

Thursday, 24 October 2024

Awakening to Oneness: Embracing Discipline, Giving, and Universal Harmony

So, what did we discuss yesterday? I basically started talking about waking up, and I ended with a question: how to maintain a healthy rhythm and lifestyle. The real question is: How do you survive temptations? So, do you have any answers?

"To be in consciousness."

Very good. It is very simple. It's so nice to sleep in the morning, isn't it? That's why many of you don't come for the puja because it's nice to sleep. So, what's the tool that makes you stay consistent? It's not just a matter of one or two days. How do you make this a habit?

"Discipline?", "Goodness?"

Yes, discipline is good. Goodness, very good. I'm coming to that point. What she said, this is a little bit an extension of conscious living, but it's not just doesn't completely answer the question, because we have to really practically address this issue all the time.

I'm going to state it a bit differently now. See, we are all seeking pleasure. This is very clear, or not? Yes, and the reality is, **there is no greater pleasure than experiencing health**. Wearing expensive clothes is not true pleasure. Putting on makeup, having an expensive car—none of these things are true pleasure. The real pleasure is in experiencing health.

The problem is, most of the time when you are healthy, you don't even realize it. You don't bring attention to it. There's a beautiful sutra in the ancient Sanskrit texts that explain the science of health. Nowadays, people go to laboratories or scanning centers to check if they're healthy because we've become disconnected from ourselves.

Sometimes we only find out late, like when someone is diagnosed with stage four cancer and didn't even realize something was wrong. People are so disconnected from themselves. This is why I say, when it rains, people check the weather app instead of looking outside. It's like someone asking you who your father is, and you Google it!

Signs of **True health** is:

- when you feel appetite and hunger at the right time.
- Digest food properly without any discomfort. They explain—"even with sukha", with pleasure you digest.

- And having all the senses clear, without being drowsy or disturbed.
- Being able to eliminate stool and urine and sweat at proper times without any strain or difficulties.
- Feeling sleepy at proper bedtime, having a sound sleep without disturbing dreams for a sufficient period of time. Ayurveda speaks about a minimum of six to maximum nine hours of sleep—no less, no more.
- and waking up without any other forces, somebody calling you or an alarm, waking up by yourself at proper time.
- And having the enthusiasm and the mental state looking forward to a pleasant day.
- And having the drive and energy to fulfill all your physical, mental, spiritual and social activities.
- And having a good complexion and voice. It is funny that people just ask for something to put on their face to become having good complexion. But complexion is a secondary effect of well being. In Ayurveda, we say “Don't go behind the wealth, you do your dharma, you do your duties, your moral way of functioning. Money will come behind.

When you experience good health, nothing can tempt you. The moment you eat something wrong, you recognize it immediately. You become more sensitive to imbalances, and eventually, even if you want to eat something unhealthy, you won't be able to.

Now, let me tell you something important. Simply understanding these ideas intellectually is not going to help you. Now, I am coming to my statement. **You are here for healing.** You have no other commitments. Your food, laundry, everything is taken care of. You just have to listen to how you function, your body, mind and soul.

This is a rare opportunity to live the optimum for you. And to at least experience this once in your lifetime how it feels like. I want all of you to follow the regimen strictly. Right from the morning to the evening and from the evening to the morning. The whole regimen, and there are a few regimens which are contraindicated medically, which we will be informing you about, but otherwise we want you to strictly, with no compromise, follow the regimen. So, it is that active participation, that transformation, that heals.

For example, at sunrise and sunset, we have Agnihotra (a fire ritual). I know that when you go back home, it may not be possible to perform Agnihotra every sunrise and every sunset, but this is an opportunity for you to be present, to participate and experience what it feels like. Every sunrise and every sunset, you feel this transformation from the darkness to the light and light to the darkness. Becoming conscious about the cosmic body. The fundamental statement is that this universe is a living being. I will repeat, the fundamental statement is that the universe is a living, single entity. Whatever you have, what all faculties you have as a living being, all those faculties the universe has, and what you don't have, the universe also doesn't have.

In the ancient scriptures, it's said that the universe is a living being, just like you are. What you call 'atma' or soul in yourself is called 'Brahma' in the universe—the Supreme Soul. Your intelligence is reflected as the intelligence of the universe, called 'Prajapati.' Your connection to the universe is like how a single cell in your body is connected to your entire being. One cell in

your body has the potential to become cancerous, but it also has the potential to serve the whole body.

