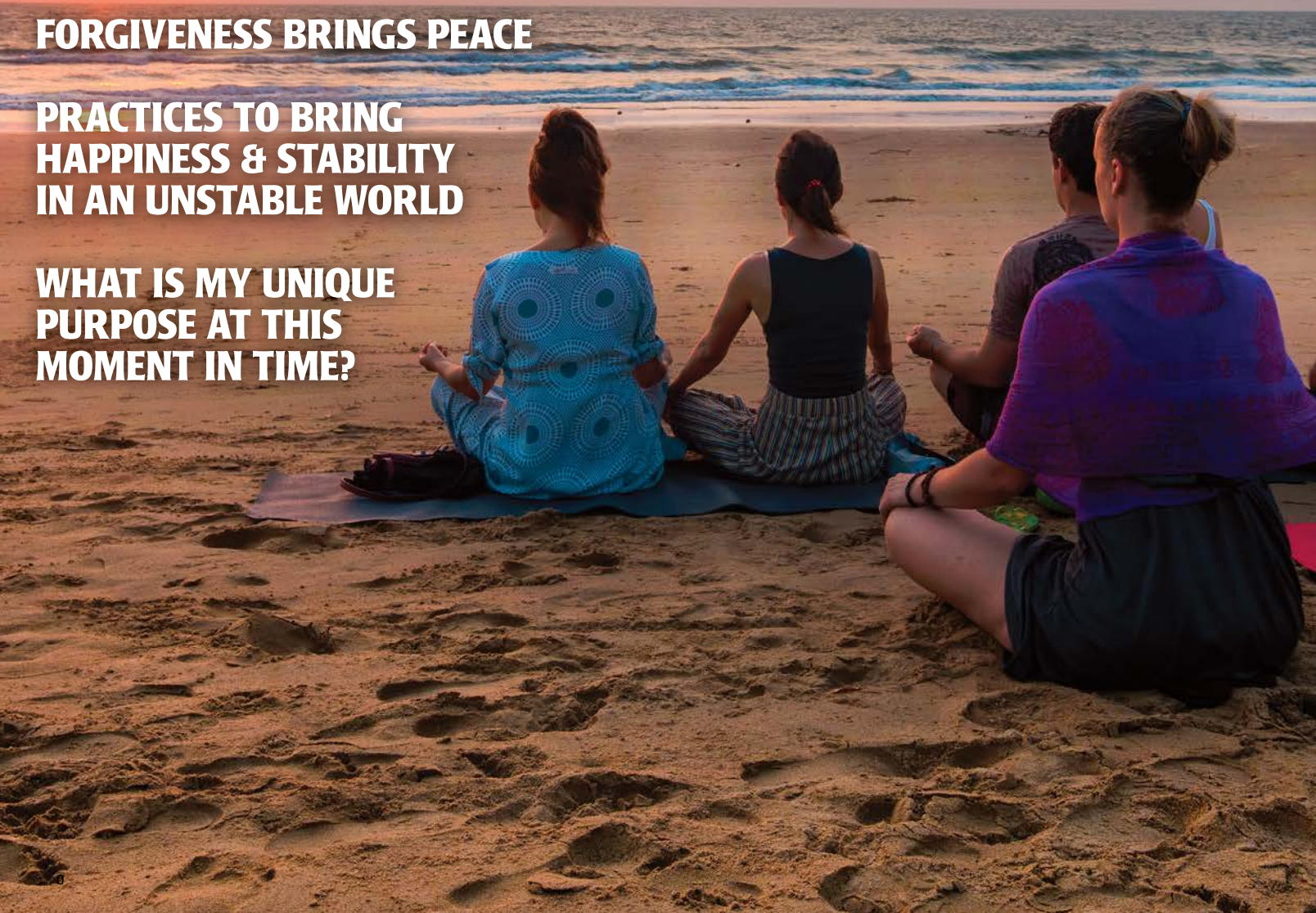
**GANGA RIVER
PILGRIMAGE
A Photo Journey
in India**

Healing Ourselves and Our World

FORGIVENESS BRINGS PEACE

**PRACTICES TO BRING
HAPPINESS & STABILITY
IN AN UNSTABLE WORLD**

**WHAT IS MY UNIQUE
PURPOSE AT THIS
MOMENT IN TIME?**



PARAM PARA

Answers to Questions on the Spiritual Path

by Swami Amar Jyoti

How do I know when to use willpower and when to let go?

