

Yearning of the Soul

By

Per H. Wibe

www.kriyabanservice.com

"Words are not able to express Truth. Beyond one explanation and description

We find a new level of Silence and Truth.

This is Kriya – that which takes us to an Infinite level of Life."

To the reader

I hope the texts in this little book can be an inspiration to everybody that search for peace and harmony in life. The texts are based on my own experiences. As I see it, no theory, believes, rituals or words of others can take us to the level of the Self, of Silence. Only through pure meditation and by the grace of the Self is the Self known.

By experiencing the Self inside gradually we realize inner peace and harmony as an asset which is with us through all parts of life. This experience gives us a natural feeling of love and happiness. I think the book both can be read as a whole or as one text at a time.

Is it possible to be stable and peaceful, even in difficult situations?

In the creation everything is always changing. Some time-cycles are short, others are long, but they are all governed by the same principle. Everything follows the law of eternal change: things are brought into the material life, exist for a while and then decay. As per the Indian scriptures they are called the three gunas. In deep meditation we realize that these forces are one. They together are the Creator – One in Three, Three in One. Without the changes there would have been no life, no creation, a total lack of physical life.

A stable and good life in a changing and troublesome world is anchored in a stable condition within. This insight tells us that Life knows best: it is better for us to receive in a constructive way whatever comes of incidents that we cannot influence. What we can influence is our inner condition, our understanding and our attitudes. This is the great possibility in life.

When something goes wrong

When something goes wrong, or when bad things happen, we often put the blame outside ourselves. But to ascribe guilt to other people, or to the surroundings, hampers progress. Resistance and problems are elements in life. The wind meets resistance in one form or the other to create sound and movement. One violin is not enough to create the beauty and harmony of an orchestra; a whole ensemble of instruments is needed. It is the interaction between human beings that creates and influences our lives. One brain cell cannot accomplish anything on its own. It is the interplay between a multitude of brain cells that creates mental and physical activity.

At the same time it is undoubtedly true that external incidents can give rise to a feeling of discomfort. Difficult experiences help us to discover inner discomfort and disharmony. All events in life are deeply united. Lack of insight into this aspect produces unbalanced reactions when something unexpected happens, or when desires are unfulfilled.

What is the purpose of life?

What is the purpose of life? What is the aim of our activities and efforts? Is there a Reality, a Truth that is common to every human being and is not dependent on particular beliefs or intellectual concepts?

It is said that we grow through the ups and downs of life. This is true, but it is at the same time a limited understanding. The most useful aid in spirituality is to improve from inside by the help of meditation. We then create a stable foundation for happiness and peace, even when there are storms around us. Meditation is unique for this purpose. It takes us to subtle silent areas inside that renew, stabilize and purify. Our desire to actively strive for spiritual growth is strengthened by the experience of the Self.

My interest in spirituality started with such questions and considerations, combined with suffering and a strong desire for a good and harmonious life. My questions were: What is it that prevents the mind from being permanently happy? Can meditation be of any help? What about my lifestyle in general?

I realized that to improve the quality of the mind, efforts and sincerity were needed. I wrote down my goals: what I wanted to change, remove, improve – all of which I decided to achieve within a limited time. Gradually I improved my lifestyle.

A dynamic vibrating consciousness

There is a dynamic vibrating consciousness actively resting in an infinite space of Silence. When individuality meets this infinite level of life, then we spontaneously experience inner harmony. Duality is united with its opposite, there is oneness, no inner resistance. This implies cessation of the search for something other than what we already are. A little example may illuminate this: when a flower, let us say a tulip, grows, it passes through different stages of development – the root, the shoot, the first leaves, the stem and finally the bud before it blossoms. All the stages of the tulip's growth come in perfect sequence. If not, it cannot bloom. It is impossible to skip any of the stages. We can say that the flower grows in a harmonious, natural way.

Duality creates energy, the power to move, to grow. The principle that governs the tulip also governs everything else in life, including human beings. We experience unification in life: the Creator lives His creation through His creatures.

How can we satisfy longing?

