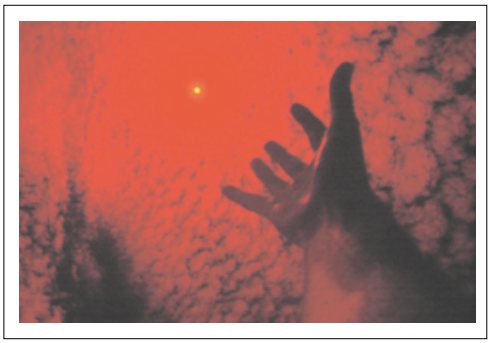
You



Dada Gunamuktananda

You

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Awaken from your dream and see...
there's too much of everything and not enough nothing.
Awaken… there is only a moment between now and eternity.

Oh Lord, I have lived my life as if in the midst of a dark night. Will all my footsteps come to naught in a void at the end of the passage of time? At the end of the road only dust on my feet and a weary heart burdened with regret?

No, it shall not be. Now I hear the voice of infinite silence resounding in my heart. In the twilight I see a new land: a solitary realm bathed in moonlight; where the flowers have no thorns; where life's flow has no ebb; where the buds never wither.

How many times have I longed to cross the bounds of life and death into that divine realm? To taste the sweetness of the formless in the midst of insipid forms? To drink from the waters of bliss-eternal beyond the shores of sorrow?

Time is short now. I have no more of it to lose. I must salvage myself from the wreckage of my squandered life.

I am unable to embrace Him and make Him my own;
Him whom I know, recognise and realise;
He who is my nearest kin, my life and soul.

In my attempt to embrace Him I roam about;
Searching for Him in heaven, earth and the
netherworld.

Oh Lord, You have spread Your touch in all places;
in human and divine worlds; in paradise;
everywhere; in every blink of existence.

How can you love God if you can't love yourself?
He is yourself; your inner self; your greater Self.
You are Him and He is You.
You are as much a part of Him as a river is to the sea.
It only has to reach the shore to realise what it really is.
We only have to find ourselves to realise we are He.

Waiting for the battle is always the hardest part. In the midst of action the fight invariably smothers all fear. So why prolong it? The fear of death is worse than death itself. Jump into the fray with joy and abandon. Don't feel that you are doing anything, but that things are being done through you. You are an instrument through which the music of life is being played; without expectation; with no concern for the outcome of the music – only for the music itself. This is the secret of life's success.

Your existence is like a cup of water in the ocean. The water within the cup is contiguous with the rest of the water in the ocean. It is the same water, but it believes it is separate. In the same way your mind has instilled the feeling of individuality in you. But just as the water of the ocean fills the cup, the essence of the universe fills you too – is your essence also.

In the deepest sense there is no independent existence. Our individual consciousness – our individual sense of awareness – is but a small part of the Universal Consciousness; the cosmic sense of awareness. To gain the deepest contentment you must search for that deepest truth – the essence of your existence.

Free your mind. Expand your sense of awareness… ultimately to infinity; into the infinite cosmic awareness. Real and permanent contentment cannot be attained any other way.

When a river merges with the sea it doesn't feel like a river any more. It feels like the sea. It is ever-satisfied within itself because it no longer has any limitation. There is no pain there; only the contentment of being... the essence of all being. What will satisfy us is only the limitlessness of that infinite and eternally blissful Supreme Consciousness.

Beloved, this is my prayer to You...

Let me only do what You want me to do.
Let me only say what You want me to say.
Let me only think what You want me to think.
Let my whole life be a sacrifice unto You.
I do not want anything but You.

Let me only love You.
Let me only please You.
Let me do something great for You.
I will not rest until I do.

Oh Lord, let me give myself to You.

My love for You is like a genie in a bottle
Clambering about, trying to get out.
Have mercy on me and let it out.

Baba, do whatever You have to do
to make me Yours, to see only You.
To love You and serve You,
To do whatever You want me to.
Let it be only me and You.
No... only You.

At the setting of the sun
In the endless moment of my awakening
There is only the twilight to hold back the night
The soft breeze plays with the leaves on the trees
And the world stops turning...
as the difference between us almost ceases to be.

I'm just watching my me unravel.
It's not painful, not pleasurable
... just is.
All I know is, the more I become You
The more blissfully oblivious my I is.

This melting into You
Is intangible too.
Like a taste I can't place
A name that's on the tip of my tongue.
The blissfully inexplicable I-ness of You.

One who has conquered one's own mind is the greatest warrior.
Have the courage to fight for that. There is no greater victory.
All other achievements pale in comparison…
like holding a candle to the sun.

The mind of one who is self-controlled is expansive and light, and strong at the same time.
Nothing can affect it because it holds all within the embrace of its love.
It is forever at peace with itself and the world.

A tree grows
by taking what it needs
...and giving what others need.

In giving of itself it embraces the whole
world within the scope of its affection.

And therein lies its fulfilment.

This universe is the thought-projection of Consciousness. In the flow of cosmic imagination the One has become many in a vast cosmic dance of existence. Everything is part of the One; connected with all the other parts in an intricate web of countless vibrations.

When a blade of grass moves, the whole universe quivers; always in a state of flux; constantly changing; expanding and contracting; continually in the process of becoming, of being and of becoming something else again; a fluid continuum of merging among all things; floating in the infinite ocean of Consciousness like an iceberg floats within the sea.

