

The Acme of all Spiritual Knowledge

April 2004 answer to A...

Beloved SELF,

We'll cut to the chase, okay Sweetheart? Swami taught us in no uncertain terms that "all name and form Creation" is the Illusion of Maya. That includes all levels, all dimensions, all lokas, as well as all separate mind created Mystical and Spiritual experiences and ALL mental & emotional thought constructs. Meaning: ... as long as we have any other experience except our clear pure conscious AWARENESS SELF or as the Vedas call it "Brahman or Brahman Self" our eternal Sat-Chit-Ananda Self, it is still only always more of the Illusion. Everything is simply a construct of Consciousness, so using this perception for a moment, close your eyes and perceive the inner Space; now open your eyes and merge this inner Space with the Space in the room and now merge the vast outer Space with both. Are they not all the exact same?

Know that, the instant you put your attention on the insentient Space it becomes the sentient screen of Consciousness which has everything in this entire Creation contained within it or projected or reflected on it. SAT is Existence or Being which you are right now, CHIT is the Awareness of this experience of existing and Ananda is the pure Bliss of perfect stillness &. Inner Peace or equanimity with, during or even in spite of all these momentary, ever changing multi-faceted experiences, pictures & constructs (even Time & Space) on this screen of Consciousness that is Creation. All pleasures and momentary joy and happiness are just a very... very... very small particle of that pure Bliss

Awareness, that is why everyone in Creation chases after pleasures.

All objective knowledge, all thought-forms and constructs, all visible objects, all things heard, seen, felt, dreamt, imagined or experienced through the senses, all questions and answers, all the foods consumed by all and all other illusions they are NOT SEPARATE from the SELF and should be regarded as SELF or Brahman Self only. So, once you start this habit of regarding EVERYTHING as the Self or Brahman Self only, you will know that Existence alone IS!

Everything exists as Brahman Self ONLY! Now with that understanding abide in total stillness within and BE! Anything seen or perceived other than Self or Brahman Self is bound to cause fear and trouble, that's why it is best to have the singular attitude that EVERYTHING SENSED is the Self or Brahman Self ALONE! Listen, in time even this thought and attitude must be given up in order to firmly stay in the free undisturbed, blissful singular awareness of the SELF or Brahman Self. The total discarding of the "mind" is itself Wisdom and Liberation. So Sweetheart, if we sacrifice our belief that the mind exists, this single Sacrifice of the mind is in fact the totality of all sacred sacrifices.

Now with the firm denial of the existence of the mind and an absolute firm belief in the existence of the Self or Brahman Self alone, that is the sure way to conquer the mind, which, in turn, leads one directly to the Innermost Eternal Awareness SELF. If one gives even the slightest room for a single thought that the mind exists, then the pure Awareness SELF will vibrate as a

ruffled mind, which then becomes the parent (so to speak) of all troubles and illusions.

Therefore, we should always stay and abide in the firm conviction that there is NO MIND and that the pure Awareness Self is the only real Existence. Sweetheart, this is the easy way to conquer the mind with all its various ploys. There is really no such thing as a troubled mind and no Creation or world of names and forms, because all these are nothing but the perfect Brahman Self which "I" AM! Now... by constantly staying in that conscious Awareness... completely still and alert... in perfect inner peace... the Supreme Self will become apparent!

The conviction that I am, no doubt, the screen of Consciousness (the Awareness Self or Brahman Self) and the World & Creation pictures there on, is also, without a shadow of doubt, I AM SELF alone. To abide in that conviction (of Singularity & the nature of Unconditional Love) is the sum total, the Acme of all Sadhanas, like worship, charity, all spiritual austerities, mantras, Jappa and also Samadhi as well. The SELF alone is a spontaneous self-effulgent, self-luminous Awareness, which alone is eternal Bliss and alone is Existence Everlasting. It simply is unchanging, constant, eternal all-embracing Perfection.

So, again and again, and again Sweetheart, as long as you believe that there is a separate personality-self "MIND" separate from this screen or cosmic Consciousness you will only perceive the Illusion in everything and not the Truth underlying it all. But... the very moment you FINALLY give up this false belief (in any form) of Separation from the SELF, SWAMI, Brahman or God and become silent within, by firmly believing that only the SELF,

or the Brahman SELF is the totality of EVERYTHING in this entire Creation and that your "Mind" doesn't really exist, because it is simply unlimited eternal Awareness or Consciousness that believes itself to be limited to the "A... mind construct (prison)", you will once again remember or become aware of your always present pure Awareness Self.

This translates as total inner silence & unshakeable Inner Peace with the clear acknowledgement of everything always being only the eternal Awareness SELF, BRAHMAN Self, SWAMI or GOD that is EVERYTHING! Again, this is the sum total or acme of all Spiritual Knowledge. So constantly remind yourself of this Truth, sit silently and know Yourself. Soon with (your eyes open) you will only identify everything around you (all mind constructs and all of Creation in your daily life experience) as the singular SELF that is playing all the parts of being the MANY and you will Interact with each moment from that perception.

Love & Supreme Wisdom always,
Atma or Yourself
(still playing the name & form game of Illusion as)
J & K and all of Creation