

In Search of Lord in My Heart

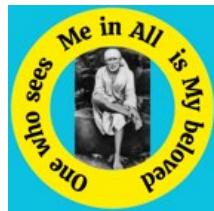
**My Successful Spiritual Journey for
Enlightenment by Surrender**



umasreedasan
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In Search of Lord in My Heart

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Revised Third Edition

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Dedicated

at the holy Feet of

SHIRDI SAI BABA

without Whose Grace I am nobody

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Prologue

Due to the large section of people being ignorant of what spiritual Enlightenment feels like, there are more myths of it than facts. If you and I have not seen a single lion right from our childhood, our discussion about lion described theoretically in a book written by a person who has actually seen a lion, will generate more myths than facts of a lion, isn't it? Let me enumerate five such popular myths and present the facts.



MYTH: An enlightened person will renounce all his worldly engagements after enlightenment.

FACT: People quote Buddha, Shankara and Ramana among others to support their argument that during or after the process of spiritual enlightenment, the aspirant will renounce his/her worldly duties and possessions.

Bhagavad Gita discusses two types of enlightenment - realisation of God in one's individuated expanded Consciousness [BG 18:65] and realisation of God in the universal Consciousness [BG 18:55]. If you choose the latter difficult type as your direct goal, then yes, you may have to leave your worldly possessions after a certain stage. But if you choose the former one, there is no need for renunciation. Aspirants who had the former one as their goal

and renounced the family life and material possessions did it as a choice - there was absolutely no need for them to do so.

In this book the term *enlightenment* is exclusively used to denote the individuated-Consciousness-enlightenment.

In any case if you are immersed in family and professional activities like me, you can't even imagine the universal-Consciousness-enlightenment as your direct goal. Hence, please be assured that there is absolutely no need for you to renounce your worldly life either during or after the process of enlightenment.

Having said that, I must add that after enlightenment, your *indispensable compulsive* attachment to the worldly possessions and activities are weakened to such an extent that it improves your capability of managing them without affecting the quality of your experiencing them. That's what we need, isn't it?



MYTH: An enlightened person is God or almost so; for, she will know everything about everyone and can do anything for anyone.

FACT: People believe that enlightened persons are omniscient and omnipotent going by the life events of Shirdi Sai Baba, Jesus Christ and others. As already stated universal-Consciousness-enlightenment is different from individuated-Consciousness-enlightenment. The latter doesn't give you either omniscience or omnipotence.

By the way, do you know that people get some occult powers through means other than enlightenment process? Paranormal knowledge and powers are not necessarily signs of enlightenment.

What enlightenment really gives you is absolute Peace and absolute Happiness. Even when your heart, mind and body are ripped apart by negative emotions like hatred, anger and fear due to external events and circumstances, your inner core will always

be at pleasant Peace supplied by Lord in your Self, just as you'll feel pleasant Peace during dreamless deep sleep. By moving your identity from your body, mind and heart to Lord in your Self, which you can instantly do after enlightenment, you can observe your heart, mind and body to control your negative emotions. This is the single biggest benefit of enlightenment which cannot be obtained by any other occult means. Enlightenment gives you the gift of Kingdom of pleasant Peace. It's all yours - always.



MYTH: When challenging events take place in the life of an enlightened, he will not at all be disturbed and will display no negative reaction like fear, anger or anxiety.

FACT: Again this is a case of confusion between universal-Consciousness-enlightenment and individuated-Consciousness-enlightenment. If your kid needs, for an example, urgent medical attention and you are cold and unresponsive, what will your spouse think of you? Unfit for family life, isn't it?

Even after enlightenment, your heart, mind and body will behave as they did before enlightenment during challenging life situations. But you can control your negative reactions to the tolerable limit due to your capability of switching over to your Consciousness. And of course, your inner being will be always at pleasant Peace even during challenging life situations.

Thus, after enlightenment, the quality of your life will improve a lot, yet, your regular experience of life will never be compromised. You can lead a normal family life, and social and professional life as well.



MYTH: An enlightened person will wear special simple attire with no vibrant colour, will grow a long beard (of course, in the case of male), will live in a secluded mutt, possibly beg his food, talks only about God and sleeps on a floor.

