



PROGRAM E-33

**OM SRI SURYA VA NAMAH
OM SRI CHANDRA VA NAMAH
OM SRI BUDDHA VA NAMAH
OM SRI SHUKRA VA NAMAH
OM SRI MANGALA VA NAMAH
OM SRI BRI-HAS-PATHI VA NAMAH
OM SRI SHANI VA NAMAH
OM SRI RAHU VA NAMAH
OM SRI KETU VA NAMAH**

THE AWAKENING

FOUR STEPS TO WISDOM

In mysticism and yoga all emotions are considered negative. This is not the attitude of most seekers who feel some emotions are positive. Thus, in this lesson, I am using the phrase 'negative' emotions.

The ultimate goal of all yogic and mystical practices is the attainment of **wisdom**, which is a four-step procedure.

The **first step** is for the seeker *to get in touch with his/her negative emotions of which they are not aware ... and neutralize them.*

All people have many negative emotions of which they are not aware. Some seekers are depressed, yet are not aware of the cause. It is only when they come into contact with bliss (*ananda*) that they realize how depressed they really were.

All yogic action and methods are directed to the mind of the seeker, so that it can become awareness of the mind's negative emotions.

Whatever each seeker's key negative emotion is, it is vital that he/she get in touch with that negative emotion and correct it.

The second step is to realize that negative emotions are in your mind, and not elsewhere. This is self-evident; however, almost everyone fails to realize this fact.

Today, most people have a very good education. However, it may take them decades to correct their key negative emotion. Educational institutions teach people how to make a better living, and a lot of other things, but they do not teach people how to live!

This is where mysticism comes in. That is what mysticism and spirituality is all about: *'unlearning things'*. The seeker needs to unlearn social things, and re-learn how to live.

I repeat: negative emotions are in your mind, and not in other people or *'reality'*. Realize this, and stop trying to change reality. Thus, stop trying to change the people in your life.

In short, people spend all of their lives, all of their time and energy, seeking to change their external conditions.

Each person has their own negative emotions. However, it is your negative emotions that are causing you all your problems! And those negative emotions are in your mind, and nowhere else!

No person has the power to make you unhappy. No event has the power to disturb you. Only you have that power.

Has no one ever told you this? Have you not heard this before? Have you not realized it?

The social world has told you the opposite. That's why people are as confused and as unhappy as they are, with major mind problems in their lives.

The hidden problem is that we, in trying to escape this, have fallen asleep.

An example might be helpful: you are at a picnic, and it rains 'cat and dogs'. Your picnic is ruined. **What is causing the negative emotions?** Is it the rain, or is it your reaction?

Another example: you bump your knee against a chair. The chair is fine; it's busy being what it was made to be: a chair. The pain is in your knee, not in the chair. The problem is in your mind, not in the chair.

The mystics keep telling us that reality is ok; that reality is not challenging or difficult. Problems exist only in the attitude of the human mind. The mind's attitude created the problem. Your mind is the problem. You identified with the mind's negative emotions, and that is the 'real' problem.

The third step: *Never identify with the mind's emotions.* Do not define your Essential Self in terms of negative emotions or thoughts. For example, do not think or say, 'I am depressed'.

If you need to think or say something, say: 'The mind is depressed Neti!'

Other common examples include: 'I have a headache' or 'I have a toothache', etc. The correct mystical statement is: 'The brain is having pain', or 'The body is having pain in a tooth'.

Again: do not define your true being (atma) in terms of negative emotions or thoughts. This is the major illusion that most seekers have. Are you making this mistake?

And do not think that you can escape the problem by thinking, 'But, you know what I mean'.

The problem is not with your mind, which as I have said before, is logical and believes the words you think or say!

If the mind is having negative emotions, just leave it alone. They will pass. Everything in and of the mind passes on.

All this has nothing to do with the atma, the real self. All this has nothing to do with happiness, reality, or wisdom. It has to do with the false ego-self.

Psychologists tell us how important it is to have a sense of belonging. I think they are wrong. Why should you have the need to belong to a group? Mystically and psychologically you need not belong to a group to have value.

You don't even need to be in love. What you need is to be free. Some mystic would say what you need is to love – not to be loved.

However, what most people are telling me by their actions is that they really want to be 'desired'. They want to be applauded. They want people to run after them.

What about you? What do you want? Are you wasting this precious life?

Wake up! Awaken! You can be happy without all of this social inter-reaction. With social patterning comes a guarantee of unhappiness. Be wise; be free.

Do not be threatened by other people's view of you, or of their criticism.

Become free. Cut all those emotional strings. Stop being a puppet. Stop being a human. Break out of your social confinement and your slavery. Break out of your self-made mental prison.

This is what the mystics have been saying for a long, long time.

No event or situation justifies a negative emotion. Negative emotions are signs that you need to center yourself, introspect, and see life as it is, not as your mind sees it ... and then correct your mind.

In the Gita, Lord Krishna says to Arjuna, 'Plunge into the heat of (daily) battle, but keep your ajna chakra (heart) at the lotus feet of the Lord'.

You don't have to do anything to acquire happiness. Reality and goodness are not attained by the process of adding something to your life. Wisdom and happiness are attained by the process of subtracting things and thoughts from your mind and life.

The fourth and final step is: *How do you change things? How do you change yourself?*

There is one thing that must be realized, and that is that the person who is asleep always thinks that he/she will feel better, and that their life will improve, if only other people change.

People 'suffer' and are unhappy because they are asleep, dreaming how wonderful life would be if only other people would just change. 'How wonderful life would be if my spouse changed How wonderful it would be if my neighbor changed How wonderful it would be if the boss would change'.

People always want someone else to change so that their life will improve, and they will feel better.

But, even if others change, your life still will not improve. You will still be just as helpless and defenseless as before, because your mind will still be sleeping.

You will be just as unaware as before because you will still be sleeping.

Wake up. Awaken to the Atma. Awaken to life. Awaken to your own true Self.

Awaken, and realize that you are the one who needs to polish your personality, your attitude, and your knowledge-base.

OM

Shanti & Prem,

Goswami

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