

Awakening Spirituality

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RECITING BANI FROM SGGS or repeating from Vedas regularly and ringing bells will not raise you spiritually. Wearing all the ensigns will not help either, sacred thread or keeping unshorn hair does not affect spirituality, it only helps Brahmins or Jathedars. Guru Nanak made it clear that rituals or ceremonies do not affect one's spirituality. Repeating Wisdom of holy books like a parrot doesn't help either, “ਜੋ ਜੀਇ ਹੋਇ ਸੁ ਉਗਵੈ ਮੁਹ ਕਾ ਕਹਿਆ ਵਾਉ ॥” meaning that is in Thy mind will be fruitful, what thou utter is mere exhaling air. Guru Nanak made a spiritual bridge between heaven and earth, brought spirituality to the common man's routine life. “ਹਸੰਦਿਆਂ ਖੇਲੰਦਿਆਂ ਪੈਨੰਦਿਆਂ ਖਾਵੰਦਿਆਂ ਵਿਚੇ ਹੋਵੈ ਮੁਕਤਿ ॥” Like every thing else spirituality also is subject to nature's laws of evolution, Nanak brought spirituality to common man.

Recognising Oneself:

Primary and fundamental thing is to recognise one self. If you think you are JaiDev or so and so, it is a great mistake for you are associating your self with your body which is perishable, it will wither away and one day surely the body will meet its end. There is something deeper and eternal within you, that is your conscious which is formless and never dies. You are what your conscious is, not your body. Your consciousness is not just what is inside you, it is even beyond being global, it pervades throughout the cosmos, totality of consciousness, totality of what you are. Consciousness pervades through all beings, consciousness is life itself. It is called differently in different regions of the world, in the Christian world it is called holy spirit or holy ghost, in the Muslim world it is called zamir, in India it is called chetna or suret (awareness). Make your identity with consciousness and you get connected to the totality of consciousness. You no longer identify yourself from incessant stream of thoughts you take for your identity. Who sees that, becomes aware of some thing prior to thought system or emotions, sense of perception and his attachment lessens. Who is aware of his attachment to things is already in the process of becoming free of it. Jesus said, “Blessed are poor in Spirit” meaning whose spirit carries no baggage of sinful illusion.

Concept of Being Unhappy:

Primary cause of unhappiness is never the situation of the occasion but your thoughts about it. Situation is a fact because it did happen, it is true and you can face it. But thoughts are your mind's fancy and that is not necessarily true. Be not a pall to your thoughts and emotions, better be the awareness lurking behind it. Excessively relying on your thoughts about a situation, reality is fragmented. Fragmentation is an illusion but seems real to one trapped into it. Universe is indivisible, every thing is interconnected, nothing is in isolation. There are no random events or situations that can exist by themselves. Visit a forest not yet interfered by humans. You will see chaos all around, it is difficult to find life sprouting from decaying matter. Curb this noise of thinking hidden harmony, a sacredness, a higher order to which every thing has perfect place, it could not be any other way. It is true that the mind is more comfortable in a landscaped and well planned park, nothing is grown there organically. Chaos in a forest, not interfered by humans, is not understandable to mind

being governed by thoughts. Curb the noise of thoughts and bring complete stillness to see the harmony of Nature in the forest. Contemplate the unfathomable depth of space in early predawn hours of morning, something will resonate within you as if in recognition, ਅੰਮ੍ਰਿਤ ਵੇਲਾ ਸਚੁ ਨਾਉ ਵਡਿਆਈ ਵਿਚਾਰ ॥” “ਵੇਖ ਮਰਦਾਨਿਆ, ਰੰਗ ਕਰਤਾਰ ਦੇ” You cannot see the harmony and sacredness of Nature with thoughts ruling your mind. Still thy mind of thoughts and one realizes that one has become a conscious participant, Nature has realigned you with wholeness of life. Reality of universe is two fold, things and space, thing ness and no-thing ness. Fruitful balanced human life is a dance between the two dimensions. Collective disease of humanity is that people are engrossed in what happens, hypnotized by the world of fluctuating forms (falsehood) that they forget the essence (truth), their consciousness, and get attached to forms. “ਕਿਵ ਸਚਿਆਰਾ ਹੋਈਐ ਕਿਵ ਕੂੜੈ ਤੁਟੈ ਪਾਲਿ ॥” Happiness doesn't come from what is happening, a form, it is ever changing. It is inherent in life itself, perfection that is already there within you, it is beyond form or what is happening. Who accepts the present moment finds perfection deeper than any form and beyond time. Joy of Being is true happiness that cannot come to you through any form, possession, event or achievement, it emanates from formless dimension within you, consciousness that is True Yourself.