FACT: Once again this is a case of confusion between universal-Consciousness-enlightenment and individuated-Consciousness-enlightenment.

An enlightened person may wear any dress she chooses - not necessarily white or saffron coloured ones only. She may lead a normal family, social and professional life. There is no need for her to found a non-profit organisation. She may work as an employee under you in your organisation enjoying wealth, power and pleasures. You cannot discover an enlightened by her outward appearance; but you talk to her on wide ranging issues - political, social, professional and family issues, and ask for her frank opinion - you'll be stunned at her view points. You may not be able to accept or even understand some of her view points and solutions because she talks from the spiritual plane of unified Consciousness, whereas you are trying to understand from the material plane of divided heart, mind and body.



MYTH: You have to abstain from sex to get enlightened.

FACT: People think that indulgence in material pleasures like gratification of physical needs of the body will wean them off their spiritual pursuits, and so it should be dropped altogether.

Overindulgence in such pleasures will definitely slow down one's spiritual pursuits - I don't have a second opinion about it. But abstaining completely from them will make one crave for them. This is worse than overindulgence. You can't learn anything while you are hungry.

Sex is not a taboo in the spiritual realm as some people think. After enlightenment you'll know how to have sex with your spouse with more love and less lust. Your relationship with your spouse will improve a lot due to this and other Consciousness Principles you'd practice.

Introduction

“There are many ways leading there; there is also one way from here. The way is difficult. There are tigers and wolves in the jungles on the way...The Guide will take you straight to your destination, avoiding wolves, tigers and ditches on the way. If there be no guide, there is the danger of being lost in the jungles or falling into the ditches.”

~ Shirdi Sai Baba.



I am really surprised at the volume of discussion going on in various online forums on spiritual Enlightenment and Self realisation. While it is a healthy trend overall, I'm skeptical about the usefulness of such endless discussion on these topics among the yet-to-be-enlightened. If you and I have never seen an elephant, our endless discussion on the article written by a person who has actually seen an elephant will be of very little use to either of us.

As Ramakrishna said, why should we waste our time in counting the leaves of a mango tree instead of finding some way to pluck the mangoes and eat them?

So, I have not written this book to trigger yet another round of discussion, but in the hope that it will inspire a few to launch their own project to discover their Self and Lord therein.

This small book covers my own successful personal effort in search of my Self and Lord therein.

Traditionally either Devotional practice like Chanting or Wisdom practice like Self-Enquiry is recommended for Enlightenment. In my humble view, it is practically impossible for persons immersed in family and professional activities like me to get enlightened with either practice as Devotional practice never tries to go beyond one's Consciousness to Self and Wisdom practice tries to reach Self bypassing one's Consciousness. In other words, the former is easy but ineffective, and the latter is effective but difficult to practice.

So, I employed the spiritual tool SURRENDER for my Enlightenment. Surrender combines the benefit of both worlds as it is a judicious mix of devotion and wisdom, and so it is a fool-proof tool for Enlightenment for ordinary persons like me. *Divine Love Yoga* may be used to implement Surrender.

I have explained *Divine Love Yoga* in adequate detail in my book "Secrets of Manifestation" (You may visit my [blog](#) to know further details about this book).

Chapter 1

The Guide

“This is a miracle that men can love God, yet fail to love humanity. With whom are they in love then?...To feel and love the God of beauty and good, in the ugly and the evil, and still yearn in utter love to heal it of its ugliness and its evil - this is real virtue and morality...If you cannot love the vilest worm and the foulest of criminals, how can you believe that you have accepted God in your spirit?”

~ Sri Aurobindo.



A lady from Bombay travelled to a remote village in Central India to see a Saint living there. She stayed as a paying guest in a home in that village. One day during lunch time when she was taking lunch there, a stray dog came there and barked. Sensing that the dog was hungry, she threw a piece of bread at the dog. It ate the bread piece and went away.

After finishing her lunch, she went to see the Saint. On seeing her, the Saint said, “Mother, you fed Me sumptuously up to my throat. My afflicted life forces have been satisfied. Ever act like this, and this will keep you in good state. Sitting in this Mosque, I shall never, never speak untruth. Take pity on Me like this. First give bread to the hungry and then eat yourself. Note this well.”