Longing is often experienced as uncomfortable, and thought of as if it were a “stranger” we want to remove. What we lack, what the soul yearns for is the experience of Silence, the foundation for inner peace and harmony, inner satisfaction. Silence is always there, it is an eternal phenomenon. But we usually only experience it in small glimpses such as when we walk in the mountains or, strangely enough, even when we feel sorrow. Suddenly Silence may be there all by itself, out of nothing – so lovely, sweet, peaceful and good.

Our hope for a better tomorrow seems to be beyond reach as long as we do not improve the inner condition of being. This is fundamental for living the Present. The present moment is an element beyond time. Meditation meets Silence – the eternal source of the Moment.

The Moment is immortal, and so is each individual; that part is the Silence, the innermost part of us, our true nature. To whatever degree we experience this or are conscious about this reality, we are immortals.

Silence is planted in our hearts

Silence is planted in our hearts like the seeds of the wild flowers are planted in the soil. Silence and activity are two sides of the same issue. A stable and peaceful mind is blessed with new thoughts that support development. Silence gives rise to variety in life, integrated into and at the same time beyond time and space. The experience of Silence burns duality and crystallizes the Moment as the eternal power it is.

There exist levels of Silence, which we can experience in deep meditation. The mind encounters the source of creation where love, infinity, stability and creativity rule. “When the mind is bright, then the whole world is bright. When the mind is dark, then the whole world is dark.” Human life is first of all an inner journey.

When Silence penetrates the consciousness, we experience who we are and are guided by the true Master, the Self.

Faith includes doubt. That is, faith must be founded on certainty, in an inner state of non-duality. Nothing seems to be impossible for Life. The manifested process of the creation proves Life’s inconceivable intelligence and creativity.

Inspiration about the highest

We might find inspiration about the highest in the scriptures. The Bible says that the kingdom is inside us. That tells us where the state of harmony exists. The Bible also says that "The Father and the Son are One", a state that implies unification in the consciousness.

The experience of the inner kingdom gives certainty and peace of mind. We cannot quench our thirst by a description of water or by the word "water". We have to drink ourselves. Words may inspire us, but words are not enough. The experience of "the kingdom inside us" is the real meditation.

Life is the true miracle

Miracles are often said to represent a high level of spirituality. There are stories about yogis and prophets who can walk on water, levitate or live without food or sleep. But are such incidents really big miracles? Striving to develop such abilities shades the true aim of human life, which is to realize our oneness with the Self. Miracles of various sorts are but insignificant incidents compared to the real miracle, Existence itself. An Indian story recounts a meeting between a saint and a yogi. The saint was about to take a ferry across a river. Suddenly an elder yogi arrived on the scene, walking across the water in a proud fashion to impress the saint. The saint asked him, "For how long have you practised walking on water?" "Forty years," the yogi replied. "That is bad payment for forty years' efforts. It cost me only five rupees to take the ferry over the river," said the saint.

All our efforts should support the great aim and beauty in life, which is to live in inner peace and harmony.

Aspects of meditation

All parts of our life are improved through meditation. To put it somewhat schematically, we can say that there are three aspects of meditation.

One is the experience of Silence, of the level of no duality, of the Self. The second is that through more inner Silence we increase our capacity to observe and discover thought patterns and reactions that prevent us from staying with the Self. The third aspect is that we learn from within about the connections in life: that life is based on a magnetic principle that automatically attracts whatever is needed to make us aware of our inner condition. Through inner understanding we realize that whatever we receive or experience comes directly from Life itself, without exception.

Is meditation a religious act?

The word religion derives from the Latin word "religare" that means to bind. We can say it means to connect or to fill the gap, to dissolve conflict in the mind by experiencing Infinity inside ourselves. There are different religions, but only one basic experience – the meditative state. What we call this state is not important. What is important is the existence of this state, and what it provides to life.

In an active life, it is appropriate to practice meditation techniques that can be used and integrated into our everyday lives. Kriya meditation teaches us to be constantly aware of the breath, the life-force. Our tendency to search for happiness outside ourselves is established in the consciousness, and in order to change this pattern it is necessary to practise meditation for some time. Through practice the attention is directed both inwards and outwards at the same time, and gradually integrates its dual role.