Phantom of Ego:

You perceive something and phantom of ego rushes in to label it as good or bad and one is imprisoned in thought consciousness. Awakening spiritually is not possible till the ego's rush to label stops or you become aware of it. Incessant naming keeps the ego as unobserved mind, only when you become aware of it you are no longer possessed by ego through your mind any more. No concept or mathematical formula can ever explain the Infinite, no thought can encapsulate the vastness of totality. Reality is unified whole but ego in thoughts fragments it into pieces. This gives an impression of fragments as separate, we call some Muslims, Hindus, Christians or Sikhs, we are seeing fragments and not totality of life, human beings. Fragments are not true, at least not absolutely. Only the whole is true that cannot be spoken or thought of. When you do not cover every thing with tags from mind, miracle happens. Instead of using thought and becoming possessed by it, you become free and return to depth of life. Your essential self is experiencing your true self, the disentangled I. Ego has conflicting demands, but sure thing is that it doesn't want the present moment. It doesn't mean that one should take no action, so long as you do not label it good or bad, there will be inner alignment with present moment and your action becomes empowered by intelligence of life itself. Never forget that inner consciousness is primary, all else are secondary.

Happening is now, this moment:

Seen from beyond the limits of thinking and therefore incomprehensible to the human mind, every thing is happening Now, this very moment. What happened yesterday is history, what will happen tomorrow is a mental construction. Forget what happened a while ago, curb your thoughts about what will happen, live this moment which is true. One has to cease looking to conceptual definitions to give a sense of identity in order to become aware of spiritual dimension within yourself. Thought limits your concept of your SELF. When you accept fully your ignorance of it, you enter a dimension of peace and clarity which is closer to your true identity than thoughts could ever be. Seeking happiness is very elusive, you can't find it. Freedom from unhappiness is attainable through living in the present, this moment rather than making up stories. Unhappiness covers up natural state of well-being and inner peace, the source of true happiness. It is worth remembering that the present

moment is greatest enemy of ego. Ego treats the present moment as a means to an end, as an obstacle or as an enemy. If you treat now as a means to end, obstacle or an enemy, you are strengthening ego. More reactive one is, greater will be the addiction to ego. Whenever you turn away from the present moment, anxiety, stress and negativity will arise. One small error, one misperception can create a world of suffering. Depending upon form can bring one no happiness and miss deeper perfection that is inherent in life itself, a perfection that is always there.

Life is present moment - now:

Like endless number of drops of water make an ocean, endless succession of moments, good or bad, make time period. Time is Infinite like nature, there is no beginning or end to time. When you look closely there are not so many moments after all. One lives only in the present moment, life is always now. Past or future moments exist only when we remember or anticipate them. You think about them in the only moment which is this one. Present moment gets confused with what happens, with contents of what it was. Confusion of present moment with content gives rise not only to illusion of time but also illusion of ego. It is a paradox that every thing appears to be subject to time and yet every thing happens NOW, this very moment. You experience only the present moment, there is no time, Now is all that there ever is. What happens is Now, you resist it from the inner Self you are creating an impenetrable barrier that separates you from who you are beyond form. Your inner yes to form becomes the doorway into the formless- the separation between world and God evaporates. If you resist what happens, you are at the mercy of event and the world decides of your happiness or otherwise. If you are choosing to be friendly to present moment or even be an enemy to it, it must be remembered that the present moment is inseparable from life, your choice about present moment will determine your relationship with life itself. Egoist mind remains pre-occupied with past and future and will not live in alignment with the present moment, it becomes understandable that elimination of time factor from consciousness means elimination of ego, a useful spiritual practice. Turn habitual no to life into yes and accept the present moment as it is, you are virtually saying good bye to ego. Awareness is great power concealed within present moment and it is our purpose to bring this power into this world. Primary purpose is to let consciousness flow into what you do. The secondary purpose is to achieve whatever we want by doing. By denying the time factor you develop a deeper purpose in the present moment. Secondary purpose lies within the dimension of time, one small action followed by another, done through consciousness, brings you close to the purpose you want to achieve. Through the present moment one has access to power of life, consciousness, traditionally called God. You turn away from present moment and you are showing your back to God.