Confused by these words of the Saint, she replied, "How could I feed you? I am myself staying as a paying guest here. I didn't."

Then the Saint gave her the wonderful reply - I'll never forget this reply along with the story in my entire life. Even if I go to the Himalayas and spend half of my life there, I'll never get such an instruction from any preceptor living there.

Then the Saint replied, "Eating that lovely bread I am still belching. The dog which you saw before meals and to which you gave the piece of bread, is one with Me; so also other creatures. I am roaming in their forms. He who sees Me in all these creatures is My beloved. So, abandon the sense of duality and distinction and serve Me as you did today."



This one story with this instruction of nectar changed the quality of my life forever. I have read in Bhagavad Gita wherein Sri Krishna says He is A to Z of this universe. But on reading this story wherein Shirdi Sai Baba has practically demonstrated the abstract complicated spiritual philosophy that God lives in and as every creature of this universe, the doctrine went straight into the bottom of my heart.

Before that, I imagined that the Lord of this universe had a form, possibly with four hands. I believed that as I went on spending my life singing His praise, one day He'd suddenly appear before me in that form, being pleased with my praise. Though I didn't have anything in particular to ask for, I craved for seeing Him. I strongly believed that the very purpose of life was to see the Lord of the universe in all His splendour right before my eyes.

I had spent many hours of many days and nights wondering why He was still testing me. I used to go to my favourite temple to question Him what else He expected from me to shower His mercy on me. I was wondering if He, sitting in the spiritual sky up

above and beyond this material universe, would ever descend down to earth before my eyes. I was losing hope.

Then this story with this instruction changed my concept of Lord. I stopped looking up at the sky in search of Lord. Instead, I started worshipping Him in every creature I saw before my eyes. People, dogs, cows, pigs, trees - any living creature I saw. Yet the Lord was still elusive. This crazy quest went on for a few years; after that Baba inspired in me another powerful instruction that was designed to raze my beautiful palace of devotional faith to ground.

Chapter 2

The Wisdom

“Blessed is he who knows the greatness of his Guru and thinks Him to be Hari-Hara-Brahma incarnate.”

~ Shirdi Sai Baba.



One day I took up the official biography book of Shirdi Sai Baba and casually opened the book aimlessly. In the landing page the author was discussing the instructions a preceptor belonging to non-dualistic school of thought would impart to his disciple: “You are not what you think you are but are opulent and rich...” I couldn’t read any further.

What does it mean? My heart clearly understood the meaning which had already percolated deep into it, but my mind was in denial - it couldn’t be.



Dualistic school of thought is built upon the foundation that the universal Self of God is of infinite wisdom and power whereas our Self is of infinitesimal wisdom and power. But non-dualistic school argues that the perceived individuated and limited Self is only an illusion.

Reconciling these two apparently opposing doctrines, we end up with something like this: our Self is really the universal Self of God but for the purpose of experience, It has limited Itself in wisdom and power.

Even after this reconciliation my mind couldn't accept the fact that my Self was really the universal Self of God though It had limited Its wisdom and power, as it devastated the doctrine of dualism required for my devotional practice.

Assume that you have been imparted this instruction onto your heart with such a force that you can't deny it. Now you go to your favourite temple. You worship God, 'My dear God, I have all wisdom and power you have - I've just forgotten them for some purpose. So, until I regain them, I worship you.' Will your devotion be the same as that before getting this instruction?

My mind rebelled for a long time - a couple of years. And then it gradually learned to strike the balance between Wisdom and Devotion. Now I was ready to practice Divine Love Yoga, a spiritual practice wherein one expands and merges one's identity with all sentient living beings one sees.

Love for Lord arising from traditional devotional practices is conditional, as this love will disappear once we encounter some problem in our life and we doubt that Lord didn't bail us out. Love for Self arising from traditional wisdom practices is, no doubt, unconditional, but it fails to include other sentient living beings. But Divine Love is this unconditional Love extended to include all sentient living beings one sees.

