

Group 4 Constant Integrated Awareness

Lesson: Constant Integrated Awareness

Value: Love

Sub-Value: Right-conduct, Non-Violence,

Starting the lesson: - 3 Aums

Silent Sitting: Jyoti Meditation

Read and Discuss Swami's Discourse.

Prajnana is the unchanging and eternal principle that is in you at all times and under all circumstances. People call it supreme knowledge, but the correct translation for this term is Constant-Integrated-Awareness. This Constant-Integrated-Awareness is present all over the body. How is it that man is not able to recognise such all-pervasive divinity, which exists in all the three periods of time, past, present and future?

The life principle that flows through each and every nerve of the body is verily divine. The life principle that sustains our body is Prajnana. On this basis, it is said, Prajnanam Brahma. The same thing is reflected in another divine axiom, Ayam Atma Brahma. It can be interpreted as 'I am Atma and Brahma'. The third one is Tat Twam Asi. Tat denotes that which is outside, and Twam stands for innate divinity. It means that the same divinity is present within and without. That all-pervasive God is present within and without. That which is seen, heard and experienced outside is nothing but the reflection, resound and reaction of the inner being. When reality is within, why crave for its reflection outside?

God has no distinctions or differences. No one can stipulate dos and don'ts for Him. He can do anything, since He is in everything and is everything. He has no master above Him. If man wants to visualise God, he will see Him only in the form of a human being far superior to him in all respects. So, man should know the nature of a human being to begin with. All the sacred texts have described God as having human form. It does not mean that God is confined to a human form. God has no specific form. People attribute various forms to God. Here we have an idol of Dakshinamurthi. This form is but your own imagination. It is not the reality. How can you visualise God who is the very form of the universe? The Viswa (universe) is made up of five elements. The human body also consists of five elements. Hence, it is called Viswa (Totality, Whole creation). The Veda says, with thousands of heads, thousands of feet and thousands of eyes, Divinity pervades everything. The human's form keeps changing, but the spirit remains unchanged. Do not follow the body. Do not follow the mind. Follow the conscience. Conscience is the Atma (Self).

Through steady faith one can attain divinity. One should have faith in one's own Self. Develop self-confidence, which will lead to self-satisfaction. When you have self-satisfaction, you

will be prepared for self-sacrifice. Only through self-sacrifice, can one attain self-realisation. Self-realisation means to realise that you are everything. Self-confidence is the foundation, self-satisfaction is the wall, self-sacrifice is the roof and self-realisation is life.

You are the embodiment of Prajnana. (Consciousness, Knowledge). It is not worldly or secular knowledge. This true knowledge is within you. It is not something that you acquire after you are born. It is with you right from your birth. But you have forgotten this truth and, consequently, you suffer from delusion. In this world, everything is an illusion; nothing is permanent. You have to carry on with your life sojourn and discharge your duties keeping in view the eternal Atmic principle.

The term Brahma means vastness. Similar is the meaning of the term Vishnu. So, God symbolises vastness and broad-mindedness. But He appears narrow-minded to the narrow-minded. As are your feelings, so will be the result. God is filled with broad feelings. It is not possible for anybody to comprehend God's Will. Unable to understand the Divine Will, people forget the yathartha (reality) and lead themselves into anartha (difficulties). They are carried away by padartha (worldly objects) and ignore Parartha (Divinity). Take Parartha as the fundamental principle. Do not repose your faith in the physical world. However, you have to play your role well in this drama of life. To that extent, you can keep the world in your mind. If you have firm faith in God, you will perceive divinity everywhere.

All forms of God that are attributed to Him are man's own creations and imaginations. God is depicted to have four hands holding shankha, chakra, gada and padma (conch, discus, mace, and lotus). If God were really to be born with four hands, people would certainly put Him in exhibition. What is the inner meaning of God having these four insignia? Shankha (conch) represents sound; chakra (discus) denotes the wheel of time; gada (mace) symbolises power, and padma (lotus) stands for heart. It is only to make you understand that God is the master of sound, time, power, and heart that He is depicted to be having these insignia in His hands.

Of all the forms of God, the human form is very significant. Who is a human being? The proper study of mankind is man. It means the thoughts, words, and deeds should be in harmony with one another. When you are in the company of God all the time, why should you give room for worry? In order to understand that God is not separate from you, undertake sacred deeds. Help others.

Sanctify all the limbs of the body in selfless activities. But it is not that easy to practice. There is always some self-interest in whatever man does. Self-interest is also necessary, but it should be within certain limits.

Man has the sacred name manishi. When reversed, it reads as shinima (cinema). Today man has become a 'Cinema manishi' meaning 'one leading an artificial life'. Today, the world is plunged into utter chaos and confusion. You find misery, sadness, sin, and anger everywhere. Where is peace? It is within you.

Questions/ discussion

- 1) What is Pragnanam Brahma?
- 2) What is the divine axiom?
- 3) Discuss and explain Resound, Reaction, Reflection?

Life Applications (Adapted US Region 7 SSE Camp):

- 4) Select a day or part of a day to try out this exercise. During the selected period try to follow as much as possible. Pause 3-5 seconds before taking any action. In this brief pause remind yourself “I am God” and allow the heart to evaluate what your head is telling you to do and examine whether what you are going to say or do is right. Give yourself the time to stop or continue after this evaluation. When we are at home with our spouse or children or at work with a colleague, or at store we often find several thoughts that lead us to speak or act/react on impulse. This would be a good opportunity to try out this exercise.
- 5) Pick a small amount of time (a few mins, an hour, or even an entire day) this week during which you maintain complete inner silence i.e., even though bombarded by sensory perception there is no reaction within. Does this lead you to be silent externally as well? Are you able to continue your daily tasks? What is the experience of inner stillness? How does it impact your routine activities? This is especially useful to try in stressful situations.
- 6) Select another person in your life (e.g., child, significant other, friend, guest, enemy) and try to experience the Divine in them. What does it mean to you? What empowered you to do so? When did you feel you weren't able to do it?
- 7) Keep a note of when you feel you are spending time with Swami this week. What makes you aware of Him during this time?
- 8) If you had 5 mins with Swami one on one. What would you do with Him? Ask a question, be silent, sing, ?? How would you utilize the 5 mins?
- 9) **Quiz:**
 - 1) State the name of the God for each major religion.
 - a) Christianity: God or Jehovah
 - b) Hinduism: Para Brahman (Supreme reality)
 - c) Zoroastrianism: Ahura Mazda
 - d) Sikhism: Waheguru(Satnam)
 - e) Buddhism: Maha Brahma , Adi Buddha
 - f) Judaism: Yahweh.
 - g) Islam: Allah
 - 2) Learn the basic tenets of each major religion.

Closing prayer: 3 OM'S and Shanthi, Shanti, Shanti.