

How to awaken to the light within, without waiting for a disease to strike?

While talking to a close friend, where I was sharing my experiences on the propulsion that Cancer got in my life, he asked- Tell me one thing, how to awaken to the truth/light within without waiting for a disease to jolt you and wake you up?

It is an extremely important question. I can understand him completely, as I have been in that state for years before Cancer came to visit.

Imagine a condition that a person is born with a weight on his chest. He has no idea about any other way of life because since he has become conscious, he has always lived with that heaviness. Now, although he has been living with that weight on his chest, however, he doesn't feel easy or 'sahaj'. He feels uneasy and there is a restlessness in him throughout. Now, this restlessness is nothing but a signal to set off the load from his chest. The restlessness is signalling him that it is not his true nature. It is some artificial way of living. But he doesn't realise the signal of that restlessness. He thinks everyone is restless, everyone is uneasy and so am I, it is not a big deal. So he keeps on struggling his way through with that weight.

In the present situation, he has no recognition of the weight on his chest. He has no idea of how the weight looks, and that it can be separated from his being. He has no idea that weight on the chest is something external and not his natural state of being. So, he goes on like that.

This vicious cycle can break.

The first possibility is- **When he sees another one like him who is completely like him but has been able to shed off the weight off his chest.** The first criteria for this is- he should be able to 'see' this. He cannot see this unless he himself is aware of his own weight/burden. The moment he sees this as a possibility, a hope awakens in him as well. The Hope is an indicator that there is a way out of this heavy way of living. Else, hope wouldn't have been there.

A second possibility is- **that he himself has a taste of that openness, lightness of the being.** So that he knows what to expand in his life, what to give importance and what to discard. This can happen through many different ways. The idea is to keep exploring and not to just settle down, the yearning and seeking and wanting must continue. Only this yearning will be the fire to burn everything unnecessary and thereby unmask the light of the being. There also has to be a recognition that the present ways of life are not making him light and open. Without this admittance of the present state, nothing will move. He now has to constantly yearn for and seek that lightness which he knows exists. Without this burning yearning the burden will not burn. He will have to realise that the burden is not serving him well.

The third possibility is- **any act of Grace.** The above two are also included in the acts of Grace only. And in this third possibility there can be several ways in which Grace could act. Undefined, innumerable ways.

Most of us maintain a monotone status of life. We have read books, heard people, we know what is right and must be done, but still we are completely absorbed and wasted by the world of the senses-perceptions. This is also because we think that we are not going to die, only others are. We think that our death is far off still. We take life for granted. And as we are not going to die soon, so I let my old patterns disturb me, I continue to live in stress, make stress a way of life, and suffering a part of human nature. To get out of this, one has to become uneasy. Uneasy with the uneasiness of life as it is going on. Without that uneasiness about the uneasiness, no change can happen, no yearning can be born. And without yearning I cannot recognise and shed off the weight. And without the shedding off the weight one cannot enjoy his own beingness, one cannot come closer to the light one has hidden within.

So, the topic of the discussion here is- how to awaken to my light without being stuck by a disease or a tragedy.

It is possible. It just needs a **very sharp awareness of the reality in front of my eyes** and not just a dumb acceptance. Am I contented with my life? Have I achieved contentment running after thousands of things/persons/situations that I thought will bring me contentment? Why do I want contentment at the very first place? Why am I not settled with the restlessness? I look back and revisit my life until now and revive in my mind, the situations in which I did feel contented. It means it was a reality, if it was a reality, that means it can be a reality at the moment too! What is the difference between my present state of being and in that situation where contentment was mine (provided I

am talking about real contentment {as of a little child guided from the light within in oblivion} and not a temporary satisfaction). I ask myself, how did I move away from contentment? What happened? What are the things in my life that I gave priority to?

I will be sharing a tiny tool kit here (from my own life), a few things to contemplate upon, to integrate within one's present life, in order to connect within and leave the burden one is holding on to.

Tools to maintain an inner sanctity (Sharing through personal experiences)

As Mental, Vital and Physical beings, a continuous Saadhana and Abhyasa of some kind is necessary to cleanse these three constituting parts of our being.

1. **Life's Purpose:** I personally realised that I had lost my purpose in life, lost a dedication in life towards a higher purpose, and that is why I got strayed so easily. Through Cancer, I gradually realised my purpose in this life. It is now not an aimless life. Hence, the continuous suffering has ceased. In the words of **The Mother** - "*An Aimless life is a miserable life.*" And yes, my life had become an aimless, miserable life. The misery caught my attention when it manifested as Cancer, so that I could not ignore it anymore.
2. **Checking IN:** The life I now live is continuously checked in. I take pauses, very frequent pauses to check in and ask for the inner guidance in my moves, actions. It is

not that I do not fail. It is just that I never let the failures stop me from asking for the inner guidance again and again, and yet once again.