A silent mind gives more room, more space for alertness. This has a positive effect on our entire life. Alertness is the source and the purifying water: it unites what is concrete and abstract, and gives life immortality. Alertness has no boundaries, and no one can claim it as theirs and theirs alone.

Peaceful attention is the creative power, and what we should accomplish in our lives. Then we have what is most important. Peaceful alertness is the road to the Kingdom at the same time as it is the Kingdom itself. An active - passive (a strange expression, but very appropriate) attention to everything inside us and around us integrates and stabilizes silence in the mind.

Fundamental questions

Asking others for answers to the fundamental questions has limited value. It can even easily become a hindrance instead of a help to our understanding. The one who asks the questions also has the capacity to answer them. The questions are the seeds we sow in the ground, and the flowers are the answers. With the questions alive in our consciousness, the answers also emerge. Necessity is the mother of invention. Any problem, or any question, can be answered from within when we put sufficient energy or interest into it.

The answers to who we are, where we come from and where we are going are first and foremost based on our own experience. Kriya Yoga pulls the attention inwards, gives the experience of Silence, of the Infinite. We experience the origin and the source of the whole creation.

It is not possible to find words to describe the symmetry of the soul or to pass this experience on to others. We can try to describe the taste of strawberries, but our description will be very inadequate compared to the actual taste of the berries. Everyone must taste for himself.

This is also the case with the fundamental. The experiences are the answers. Our longing is satisfied, and the questions are dissolved in the consciousness. We rest in our heart and soul as we live an active life with daily challenges and opportunities.

Mongoose

A small animal called a mongoose fights with snakes. When bitten by a snake, the mongoose runs off to smell the aroma of a special herb. The poison is then neutralized, and the mongoose gains new energy to continue its fight. This goes on until the mongoose conquers the snake.

The way the mongoose revitalizes itself reminds us of the way human beings can use meditation to "smell" the field of energy and silence in the consciousness. Just as the aroma of the herb neutralizes and dissolves the poison from the snake, meditation dissolves the human experience of duality in life. Some might interpret the story of the mongoose and snake as if the material world were the poison.

This interpretation is an illusion or misunderstanding because it is based on a dualistic way of thinking. The real and only poison in life is duality in the mind.

Who is your master?

Many seekers believe that the master is a person. This is incorrect, it is duality, ignorance. The Master is within, in the consciousness. The real meaning of the word master/guru is "friend", meaning a united consciousness. With the help of meditation we can find our Master. Until we achieve this, the practice of meditation, our effort, is our most important master. Our belief that the master is a person leads to the loss of time and energy. The seekers become more interested in persons than in their own spiritual efforts (i.e. their breath). It becomes like a religion in which the prophets are worshipped rather than the Truth.

Although the Master is to be found in ourselves, human teachers might be important as they can inspire us through their life. They can help the student to dissolve the veil of illusion provided that the seekers are persistent in their practice.

To dissolve inner conflict

It is said in the Bhagavad-Gita that you shall take the name of God: Hari Om, Hari Om. This means to dissolve conflict in the mind through the experience of being, the condition of non-duality in meditation. The body exists through prana, which is also received through the breath. Every inhalation is a new creation, a new birth, coming directly from Life.

Is it possible to prove these statements? The practical proof is Life itself. When a human body emerges from the mother's womb, the breath with the prana (the life-force) enters the baby's body, and a new individual life begins.

Prana comes from the void, from Life, from that which creates and penetrates everything. Prana brings life to the body and makes its physical existence possible.

When the body dies, the prana leaves the body. The final exhalation extracts the conscious life from the body. The breath brings us into and out of the physical world. This is happening all the time; we are born and we die. In between we exist in the void, in the emptiness, in the silence, in the field of non-duality.

These realities are central aspects of Kriya meditation practice. The breath is life, one with silence. When we are established in the breath, we spontaneously experience the level of non-duality. We then recognize a deep inner silence and a state of blissful peace. We could say that this experience is a meeting with the infinite or the divine. What we call it is irrelevant: it is the experience itself and its value to life that are important.

One in Spirit

The level of Love to everybody and everything is what we bring with us from moment to moment, from life to life. This gives all our spiritual efforts an eternal value. This is never lost when we continue our

efforts to realize Truth. Talents and intelligence are relative aspects. They are given to us as tools to use for the best of Existence and are not our own “property”.