Divine Love Yoga is built upon the foundation of a judicious mix of Devotion and Wisdom. While traditional devotional practices are easy to practice but ineffective, traditional wisdom practices are effective but difficult to practice. Divine Love Yoga combines the simplicity of traditional devotional practices with effectiveness of traditional wisdom practices. As it takes advantage of both worlds, it is undoubtedly the king of spiritual practices.

I was actively practicing Divine Love Yoga for a couple of years, and then the first spiritual experience happened to me with all its splendour.

Chapter 3

Consciousness

“You need not go far in search of Me. Barring your name and form, there exists in you, as well as in all beings, a sense of Being or Consciousness of Existence – That is Myself. Knowing this, you see Me inside yourself as well as in all beings. If you practice this, you will realise all-pervasiveness, and thus attain oneness with Me.”

~ Shirdi Sai Baba.



I was on a professional assignment to a remote village near the southern tip of India. As the assignment itself was an easy routine one and the journey time was more than five hours, I spent my journey time contemplating on Lord and reading a spiritual book alternately.

By now my exclusively traditional devotional book collection began to accommodate some contemporary wisdom books as well. I no longer expected the arrival of the Lord in form. My discrete model of Lord had evolved into a continuum one. Yet the melancholy of my heart in not yet seeing the Lord continued - after all, it was the major goal of my life.

I arrived at the process plant in that village in the evening and in an hour my professional assignment was finished. I was

checked in to the guest house of the plant as I planned my return journey the next morning. After dinner I requested the manager to send me tea at 5:30 in the morning, and after setting the alarm at 5:00 I went to sleep.

When I woke up at 5:00, I felt like doing meditation and so immediately I sat up meditating on the bed itself. With my eyes closed I was casually listening to the sound of window air conditioner in the room. Hardly five minutes passed when the calling bell rang up. I went to the door wondering why the manager had sent tea at 5.

When I was sipping my tea, I casually glanced at my watch, and to my utter disbelief it showed 05:40.



On my return journey I felt something strange in my head. There was something noticeably different with the vision of my eyes and the cognitive process of that vision by my brain. I could stare at space for any length of time as if I was staring at something pervading the space. In fact, I spent the entire five-hour return journey simply staring at nothing through the window of the car. My mind was extraordinarily calm; it didn't want to think anything or process anything it was seeing. My intellect was wondering what's going on in my eyes and brain.

This state persisted for a couple of months. Then one day when I sat in meditation, I observed a strange phenomenon inside my brain. I was listening to the occasional external noise. I was thinking some sporadic thoughts. And here's the key. This explained what was happening inside my head for the past couple of months. I could *observe* that I was hearing the occasional external noise, and I could *observe* that I was thinking my sporadic thoughts.

My brain was logically and functionally divided into three parts. First two functions were usual ones - one was receiving and processing sensory inputs like external noise, and the other was generating and processing thoughts. Nothing new with these two functions of the brain. But the weird third function of *observation* of these two functions was completely new to me.

Who am I? The guy who hears and thinks, or the guy who observes the guy who hears and thinks? I had to wait four long years to find the answer to this question.

Chapter 4

Surrender

“I am the same to all beings – I dislike none and I like none. But those who worship Me with Love abide in Me, and I also abide in them.”

~ Sri Krishna (BG 9:29).



An eighty year old man residing at a village near the southern tip of India went on his spiritual quest to a holy city in north India. He spent a few years there worrying if he'd meet a suitable preceptor to get enlightenment before death. One day he saw a strange light on the southern horizon.

As he travelled southward towards the light, the light also moved farther south. Ultimately, he reached a village very near to his native village. The light disappeared into the temple of the village.

On entering the temple, the old man enquired the people there if anything special happened there in the recent years. They pointed out the gigantic tamarind tree standing inside the temple premises and said that a young Yogi was staying there for a few years.

The old man went to the Yogi and questioned him, “What does the embryo inside the dead feed on and where does it live?”

The Yogi answered him, "It feeds on it and lives there" meaning that the Self embodied would identify itself with non-Self like body and mind, and enjoy the experiences of the latter.

Then the old man accepted the young Yogi as his preceptor and got enlightened by His instructions.



That Yogi was Nammazhvar who lived for about thirty years under that tamarind tree in that temple in the eighth century. He compiled His instructions in the form of a great poetic work, popularly known as *Thiruvaimozhi*, comprising about one thousand Tamil songs.

