

Let us Experience the Universe Within

A Discourse by Baba Rajinder Singh

Angry, we walk around in a state in which we are ready to explode. Whether it is a mild critical remark, a harsh reprimand, or an act of violence. This world is aflame with anger that leads to conflict, crime, violence and bloodshed, says Guru Nanak (in the context of Babar's invasion in 1521)

Buddha said the root of anger is desire, so be desireless. Desires are the cause of anger and violence and they deter us from our goal of peace. Desire forms the root of vices. Guru Granth refers to the 'five deadly passions.'

When we desire, it means that we want something. Even if we manage to get what we want, we are greedy for more. We want to hold on to what we have, and are angry at anyone who tries to take it away. We become protective and possessive of that which we attained and sit like a snake on a basket making sure no one can take our belongings away. We are ready to hit and strike anyone whose hands get too near to our possessions. We become manipulative and vicious as we try to keep others away from that which we have attained. If we lose what we have gained, our lives are shattered and we cannot function.

If we think about all that we desire: money, name, fame, power, possessions, riches and relationships, we find that they are all transitory. All perish with time, or we perish at the time of death. We cannot take any of these attainments with us when our physical body breathes its last.

When we go within through introspection, we experience a state of divine consciousness. We realise that there are spiritual realms within us, realms of consciousness, bliss, light and love. We then realise what true happiness and peace is.

True peace begins when we experience the reality of our soul and our divine nature.

This can be attained through meditation, is the process of concentration. Meditation is the process by which we withdraw our attention from the world outside and our body and concentrate it at the point between and behind the two eyebrows, the seat of the soul. By focussing our attention there, we come in contact with a current of light and sound which will lead us from physical to higher consciousness, into the beyond. When the soul is withdrawn to the third eye, it can travel on the light and sound to spiritual realm within.

We are not aware of the light and sound within due to lack of attention. Presently, our attention is scattered throughout our body and goes out of our body into this world through the five senses: seeing, hearing, smell, taste and touch. Withdraw your attention from the world outside and collect it at the seat of the soul to see the inner light and hear the celestial sound.

As we turn within, we experience ineffable peace, contentment and happiness. The material cannot truly satisfy our soul which is spirit. Spirit can only be fulfilled by spirit. Our endless search to attain our desires in the outer world is fruitless.

If we could discover peace and happiness within, we would no longer desire anything in the outer world. We would live our lives in a state of calm and equipoise, accepting all that comes our way. Before we have outer peace, we must have inner peace. **If each of us attained inner peace, we would individually be contributing to universal peace.** Peace begins with you and me. First transform yourself. Then you will find the beautiful effect you have on those around you.