The yearning of the soul is to realize its Oneness with the Spirit. The yearning will not be satisfied as long as the individual is yet to realize unity. In this condition, which we can call ignorance, we can say that “reincarnation” is an existing reality. But the truth is, “my efforts are the efforts of Life itself.” Life provides new bodies to continue the journey of all souls, the Spirit, for the best of Realisation. The individual part exists in the joy of action and the efforts to realize Truth for the best of Life, while the experience that we are the master of our actions and their results ceases to exist.

Even when we make mistakes, it does not mean that we originally have a limited capacity to enjoy an inner condition of love. To know the depth of the purpose of life, we must envision a united consciousness. Once that has been made, even mistakes we have done in life, have their purpose if we look at them from another perspective. Mistakes teach us something, they provide insight into different perspectives of human life, but the most important part is that we learn again and again that nothing from outside can truly quench the soul’s thirst. Sympathy, tolerance and the ability to forgive and love are based on our own experience and not on theory.

Kriya

It is said that Kriya meditation has existed from the beginning of creation – that it is the real meditation, the essence of life. There have been long periods when this knowledge was nearly lost. When we are born on the earth we start to breathe, and when our body dies the breath leaves the body. The breath is a connection to the Creator, to God, to the Great Silence in Life. Kriya means breath, life-force and life itself.

The practice of Kriya, using the breath and the attention, dissolves difficulties or hindrances in specific energy centres in the spine. It is said that each centre or chakra carries different general human problems. The purpose with the practice is to dissolve knots and hindrances so that the life-force can freely move upwards and downwards in the spine. The consciousness is lifted to higher levels as it simultaneously descends and enriches all parts of our lives. In this way silence and dynamic activity are integrated into oneness and duality in a state of total consciousness – unity, realization of the true reality.

If we imagine a water pipe that is blocked, the stream of water is hindered. Then we need to remove the blockage with a stick or something similar. The stick is the breath and the attention, the water pipe the spine and the hindrances is the stone or the lump of soil. The energy that moves up and down the spine is being hindered.

Higher Kriya techniques

The higher Kriya techniques are available to those who make sincere efforts on the spiritual path. Only personal meditation experience gives meaning to higher Kriya practices.

To be initiated into the third Kriya, stable and long-term practice of the first and second Kriyas is required. It is not beneficial to receive the third Kriya too early as it may lead to a cessation of practice.

In reality, the way of thinking is reversed in the third Kriya. If understanding is not latent through long practice, it is not possible to benefit from the technique. The experience of the third Kriya entails more subtle levels of silence in the higher chakras (energy centres).

The fourth Kriya is the main entrance to the real Kriya and usually requires years of meditation. Stable practice of the first, second and third Kriyas leads the breath to "jump" to the fourth Kriya almost by itself. When this occurs, we are sometimes ready without even knowing it ourselves. In any case, if you have practised for a long time, you may feel that something new is happening. A student who had meditated for several decades called me and told about his recent intense experience of silence. He said that he now understood what Kriya really was and what it meant for him. Strangely enough, I had just been thinking about him and had already decided to initiate him into the fourth Kriya the next time we were to meet.

The fifth, sixth and seventh Kriyas are fundamentally different from the other techniques. The chakras melt together into a single field at the same time as they move and become integrated into concrete, physical reality. Insight into subtle connections emerges. Jesus said, "I am the Way, the Truth and the Life" and Babaji said, "You understand and your master will confirm". It is difficult to elaborate on these techniques. I will only add that the seventh Kriya is the end of Yoga. After this, Kriya is the sole focus.

A few personal experiences

Many years back when I used to practise long meditations in the early morning, I saw inside an aura of beautiful blue colours surrounded by a golden light. I felt that I was close to, or actually saw, the spiritual eye. This occurred when my mind was utterly silent. After experiencing this for about one year, I decided to remove it. This inner experience was so overwhelming and beautiful that it disturbed my attitude towards real meditation. When I sat down to meditate, I sought and hoped to have this experience again. If it did not occur, I felt disappointed.