SUPPOSING THERE is a road block called hatred. If you resist it or react to it you become hateful too. That is what you want to avoid. That emotion of hatred might come and punch you, which is why you need to quietly release it. In order to do this, you have to bring in love. You may say, "Thank you for this intense love." This is about dualism, two opposites. You may love someone even if you perceive them as negative, but never be negative to a negative person. Dirt cannot clean dirt. Pass over or avoid the dirt. If you cannot do that, then try to clean it. Do not resist it.

You have to practice this first. You have a laboratory within your mind. When you sit quietly in meditation, negative thoughts within your subconscious will spring up. Try to deal with your thoughts by various methods. One is the Vedantic aphorism, "Not this, not that." If that does not work, bring in the vibrations of love. If you succeed in subsiding negativity or hatred in your mind, you will be able to do this in any outer situation. But if you deny that such thoughts are there, that is suppression. First deal with your mind before blaming those around you. If you have solved the disturbances in your mind, you have solved everything. Take an oath that you will never respond to hatred with hatred, hostility with hostility, negativity with negativity. This is the way of the holy. Take time to practice. It will release you and give you peace.


You once made the analogy between the movie screen and life. Do you carry that on to the planets, the galaxies and beyond?

THIS WHOLE UNIVERSE is a screen on which the creation is projected, but you have to enlarge your

consciousness to see this. The mind is the projector and it has the capacity to project anything, without exception. This basic screen of Consciousness, or God, is so omnipotent that it is capable of anything and everything. That is why the immortal soul is omnipotent. You can project any number of images of any *kind*, but as you project or imagine, so it will become, and that will bring the corresponding reaction. If you are projecting snow, it will give you cold. If you are projecting fire, it will give you heat. If you are projecting red clay, it will give you that. But all this is first projected on the screen of consciousness or God, which is indescribable. The screen is just an analogy. What if the screen were limitless? You see it as a screen because of the borders. Once you make it limitless, it is all-pervading. That is the way all forms are projected. You might say, "This is just an image on a screen but we are solid three-dimensional beings. That is fictitious; this is real." When you reach the fourth dimension you will easily see this whole creation as a projection. Thinking alone will not give you this vision. You have to grow into higher consciousness.

Sometimes I have difficulty accepting my blocks. How can we see our blocks and take responsibility?

ACCEPTING responsibility is sometimes just intellectual. You have to feel it with your whole being. What if your mind or intellect accepts responsibility and your heart does not? Your heart and your mind have to accept as an integrated whole. That is real acceptance of responsibility. For example, when you are among family or friends and you try to defend yourself in an untruth but are caught, don't you sometimes feel as if your whole being is accepting it? That will automatically make you humble. But



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when you accept something egotistically, “I know I’m wrong!” you are being a brat. The way is through you and you have to find it. You have to meditate and feel that healing love in your whole being. That is why Jesus said, “Love thy God with all thy heart and soul, mind and might.” This changes your whole being. So, when you take responsibility for your wrongs or blocks, see that your whole being feels and accepts it. That will be honest.

Swamiji, is there such a thing as an accident? If someone is hit by a car or something like that, what does that mean?

TO ME THERE IS NO such thing as an accident. We simply do not know why or how what we call an accident happened. It occurs so abruptly and unknowingly that we call it an accident, but there is a very perfect science behind it. It is a manifestation of karma: cause and effect. Some previous karma caused that situation at that exact moment in space and time. The person or persons involved did something in this life or previous lives or even births, and that karma remains pending to produce the result. At a certain time and place those vibrations converge and drive all the forces together to create what we call an accident. It is subconsciously done. What we call an accident could be avoided if we have higher power, but that is very rare. Sometimes in such situations terrible injuries happen and people survive, and other times someone dies even with a lesser injury. So, there is no such thing

as an accident: it is well planned according to the law of karma.

Does karma include so-called coincidence?

COINCIDENCE IS ALSO a manifestation of cause and effect, action and reaction. Actually, all experiences are actions or reactions. You are doing karma in order to experience, and you are experiencing through your karma. Both are interlinked and the same. All experiences are either pleasant or painful, though you may call them by a thousand names. When you are in pain you want pleasure, and when you are in pleasure you want it to continue, then pain follows. That is how the whole sequence of karma goes on. Because there is an infinite variety of experiences, you want to experience more and more, but you are simply experiencing two things: pleasure or pain. Without pain there is no pleasure, and without pleasure there is no pain. We want to separate the two and just have pleasure, but that is *impossible*. When you become wise enough to realize this, you will transcend the desire for experiences. That is called dispassion. There is something beyond pain and pleasure and that is bliss. Bliss is not relative. Why? You cannot derive bliss as long as your ego exists. When ego merges into the Divine, relativity is over. Then only will you come to bliss. 🌸

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