

Mukthi Broadcast with Sri Bhagavan
July 18, 2010
Process with Sacred Space

Namaste. Love you all.

This process that we do on Sundays is meant for awakening or God realization or both. If awakening happens first, then God realization is quite easy. If God realization happens first then awakening is almost instantaneous.

Now, we have to understand this process very thoroughly. There are three things involved: intent, effort and grace.

The intent must be right. If your intent is to find a solution for your physical problems then it is not right.

If your intent is to find a solution for your psychological problems then it is not right.

If your intent is to dissolve existential suffering or what we call spiritual discontent then your intent is right.

To develop the right intent you must contemplate on your normal day-to-day life.

Now, we spoke about three things: intent, effort and grace. We've spoken a little about intent. More of it I would speak in the subsequent weeks.

Now, under effort we have to speak about three things: breath, mind and kundalini. Breath affects both mind and kundalini, and mind affects both kundalini and breath, and kundalini affects both breath and mind.

We could start anywhere, either with breath, mind or kundalini. But the normal, traditional process is one starts with the breath, moves on to the mind and finally the kundalini.

The objective is to awaken kundalini. Once kundalini is awakened there is a change in consciousness because the physical brain undergoes a transformation. Once there is a transformation in consciousness, you'll receive grace.

So the ultimate objective is to receive grace.

Now, in order to use the proper effort and to receive the proper grace, we'll be using ten different ways all combined or you may call it ten different paths, or you may call it ten different yogas. Yoga, all of you must be knowing means to unite, means a path, it means a way.

So remember the 3 threes which I have spoken so far:
intent, effort, grace
breath, mind, kundalini
kundalini, consciousness, grace.

Now, I've said we'll be using various yogas. For example, when you do Chakra Dhyana, which you must have done before we started the program that comes under what we call Kundalini Yoga.

The teachings come under what we call Jnana Yoga. The visualizations we will be using would come under Raja Yoga. Relating to your God would come under Bhakti Yoga. When we move into the dark room or what we call sacred space and meditate that comes under what we call Dhyana Yoga.

So totally you would be using about ten different yogas about which I would be speaking in the following weeks, and generally what I speak I would be repeating it four times so that we could reach out to all four time zones.

Now, today under effort, we're going to do Dhyana Yoga like you did last time in the dark room or what we call sacred space.

Now, effort also has got three components. They come under what are called tamas, rajas and sattvas. Tamas meaning inertia, initially the breath or the mind or kundalini would not cooperate. You have to apply your will.

When you apply your will it becomes active effort or rajas. Thereafter it becomes effortless. That is when there is acceptance, awareness or witnessing and that is called sattva.

So you must move from inertia, to active effort, to passive effort. Witnessing, accepting is also effort. It is consuming energy though not as much as active effort and we call that passive effort.

Now, today when you meditate in the sacred space, sit in the most comfortable posture possible. It is important to keep the back straight. The upward teeth must not touch the lower teeth. You could try it now. While in the sacred space when you are going to meditate, the upper teeth should not touch the lower teeth.

Though the space is completely dark, the eyes must not be fully closed and they must be slightly opened just enough to see the tip of your nose, though you would not be able to see the tip of your nose because it is dark. But, they should be so opened so you focus on the tip of the nose.

So sit comfortably, whatever posture but it must be comfortable, must be still. In the sacred space the body must be still, no movement. The upward teeth should not touch the lower teeth. The eyes must be slightly open just enough to see the tip of your nose and the palm of the hands must be in the

pranakriya three posture, preferably on the middle of your thighs. [index finger touching where thumb joins hand.]

Of course, there is more to it. It'll become more and more complex. But, initially I'll keep it quite simple. Slowly but steadily I will make it more complex.

We'll also be increasing the intensity of the presence. Slowly, I'll increase it and you would be sensitized more and more to soak in the presence.

That is the process: to sensitize you on the one hand and to increase the intensity of the presence. All effort is to get to that point. Thereafter, it is automatic. Everything starts happening.

What you must also understand is these people who are meditating in the sacred space are the ones who are directly contributing to this transformation in consciousness across the planet.

As you meditate together across the planet in the sacred space, it will be affecting the whole planet. The numbers required are close to 70,000 and we hope to reach there by the end of this year.

It is these people meditating in sacred space who are going to bring about this transition to a higher level of consciousness or awakening and then thereafter sustain it, and then take it to still higher levels.

So I would stop here before it becomes more complex. Slowly I'll be making it a little bit more complex and I would also repeat it four times on four different Sundays so that we have covered all the time zones.

So I would now give you a Nayana deeksha or an eye deeksha, then will come into your dark space right there.