I never search for this experience anymore. By the same token, I know that I can repeat it if I wish to. But it is not necessary. The experience of silence in activity is the highest in life – it is the great nirvana. In this nirvana, even silence seems to be lost! Where is it? You are That. Teaching a dolphin to swim is meaningless. It is not necessary to tell you to be something that you already are. Just be in the breath, be the breath, live in the prana, in life, enjoy the journey, the story about the three wise men, the three gunas, the three powers, and the unification of One and Three. This is the joyous duty of human beings.

Once in about 1990, after a long day of meditation, I awakened during the night and became aware of being present in an infinite space without limitations. It was like an ocean of Silence, so beautiful, so strong – it completely penetrated my mind. I was not there; only the space and the experience existed. After about one hour the experience vanished. I bowed to the Lord, giving thanks for this blessing.

During this period of my life I meditated a great deal. Sometimes I began to weep silently for no external reason. I wept not because I was sad, but because I had an overwhelming experience of divine love. When this experience is particularly clear and distinct, it is impossible not to be deeply moved. It is beautiful and difficult to describe. Deep longing during meditation over a long period of time leads to experiences like these.

My experiences and understanding tell me that this is the highest, the superior experience in life because the feeling of love is the greatest power, the subtle part of life. Faults and mistakes, whether we are intelligent or have many talents (or none at all), are meaningless compared with the basic substance of existence, the need to experience and share love. This is the essence of the Vedas, of spirituality. Kriya meditation is an instrument for meeting the Infinite on this level.

Questions about where we come from

Questions about where we come from, who we are and where we are going are the substance of our search for Truth as we attempt to understand the connections and mysteries of life. Individuals with experience of and insight into the changing nature of life and its mechanisms began their search by looking inward to the nature of consciousness. This is how meditation arose: Can we find something stable and lasting within us, something other than what we can see with our physical eyes or experience with our senses? Such questions have given rise to the prophets and the yogis.

Experience of the Infinite

It seems not to be possible to pass on experiences of the Infinite, which is fundamental, through words alone. This is the problem of teachers in the spiritual field. Their words have been misinterpreted, and with the passage of time the distance from the original words, and their true meaning, increases. At the same time, a lot of the original message can be lost in translation.

History and present-day events show that misinterpretations often lead to conflicts and wars in the religious sphere. So what is the real message of the prophets? Their intention was to share the understanding that the Infinite power of Life can be recognized within us, as ourselves. Every soul has the opportunity to experience this reality.

The misunderstanding is that we glorify the prophets and the teachers and make them unlike anything we are. This is how we are confused. Salvation is said to be obtained through belief in other persons and not through our own experience of who we are, of our true nature.

We are all children of Life from birth, but it is not sufficient to hear this if we do not experience it as our own reality. Self-realization happens through the personal experience that we are one with life.

Fundamental transformation and insight develop from within through meditation, through great interest and love for truth, through experiencing Silence in the consciousness.

The word God

What does the word 'God' mean? Unfortunately, this word has created many misunderstandings and unnecessary disagreements among people. Perhaps the word Life is better, a word that could convey the truly religious meaning. Then it would not be about belief but about reality, because Life is a concrete reality for all of us.

As a boy, I was insatiably interested in existential questions. I examined Christianity very carefully, into which I was born. I discussed Christianity with priests, arguing that mere belief was not sufficient. I wanted to be a good Christian who believed in Christianity's central tenet: belief in Jesus Christ. But I was not able to confess such a faith because I doubted. I felt that we had to be certain through inner knowledge and experience. Nonetheless, my spiritual longing did not die, but it took many years before it resurfaced. Then I understood my childhood doubt and its legitimacy, and started seriously to search inwardly to satisfy the longing of the soul for tranquility, harmony and my own inner knowledge.

Now, after many years, I see that the yearning for harmony, to recognize our own fundamental nature, is part of consciousness. Everyone recognizes the need for inner harmony when experiencing difficulties, and when conflict and restlessness dominate the mind. My experience has been that the best way to proceed is to experience for oneself a level of existence where duality does not exist, to unite with the Self, where one experiences oneself in an infinite space of peaceful dynamic Silence. True Life takes place inwardly. If we are quiet inside, we have a better opportunity to handle what happens in a good way.