Thiruvaimozhi is His spiritual journal explaining how He got enlightened by means of the spiritual tool called Surrender. He has clearly outlined the process of surrendering one's individuated Consciousness to the universal Consciousness of God in chronological sequence. More important, He has described each stage of His enlightenment process.

I've visited that temple three, four times to see the tamarind tree under which Nammazhvar lived. It is still there intact. I've always used *Thiruvaimozhi* as the blueprint for my spiritual progress. Until I got an experience that matched the description of a particular stage in *Thiruvaimozhi*, I won't accept that I had progressed to that stage.

Our Consciousness is our life force that drives our body, mind and heart. But for our Consciousness, we cannot do any action, we cannot think any thought and we cannot desire anything. However, just as we cannot see our eyes although we see everything else with our eyes, we are unable to perceive our Consciousness. We need a mirror to see our Consciousness. And that mirror is universal Consciousness.

Suppose that you receive a call from the class teacher of the school your kid is studying in. She informs you that your kid has collapsed and the doctor is examining her. You rush to school, fearing all sorts of negative possibilities and saying your prayers out of anxiety. You drive your car mechanically. You don't remember if you locked the door while leaving home. You see the heavy traffic before you, but nothing is registered in your brain.

When you reach the school and see your kid talking normally to the class teacher, and the doctor tells you not to worry, how would you feel?

Suddenly all your anxiety disappears to leave your mind relieved at *peace*. When you return home, your brain now registers clearly the whole traffic around you. You do remember you forgot to lock the door.

We often take our default state of Peace for granted. It is transmitted by our Consciousness from the universal Consciousness. Whenever our mind is tossed by intense anxiety, our Consciousness buried deep into the mind fails to transmit the Peace of universal Consciousness.

Suppose we are able to internally separate our Consciousness and get it merged with universal Consciousness, then we'll perceive the state of Peace even when our mind is agitated by anxiety. Then we are deemed to have surrendered our Consciousness to the universal Consciousness of God.

Consciousness can be internally discriminated and separated from our mind, body and heart, and merged with universal Consciousness therein. In fact, it is done in that chronological sequence.

When our Consciousness gets merged with universal Consciousness within us, we can perceive our entire body completely filled with universal Consciousness. Suppose you haven't done any cardio exercise for many months. One fine morning you decide to exercise in the cross trainer for ten to fifteen minutes.

How will you feel after an hour? Won't you feel the lightness throughout the body? Won't you feel that the heaviness of your legs has suddenly disappeared while walking? Or suppose that you are trapped in a congested place for hours. When you come out in the free space and breathe in plenty of pure outside air, won't you feel lightness? Your body filled up with universal Consciousness will feel similar to that if you meditate on it. But there is much more than that.

I used these similes to convey one part of experience. There is much more. You will be at Peace at your inner core even when your mind, body and heart are tossed and torn apart by anxiety, intolerance and malice - at the absolute Peace that is characteristic of universal Consciousness; it cannot be disturbed by external events or circumstances. Right now, you can't even imagine it. When you face challenges in your life in the form of unfavourable and unpleasant events and circumstances, you can't even imagine maintaining your inner core at Peace.

When your being or inner core is at Peace, your mind, body and heart cannot maintain anxiety, intolerance and malice for a longer period. I have discussed this point and its effects in adequate detail in my book titled "Secrets of Manifestation."

It took, for me, four long years for the process of internal separation of Consciousness from mind, body and heart and its merger with the universal Consciousness, to be completed. After that I was ready to pursue the question 'Who am I?'

Chapter 5

Self-Realization

“

No one comes to the Father except through Me. If you really knew Me, you would know My Father as well”
~ Jesus Christ (Jn.14:6&7).



The youth who found formal education useless, left his home and travelled to a holy town. He stayed there and meditated on his Self to become a renowned jnani. He established his ashram there that is visited by thousands from all around the globe annually to-day. He advocated the non-dualistic school of thought and suggested Self-Enquiry for enlightenment.

A visitor asked this jnani, “That which rises as ‘I’ within us is the Self, isn’t it?”

And the jnani replied, “No; it is the ego that rises as ‘I’. That from which it arises is the Self.”