During stress or anxiety one is liable to forget the inner purpose. When you turn away from the present moment, negativity arises and one becomes anxious and stressed. If you think sometime that something is more important than the present moment, you are inviting stress. One small mistake can create a world of suffering.

Awakening :

Think much as you like you will never know or understand your true self. “*ਸੋਚੈ ਸੋਚਿ ਨ ਹੋਵਈ ਜੇ ਸੋਚੀ ਲਖ ਵਾਰ ॥*” Instead of thinking, if one awakens and recognises the Self as awareness behind it. Thinking ceases to be self serving autonomous activity that runs your life and awareness takes over from thinking which serves awareness as a maid there after. Awareness is conscious connection with universal intelligence, it is consciousness without

thought. Thoughts do exist in the space of awareness when awareness becomes conscious of itself. The fundamental purpose of life is to awaken, you share it with every other person on the planet as this is the purpose of humanity. Your inner purpose is an essential part of the purpose of the whole, universe and emerging intelligence. Your outer purpose may vary from time to time, person to person. Finding and living in alignment with the inner purpose is the foundation for fulfilling your outer purpose, basis for true success. Suffering has a noble purpose, it causes evolution of consciousness (awakening) and burns up ego. Man sitting on red hot iron plate is an archetypal image. Every man and woman is in His image. So long you resist suffering, process will remain slow, resistance boosts ego. Your accepting suffering consciously, “*ਤੇਰਾ ਭਾਣਾ ਮੀਠਾ ਲਾਗੇ*” process accelerates. You may accept suffering for yourself or for some one else. Conscious suffering causes transmutation, fire of suffering becomes the light of consciousness. To transcend suffering one has to accept suffering consciously. The ego creates more and more suffering which, in the end, becomes ego-destructive. To be free of ego is not that big deal, all you need to do is to remain alert, remain aware of your thoughts and emotions as they happen. Shift begins to take place- from thinking to awareness, an intelligence, far more than cunningness of ego, begins to operate in your life. An essential part of the awakening is recognition of the unawakened Self, the ego as it thinks, acts and speaks. Recognition of unconscious state in Self makes consciousness to rise which is awakening. You cannot fight ego and win, light of consciousness is all that you need – you are that light. In the modern world, people are preoccupied obsessively with things, it creates no problem till such time that you get attached to them and thoughts of “mine thine” begin to surface. As you accept the loss completely you are beyond ego and consciousness emerges. Not till one is on one’s death bed that one realizes that every thing external falls away, the whole concept of ownership stands revealed ultimately as meaningless. Ultimately they have identified with their mind. To some awakening may come out of the blue suddenly, there is awareness which is aware of thought but not a part of it. Return movement in a person’s life, whatever the reason, carries great potential for spiritual awakening, dis-identification of consciousness from form.

To recognise yourself in another is Love. Other’s otherness stands revealed as an illusion pertaining to a purely human realm. Recognition draws dimension of Being more fully into the world through both. This is the love that redeems the world.

Conclusion:

Reciting repeatedly from scriptures without understanding its essence is of no avail, neither is performing rituals and ceremonies created by organisers of religions, any religion. Divine Wisdom enshrined in the scriptures is completely ignored by political minded leaders of all religions. Take a ride on Nanak’s bridge that connects the common man’s life to heavens. Identify yourself not with your body but with consciousness that is truly You. Ego will get burnt and you will be in Sach Khand.