The Self is alive in all parts of Existence. No religion, philosophy, faith or lack of faith is able to change this fact. Truth exists independent of words and arguments. When the rays of the sun touch the cheek, no one can say this does not happen. Reality cannot be ignored. All creation is penetrated by the power of Life. Whatever we call this power; God, Creator, Self, That, is of no importance; the fact is, Truth is decisive.

A happy life

A happy life is not synonymous with never meeting difficulties or having problems. Many seekers after truth are mistaken here, because they believe this to be so. They create expectations that are not realistic, and inner conflict continues. Inner happiness is first possible when conflict is resolved internally. The state of mind where unity and duality exist together in a harmonious way, and simultaneously make use of the nature of conflict to progress, is the way of development. Then we also live more comfortably in the material element, because we realize that this is spiritual as well. It is the arena in which we test, confirm and develop our spiritual capacity, the ability to live in harmony with Life.

The soul's desire to reunite with the Infinite, with the Self, is an intrinsic part of consciousness. What obstructs this conscious realization will be removed and burnt to ashes through a strong desire for inner harmony.

The Truth is here and always will be here. What ceases to exist is duality, ignorance about who we are, because that alone is what works against the good fruit, the core of Life, the experience of who we are.

The concept of evil or Satan is born and sustained only in a state of duality. In unity consciousness Satan embraces Life and gives up independent existence. Satan is dissolved in the fire of Truth.

Natural love

He who who lives in harmony with the Self feels a natural love for every living thing, because in this state these characteristics are inherent. The state itself entails an actual freedom to be, and is the result of experience and insight into life's mechanisms and contexts. In such a state of mind there are no enemies, only Life's souls, clad in various clothes and forms of expression.

What we search is inside, in the consciousness. In meditation the door to disturbances is shut, and we reconnect with the Self (Silence) inwardly. What is the reward? No one is sitting in heaven giving out rewards or punishments. Reward and punishment are in our minds. Experiences of silence purify the mind, and the reward – peace and harmony – is spontaneously integrated into our daily lives.

Consciousness is the meeting point between the Self and man. Here contrasts unite: the ability to give makes us able to receive; when we forgive, we are forgiven. We can more aptly describe it like this: we give and receive simultaneously – the time difference is not real, because everything happens within.

The true treasure in life

The true treasure in life is stability within, living an inner condition of love and peace. Material wealth rusts and crumbles and the best use of it is for the benefit of the whole. There are limits to how much material wealth we need for personal use. The material provides the mind with temporary satisfaction. This implies that the thirst for more material goods is not quenched. In the empty space after material satisfaction, we often find disgust and discontent. After many disappointments, failures and problems, we realize that permanent satisfaction can only grow and be manifested inwardly, in harmony with the Self. How we feel inside influences everything we do in a decisive way.

Unity with the Self – with that who creates everything, knows everything and can do everything – is the gift from Life. To realize this, to experience and perceive this in the consciousness as a true reality is the true life.

What belongs to the Creator belongs to us

What belongs to the Creator belongs to us because man is created in His image. A small piece of gold has the same qualities as a large piece of gold; the differences lie in the size and volume. Individual consciousness is a fragment, a spark of the Infinite consciousness, with the same qualities and possibilities.

The key to a good human life is to improve the inner state of peace, harmony and love. Then everything – this moment, the past and the future – will spontaneously become better.

Worrying steals energy and separates us from our lives. By acting today, we also act tomorrow. The inner capacity is with us all the time. Alertness increases along with the care we put into the moment.

The one who searches will find

The one who searches will find, and the one who asks will get answers. To search and ask is one side of the coin, to find and receive answers is the other. This is inherent in consciousness. By praying, searching and knocking on the door, we activate consciousness to find what we are searching for. The yearning of the soul cannot be satisfied through the senses, the intellect or by greater material wealth, but only through personal experience of who we are.

The saying "I love you" are not the same as loving. The word apple is not the same as an apple. Words are not the same as the real thing; "the map is not the land." When we have realized unification with Life, then we are doing the will of our Father.