And as the water of the sea pervades an iceberg, Consciousness pervades all things too; within everyone; what everything is; the essence of all; condensed into the forms of the world; some perceived and others not; but never more than a reflection of absolute reality; the diversities of this world expressions of the one unity; opposites the apparent extremes of the one movement, just as the movement of the earth around itself manifests as day and night; around the sun as the seasons; just as the moon causes the ebb and flow of tides; appears as full and new but remains the same throughout.

Good and bad, black and white, are but transitory states within the one continuous flow of all things. Sooner or later loss turns to gain; pleasure to pain. Tears flow from the eyes in joy as well as in sorrow. But beyond earthly opposites lies only the one endless and eternal truth. To realise it means freedom from loss. How can you lose that which you perceive in all things?

Universe...
Cosmic poet’s imagined verse
Divine lover's whispered words
Every word belovedness

Universe...
Song of longed-for oneness
Dance of joyous existence
Reverie of brilliance

Forms of the world
Shadows of love
Of being and becoming
and becoming once again

Nothing ever lost... universe

Universe...
Intimate notion of unity
Infinite ocean of purity
Pervaded by eternity

Universe...
Balance of thought’s opposites
Moonlit ebb and flow of tides
Earth-spun dawns and sunsets

Forms of the world
Shadows of love
Of being and becoming
and becoming once again

Nothing ever lost... universe

Universe...
Thought-projected consciousness
Web of woven truthfulness
Surging sea of bliss

Universe...
Timeless path of endlessness
Endless land of blessedness
Ever-wonderful essence

Forms of the world
Shadows of love
Of being and becoming
and becoming once again

Nothing ever lost... universe

All the wealth in the world cannot satisfy limitless longing. To be free from longing is to be one with the eternal and unchanging existence reflected in all things... beyond all worldly desire.

We become cynical about the outcome of our lives when we lose sight of the eternity of our existence. In our identification with the limited we forget the limitlessness of our being. It's like forgetting something that's on the tip of your tongue; so close, so nearly attainable, yet so far away. The more you think the more elusive it becomes, because the mind cannot possibly comprehend it. It is a state one cannot even begin to think about, let alone express in words. It's unimaginable.

We cannot prove a mother's love for her child, but that does not mean it's not there. Cosmic love embraces the whole universe. To know it is to know true love; devotion; the one undying love that sustains all others. We long for it, not realising that it is all around us; within us; that which remains forever unchanged; within which all things exist. To transcend one's mind into the endless bliss of that infinite oneness – that's immortality.

Death holds no special significance for one who has realised that supreme truth. A bird leaves its eggshell to spread its wings and fly joyfully away. All that remains to be known lies at the core of your existence. Go deep within; discover your greater self; the pure formless ever-blissful Supreme Consciousness.

One can know that Supreme Being only by surrendering one's whole being to Him; by merging all of one's self into the Supreme Self, the sweetest essence of one's heart's desire.

The Lord is within you and with you. He is all around. But one has only to search for Him within. He is hidden there; ever-wakeful, perpetually tranquil, like an eternally unflickering flame of light in the deepest recesses of one's heart; in the most solitary jewel-case of the mind. You will have to seek Him there.

Everything happens according to His whim. Everything depends on His grace.

Whatever you speak; whatever you think. Whatever you do not speak; whatever you do not think.

The source of all is He. Only by moving towards that Supreme One, completely surrendering oneself to Him, can one attain self-knowledge. And only by attaining self-knowledge can one attain salvation... the supreme stance of Eternal Bliss.

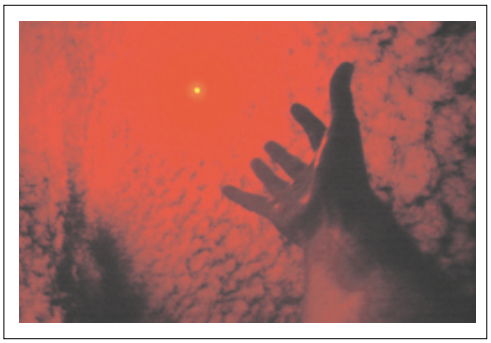
In that Supreme State one's small 'I' merges into the great 'I' of the infinite Brahma, like a river merges into the sea.

Guru is the Supreme Self within you;
your self; guiding you back to yourself;
back to the realisation of your Self…

Find your self within yourself
And know that you are the self of all beings.
There is nothing else. You are all there is.
There are no others... only You.

As if from a thousand suns in the golden-hued daylight; a thousand moons in the silvery night, waves of inspiration broke upon the shores of his mind and he saw everything as expressions of timeless bliss within himself. He felt one with the night.

"Let go of attachment; let go; the whole universe is yours for the taking."

He entered a place within himself, so still that he felt he was not moving at all; a place he had never seen before, nor even imagined could exist, such was its serenity and bliss. It could never be put into words, but if it were to be attempted, it would be as if someone – or something – within the core of his heart were saying:

"Beyond the mind there is only the eternal delight of timeless bliss. Forget yourself in the exquisiteness of that bliss. Become one with the flow of the world; with the outturn of all events. Good and bad, black and white, are but transitory states within the one continuous flow of all things. Sooner or later loss turns to gain; pleasure to pain. Tears flow from the eyes in joy as well as in sorrow. But beyond earthly opposites lies only the one endless and eternal truth. To realise it means freedom from loss. How can you lose that which you perceive in all things? Remember the limitlessness of your being; the eternity of your existence. Know that one undying love that sustains all others; forever unchanged, within which all things exist. Transcend your mind into the endless bliss of that infinite oneness."