That was Ramana Maharishi. Although our I-ness (the sense of ‘I’) refers to our Self, he was very careful in his choice of words. That was because the yet-to-be-enlightened might mistake their Consciousness restrained by the ego principle as their Self.

My native town is only a few miles away from the native town of Ramana Maharishi. So, I have heard of his biography and spiritual achievements right from my childhood. I've visited Ramanashram two, three times during the process of my spiritual progress.



After our Consciousness is internally separated from our mind, body and heart, it is only a matter of time before our ego principle becomes imperceptible. It is the ego principle that limits our Consciousness to the boundary of our body. Once this ego principle becomes imperceptible, our Consciousness will cross the boundary of our body to the infinite space.

It doesn't mean that when our Consciousness expands outside the boundary of our body, we'll be able to be conscious of what is outside the boundary of our body. In other words, you can't feel your presence anywhere outside your body; you can only perceive the presence of your Consciousness outside your body. It is NOT out-of-body experience.

Let me explain it further. Before the disappearance of ego principle, our Consciousness polarises Itself into Subject and Object. It observes Itself. Just as It observes our mind thinking its thoughts, our body senses feeling their sense objects and our heart desiring its goals and ambitions, It observes Itself. It observes our mind, body, heart and Itself. And when the ego principle becomes imperceptible, the observing Subject disappears, and our Consciousness is immersed in the universal Consciousness as the universal Consciousness. That's because the Subject polarisation of Consciousness is supplied by our ego principle.

For some time, during meditation, we feel like we have completely lost our I-ness. But not really. We have lost only the 'I' supplied by our ego principle. The real 'I' exists somewhere else.

A lot of literature is available on the subject of annihilation of ego principle by the practitioners of non-dualistic school of thought. Both traditional and contemporary practitioners have discussed this topic in detail. Many of the contemporary practitioners propose to the yet-to-be-enlightened to directly annihilate it - Nisargadatta is a notable exception.

It won't work. Until you internally discriminate and separate your Consciousness, you can't even think of annihilation of ego. Your Consciousness is buried deep in your mind, body and heart. You have to unearth It out first. Then if you immerse your Consciousness in the universal Consciousness, your ego principle will automatically disappear without any effort on your part. That's why Surrender works wonders while Self Enquiry fails so often miserably, especially for persons immersed in family and professional activities like me.

Again, the yet-to-be-enlightened are often misled to believe that ego principle can be permanently annihilated. It is not a file on the computer that can be deleted from the hard disk. It is not so much a villain, as it is currently portrayed, that it deserves permanent destruction. When you meditate on your Consciousness, your ego disappears; when you do not, it reappears - of course, in a much weakened form. But without ego principle there cannot be full experience of life for anyone, whether enlightened or not.

To sum up, ego annihilation doesn't deserve so much fuss it is attracting right now - most of them are useless theoretical crap.

Okay, back to my story. After expansion of Consciousness is realized, I started Expanded Consciousness Meditation to move from my Consciousness to my Self. I have discussed Expanded Consciousness Meditation in adequate detail in my book titled "Secrets of Manifestation."

One day while I was meditating on my expanded Consciousness with my eyes closed, my Self revealed Itself with all Its splendour.

Suddenly there occurred a very deep silence. My mind was stunned and stopped its thinking process. More exactly, it was emptied. My senses became sharp and I could clearly hear the distant noises. I could perfectly perceive the background silence that extended into the infinite space replacing my expanded Consciousness.

When we say 'I talk' or 'I think' or 'I desire', we refer to this Field of silence by the word 'I'. Our I-sense arises from this Field. That's why this Field is known as the Self. Our Consciousness arises from and disappears into our Self; our Self is the source and sink of our Consciousness. Whatever we experience through our body, mind and heart are experienced only by means of our Consciousness. Our Self cannot experience anything except through our Consciousness.

What is the answer to the question I encountered after my first spiritual experience? Who am I? The guy who hears and thinks, or the guy who observes the guy who hears and thinks?

I'm neither my Consciousness that hears and thinks nor my Consciousness that observes my hearing and thinking. I'm all-pervading Self from Whom this bi-polarised Consciousness arises.