No cell, tissue, or organ in your body functions for itself. It all works for the benefit of the whole. The same goes for the sun, the moon, and the stars—they all function for the universe. This deep sense of oneness is essential for everything to function harmoniously.

Take your heart, for example. When it pumps blood to the whole body, it closes the arteries that supply itself. The heart only receives blood when it relaxes, through the backflow of blood. This is how the whole body functions—each part working for the greater whole, not just for itself.

We've discussed how the stomach and intestines work tirelessly to digest food, yet they do not directly absorb even a drop of nourishment from it. Instead, all the nutrients are absorbed into the portal circulation, which then carries them to the liver for processing. From there, the nutrients enter the bloodstream, travel to the heart, and are pumped throughout the entire body. Only after this circulation process do the intestines and stomach receive their share of nourishment. The stomach and intestines serve the whole body first before receiving any nourishment for themselves. So the same statement I am making is that no organ in the body functions solely for itself. Each one works for the benefit of the entire organism, ensuring that the whole body thrives before serving its own needs.

I'm coming to the fundamental necessity of worship and doing agnihotra or offering to the whole body. When you study about yourself, when you study medicine, you find one thing—that the way to give you something is to give everything. So we bring up a divine fire, which is a cosmic fire. And how you feed your fire with the food, the same way you feed that cosmic fire with the best things, like grains, ghee and all nourishing things. It is offered with very clear wishes for the whole universe. Yes, offering for the whole universe, not just for me. And in some offerings, you clearly say "Idam Agnaye, Idam Namama" This is for Agni (the Fire), this is not for me.

Studies show that places where Agnihotra is performed regularly have improved fertility in plants and animals for kilometers around. Especially where the smoke is reaching. For your knowledge Ayurveda is not just for human beings. There are scriptures for treating plants and animals too. And one of the basic methods of treating the plants is by smoking. Because it absorbs carbon dioxide. So there are specific smokes given for flowering of specific plants. There is specific smoke given for the fruit turning of specific plants. As I said yesterday, the more you study about the scientific basis of the ancient scriptures, you will be really overwhelmed.

I am also a Research Officer of one of the biggest institutions in Kerala, And each time we study one formulation, it's beyond human imagination, how they bring exactly a few herbs to balance its pH and the 1000 things that we don't see. So at a point you will be convinced that you have to just follow their advice. Yes, I had personally, this great opportunity to witness so many medical miracles in front of my eyes through my hands. I was just following the script. Because once you open your field as a cell of this universe, the scope of that healing force is infinite.

Your false identity that I am a son, a daughter, you know, such a small identity... If you can open your identity as a single cell of this infinite, you don't know how big this universe is. It is beyond your imagination and understanding how big this universe is. And you sit in front of the fire, and the fire becomes the medium through which the whole universe starts communicating back to you.

The problem is the false identity right? If you are able to have the right Identity that itself breaks so many barriers.

So, you keep giving, and then at a moment you start receiving, but keep your focus on giving. The basic disease is this: wanting. So you remember, receiving is very dangerous. We don't know it. Giving is very safe. When you focus on receiving, you are losing the gross identity, same thing what I said—Once you know you are everything, you can only give. You don't ask for it, you will be given. I am asking you to consciously join in that giving. Understanding that you are giving yourself. Don't think it is charity. As I said, like each cell of you is giving to the whole body, as each organ in you is giving to the whole body.

An interesting experience I always had, the highest teachings that I received in this life was when I was teaching, because you yourself, when you selflessly put yourself in giving, there is tremendous incoming. But you have to completely destroy yourself, and just focus on giving.

So, the two messages I want to leave with you today are:

1. **dedicate yourself fully to this healing regimen while you're here, and**
2. **develop this consciousness of oneness with the universe by focusing on contributing.**

When you do your dharma, everything else—including wealth and health—will come behind you. And this transformation from the dark to light and light to dark is a very good moment to feel this oneness which breaks the duality. There's a point where it is neither dark, nor bright.

So, yesterday I spoke about awakening from sleep, here's a fraction of a second where you awaken from unconsciousness to the conscious, and that is where you catch yourself. So, when you awake and when you fall asleep, try to catch yourself. It's a beautiful experience. It is especially possible when you're really, really tired and you're really sinking and you still observe yourself. Usually awakening happens without your control. From unconscious to conscious is not an easy shift to catch.

