

God Dwells in Your Heart

Sadhu Baba

ਸਭ ਕਿਛੁ ਘਰ ਮਹਿ ਬਾਹਰਿ ਨਾਹੀ ॥ [SGGS: 102]

You can think about God, soul and spirituality, but the thought itself is a psychological process. Mind, body and emotion are different dimensions of life. There is nothing right or wrong about them. It all depends on how you use them.

Spirituality does not belong to the physical realm. It is a dimension beyond the integrated mechanism of body, mind, emotion and physical energy. **A human being is simply the play of the five elements: water, earth, air, fire and space. But this play is so beautifully constructed that is complete by itself.** Though this and the rest of existence are of the same material, because of its integrity, it looks absolutely individual to us.

Once you realise your Inner self, you have intimations of the Supreme soul. A piece of creation naturally transforms itself into the Creator Himself. If you just want to cross the limitations of your existence, if you just want to enjoy the freedom and bliss of it, **all it takes is an intense focus inwards.** This is not possible for people who are doing too many things at the same time. If you want to get somewhere, you have to stick to one thing and delve within.

There are four dimensions of consciousness: *satya*, *santokh*, *daya* and *Dharma*. Those who are absolutely devoted turn away from gross life. If these four dimensions are handled in even balance, you can attain the height of experience and yet be socially compatible. If you have to go to beyond the barriers of what is considered normal and still be socially compatible, it is important that your body, mind, emotion and energy are evenly cultivated. Only then you can be utterly blissful and still be efficient and capable in everything that you do.

Once this is achieved, there is tremendous freedom to create anything that you want around you, or within you or anywhere in the world, because the very fundamentals of life are in your hands. Suddenly, there is no more limitation of time and space. If this capability has to come, the first thing is to get into ecstatic state, absolutely mindless ecstasy.

The essence of the spiritual process needs to be understood as a means to generate the necessary intensity to break the limitations of body and mind so that you are out of your individual nature. **Enlightenment is beyond logic.** Whatever has to happen in this Existence, it has to flow through you; you become the gateway. If you have the inclination, Existence is within your grasp. You can explore almost everything.

ਓਤਿ ਪੋਤਿ ਮਿਲਿਓ ਭਗਤਨ ਕਉ ਜਨ ਸਿਉ ਪਰਦਾ ਲਾਹਿਓ ॥ [SGGS: 1299]