Just as we'll be able to see the Sun only if we use a smoke glass to filter its rays, we can perceive our Self only if we meditate on our expanded Consciousness to filter It. For, our Self is buried deep in our Consciousness, and as long as our ego principle is limiting our Consciousness to the boundary of our body and our mind principle is clouding our Consciousness, we can never perceive our Self.

But once the ego principle becomes imperceptible and the mind principle is emptied, our Consciousness gets expanded and becomes transparent to reveal our Self hidden beneath.



Before moving onto the final topic of realisation of Lord, let me say a word or two on the evergreen battle between non-dualism and dualism schools of thought regarding what is called one's soul.

Suppose I name a jack fruit as the fruit, and you name a mango fruit as the fruit. Assume that neither of us has really seen a jack fruit or mango fruit - we have only read descriptions the persons who have actually seen them have written. Now I argue with you that there are many small fruits within the big fruit, and you argue with me that there is only one fruit and there are no big and small fruits. This argument will never end as the two sides have not started from the common foundation. Waste of time. Go and get the mango or jack fruit and eat it.

Dualistic school names the Self hidden in the ego-limited individuated Consciousness as one's soul whereas the non-dualistic school terms the Self revealed in the ego annihilated expanded Consciousness as one's soul. Just because they both named the respective Self as soul (atman) they think they can argue over this matter. Interestingly, they both will reach the very same final target, namely the Lord of the universe, in their heart - only if they spend their time in the practice.

Chapter 6

Lord in My Heart

"Although people go to the Supreme Abode of God daily, they do not know about it, just as people frequently walking over a treasure of gold do not know about it."

~ Sama Veda - Chandogya Upanishad(8-3-2).



You are daily visiting the Lord in your heart. Think I'm kidding? No, I'm serious. I repeat. You are daily visiting the Lord of this universe. Yes, the very same Lord Who created this universe.

Spirituality cannot be confined to a particular religion. It refers to the one and only Truth which is commonly shared by all religions. Lord cannot be confined to the Father of Christianity or Hari of Hinduism or Allah of Islam, but Lord can be referred to as Hari, Father or Allah. Thus, Who is referred to as Hari is exactly identical to Who is referred to as Father or Who is referred to as Allah. Yet, we have fought fierce battles between nations in the name of religion and killed a lot of people.

If you expect the innate form of Lord to be human-like with four hands resting on His serpent bed on the celestial Ocean or to be human-like with long beard strolling on the celestial Garden, you will be disappointed.

If you think you can ask Him a few questions on His perceived ignorance in running the affairs of the world when you meet Lord, you will again be disappointed.

All such nonsense we think about Lord because we believe we are our body-mind-heart and nothing beyond that. If we are the Self that is all-pervading this universe, how can we expect Lord to be anyone inferior to us?

When we meet the real Lord in the spiritual realm, we won't even exist separately from Him to ask Him questions. Our Self cannot exist as separate Entity when It perceives Lord. Unless Lord immerses our Self into Him and dissolves us in Him, we can never perceive Him.

You may be a Hindu or Christian or Muslim, or you may not belong to any particular religion - you'll see the same Lord I've seen. That is because there is only one Lord for this entire universe. And that Lord is residing in your heart as well as my heart. He is not confined to the limited geographical area of your heart. When you try to see Him, He takes His infinite Cosmic size.

On continuing my meditation on expanded Consciousness with my eyes closed, my Self was immersed in the Lord of the universe. The pleasantness of the Lord stunned my intellect principle, the reasoning faculty of the mind, to such an extent that the duality of Subject and Object disappeared.

Do you remember how you felt during your dreamless deep sleep? A pleasant peaceful state, isn't it? It happened when your Self was immersed into the Lord of this universe residing at your heart, of course, with your limiting ego principle intact.

Fine, what is the practical use of realisation of expanded Lord investing our enormous effort and time while we are daily visiting Him free of cost, though in His limited size and unconsciously?

Happiness. Your inner core will always be pleasant even when your mind, body and heart face unpleasant events and circumstances in your life. You gain control over your Negative Energy

packed in the form of Malice, Anxiety and Intolerance. I have discussed this point and its effects in adequate detail in my book titled “Secrets of Manifestation.”