3. **Shameless Life:** I now have started honouring my inner guidance and owing to that, there are several occasions when there is a NO to be declared. My first and foremost responsibility is to take care of my inner sanctity, my inner cleanliness; in order to preserve that if a NO is needed, it would be said, if a YES is needed, it would be said. It is as if I am a loyal guard of my temple.

4. **Transformation of thoughts and stopping the drainage of energy:** As the sensitivity to the contents of my mind increased, I realised how many irrelevant and useless thoughts I was giving energy to and hence feeling drained of energy. With the help of an alive inner flame at the heart level, I keep offering all that can become a burden (praise, worries, rewards, darkness, achievements etc.) to the fire and thereby keep my inner-sanctity afresh and clean.

5. **Spending time wisely:** There is no space now for any gossip in life. I spend my time in activities or meetings all aligned with my Higher purpose in the light of inner guidance. As a result, my circle of influence has exponentially spread and expanded and assignments in tune with the spiritual growth are met with.

6. Invocation of the Divine within: There is continuous prayer that goes on inside me, for me to remain on the right path, guided by the Divine light. And a continuous deepening surrender is invoked throughout the day.

7. Finding light in every challenge: There is a strong knowing that the Universe is not an enemy of each one of us. So the challenges that come on the way have a purpose to let us progress in our life's purpose. Each and every challenge or difficult situation that arises, is therefore for a reason. As I check inwards and ask for guidance, paths open up, and the challenge changes its guise to a friend.

8. No awkwardness to really S L O W D O W N : Slowing down also came as a bonus gift with the illness. I realised how uneasy I had become, to be really in stillness with myself, in silence with myself. As it was now a mandate to STOP and look deeply into my ways of living, now I feel no resistance to slow down. In fact, all the insights, intuitions and guidance to go ahead, comes from that stillness only, which is completely a working of Grace.

9. Challenging activities: Spending some amount of time in which one's mental, vital and physical faculty is challenged, everyday. It is very important to keep crossing the mental/emotional/physical thresholds one subconsciously sets for oneself. The fire to progress, the fire towards perfection indirectly directs one to the inner guidance only and is in fact originating as a manifestation of that light within.

Sharing here is the practices given by the Mother Herself on- how to get in touch with one's Psychic Being (the Inner light)

- a) The mind is incapable of judging spiritual things. It is absolutely indispensable to abstain from all mental opinion and reaction.
- b) Give up all personal seeking for comfort, satisfaction, enjoyment or happiness. Be only a burning fire for progress, take whatever comes to you as an aid to your progress and immediately make whatever progress is required.
- c) Try to take pleasure in all you do, but never do anything for the sake of pleasure.
- d) Never get excited, nervous or agitated. Remain perfectly calm in the face of all circumstances. And yet be always alert to discover what progress you still have to make and lose no time in making it.
- e) Never take physical happenings at their face value. They are always a clumsy attempt to express something else, the true thing which escapes our superficial understanding.
- f) Never complain of the behaviour of anyone, unless you have the power to change in his nature what makes him act in this way; and if you have the power, change him instead of complaining.
- g) Whatever you do, never forget the goal which you have set before you. There is nothing great or small once you have set out on this great discovery; all things are equally important and can either hasten or delay its success. Thus before you eat, concentrate a few seconds in the aspiration that the food you are about to eat may bring your body the substance it needs to serve as a solid basis for your effort towards the great discovery, and give it the energy for persistence and perseverance in the effort.
- h) Before you go to sleep, concentrate a few seconds in the aspiration that the sleep may restore your fatigued nerves, bring calm and quietness to your brain so that on waking you may, with renewed vigour, begin again your journey on the path of the great discovery.

- i) Before you act, concentrate in the will that your action may help or at least in no way hinder your march forward towards the great discovery.
- j) When you speak, before the words come out of your mouth, concentrate just long enough to check your words and allow only those that are absolutely necessary to pass, only those that are not in any way harmful to your progress on the path of the great discovery.

Before the untiring persistence of your effort, an inner door will suddenly open and you will emerge into a dazzling splendour that will bring you the certitude of immortality, the concrete experience that you have always lived and always shall live, that external forms alone perish and that these forms are, in relation to what you are in reality, like clothes that are thrown away when worn out. Then you will stand erect, **freed from all chains**, and instead of advancing laboriously under the weight of circumstances imposed upon you by Nature, which you had to endure and bear if you did not want to be crushed by them, you will be able to walk on, straight and firm, conscious of your destiny, master of your life.

(CWM 12:33)

Amen.