To sum up I have listed below the chronological stages of Enlightenment by Surrender as enumerated by Nammazhvar in his excellent work Thiruvaimozhi:

- * Discrimination of Consciousness from the Body-Mind-Heart.
- * Internal Separation of Consciousness from the Mind.
- * Immersion of Consciousness in the universal Consciousness in the Mind.
- * Internal Separation of Consciousness, immersed in the universal Consciousness, from the Body.
- * Internal Separation of Consciousness, immersed in the universal Consciousness, from the Heart.
- * Expansion of Consciousness due to weakening of Ego principle.
- * Realisation of Self in the expanded Consciousness due to emptying of Mind principle.
- * Immersion of Self in the universal Self, the Lord of the universe residing at the Heart.

Epilogue

“He that receives whomsoever I send receives Me; and he that receives Me receives Him that sent Me.”

~ Jesus Christ (Jn 13:20).



The primary objective of Enlightenment is to permanently realise the pleasant primordial Peace of Lord residing within our Self. But since we have not yet realised our Self, we have to realise our Self first before realising the absolute Peace within our Self. Again, our Self can be realised only after filtering its Consciousness just as the Sun can be seen only through a smoke-glass filtering its rays. However, our Consciousness is buried deep in our body, mind and heart, and so, we have to discriminate and internally separate It first from our body, mind and heart.

You discriminate and internally separate your Consciousness from your mind, body and heart first. Next, you filter your Consciousness and realise your Self to get Enlightenment. And finally, you experience the absolute primordial Peace of Lord residing in your Self. This is the process. You may choose any path you like, but you have to necessarily go through these three steps to get Enlightenment and achieve its primary objective.

How to discriminate and separate your Consciousness from your mind, body and heart? You may practice *Divine Love Yoga*.

I have explained *Divine Love Yoga* in adequate detail in my book “Secrets of Manifestation” (You may visit my [blog](#) to know further details about this book).

You should not expect results overnight. Before Consciousness is internally separated from your mind, body and heart, It should be discriminated from them. The discrimination process takes about two years. The internal separation process is a very long one taking about six years. Filtering of Consciousness to realise the Self takes about one year. Finally, it takes about one year to realise the pleasant primordial Peace of Lord residing within your Self. Thus, the whole spiritual journey takes about a decade.

You have to be patient and continue the practice. It will take about three to four years before you see the first visible sign of your spiritual progress before your eyes. Because until your Consciousness is internally separated from your mind, you cannot perceive any concrete evidence of your spiritual journey. So, don't give up midway. All the best.

Secrets Of Manifestation

The primary objective of *Secrets of Manifestation* book is to outline the technology of Manifestation of what we want in our life in compliance with Law of Attraction. This book comes as a summary of my theoretical and practical research in this field for more than a decade.

Traditional implementation of Law of Attraction using body-mind-heart based techniques like *Visualisation*, *Affirmation* and *Feeling* suffers from some serious shortcomings. Many times they don't work. Sometimes we get results with unacceptable deviation from what we desired. Sometimes manifestation is inordinately delayed that we give up midway.

This book addresses these three issues and suggests, in addition to the traditional implementation, generic control of our Negative Energy using Consciousness based techniques of *Direct Consciousness Discrimination*, *Expanded Consciousness Meditation* and *Divine Love Yoga* to improve the success rate, efficiency and speed of manifestation.

NOTE: This ebook can be downloaded for FREE from my website ShirdiSaiBhakta.com

About the Author

The author of this book, umasreedasan, is a spiritually enlightened devotee of Shirdi Sai Baba, a very advanced spiritual Saint Who lived in Central India until the second decade of twentieth century.

Born in the late sixties of twentieth century in a southern town in India, author is a mechanical engineer by profession leading a family life with wife and a kid.

Author has been interested in exploring the doctrine of Surrender as taught by Shirdi Sai Baba, Jesus Christ and Sri Krishna for application in the pursuit of his spiritual and material goals for more than a decade.

The author is now spending his spare time in writing on how anyone can use the same Consciousness based tools employed by the spiritually Enlightened for living one's life consciously so as to improve the quality of one's life experience.

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