Building one's house on rock, pictures from the bible

Building one's house on rock instead of on sand is like building one's life on inner stability instead of on the changing circumstances of life. The first is a secure foundation; the other is insecure. Sooner or later, downpour and flood will come because change and adversity is the nature of life. Then only our inner stability can save us.

What is not built on a firm foundation is easily destroyed. To harvest a healthy crop, one needs good soil and must sow the seed in the most advantageous place. A firm consciousness is the best soil for our seed. If we only sow in the outer world, which by nature is unstable, we do not cultivate the eternal fruits that we aim for. Rooted in the inner harmonious reality (Being), our harvest will be plentiful (inner peace).

One who experiences the Self

One who experiences the Self and is established in this realm expresses himself from a level of unity. He does not express himself from a theoretical level, which is characterized by duality and ignorance.

Truth is translucent and penetrates everything. Consciousness sees through the material world to subtle parts of existence, where communication can happen on the mental plane. This is not created by the mind, but as spontaneous inner knowledge and happenings.

Consciousness is infinite, eternal and ever present, but very few direct their attention toward it by deliberately working to realize what Life is sowing. What we realize in Silence, we shall express in daily life and proclaim to those who are ready to hear it.

What we should fear in life is ignorance about our true nature; duality inside and the fights it brings within – this is hell. Duality consumes our energy and makes the mind restless, uneasy and troubled by the challenges in life.

To love that which creates everything

To love that which creates everything, to realize an inner condition of love, is the main purpose of human life. Unity in consciousness, the state of love and bliss, is the true religious life. By loving Truth, we love everything. A mind without the idea of duality is in harmony and rest.

To receive means to be alert, in keeping with Truth. Then we receive in abundance. Every moment is alive and vibrates, and life is created continually. One who lives in duality loses everything.

In the seed

In the seed one finds the characteristics of the flower or herb. The mustard seed, which is one of the smallest seeds that exist, illustrates the emptiness, the foundation of creation. The manifestation of emptiness is the dynamic action of the concrete creation.

The treasure is hidden in the interior of man. The joy of finding the treasure is the greatest thing that can occur in our lives. Then spontaneously we lose interest in things that do not support the main desire of the soul: to be united with itself.

The end of the world is a continuous process. That which begins is discontinued at the same moment. The battle between good and evil is in the mind; in a state of trouble and doubt, in inner agony lies evil (duality).

The spoken word cannot substitute the experience

The spoken word cannot substitute the experience of the fundamental reality.

What arises in Life is fresh and original, adjusted in the ever-changing course of life. Rules, ceremonies and regulations created by man might serve some purpose for a certain time, but they have their limitations. In reality words, beliefs, dogmas and rituals can never take us to the Self. Only our own experience of the level of no duality, the deep Silence, through following the life of the breath, love itself, can take us there.

The experience of duality within us is the human bondage and in reality the only problem in life. The most important aspect of existence is not outward glamour but the purity within, in the absence of ignorance about who we are.

Teachers and students

The misunderstanding between teachers and students in spiritual teaching is about where one's focus is placed. While the teacher is centred inside, in the Self, the student is focused outside himself. The problem arises when Truth is sought outside oneself, not in the consciousness inside oneself.

One who acknowledges and experiences unity with creation, with inner Silence, loses simultaneously the experience of the ego and finds his true Life.

To be established in the certainty within is the most powerful force in human life. Then duality between man and the Self disappears, and the power of Life becomes visible in everything. To put it simple: certainty is the Self.

The mind's idea of duality

The mind's idea of duality makes us believe we exist independently of the Creator. This is an illusion and real ignorance. We believe we are the owners of our minds and actions. The fact is that everything belongs to Life. This reality is confirmed inside when duality is dissolved. The one who realizes unity with Life is like a child: the idea of the ego disappears – He is the greatest in the kingdom of Heaven.

In the spiritual sense, eternity is here and now. The creation is perfect all the time. Every soul can realize this reality through love for truth and some meditation. Considering these facts, no person is more or less spiritually developed than another. The only difference is that some know this truth from within through their own understanding and experience, while others have not yet realized this fact. This knowledge gradually increases by means of sincere and continuous inner work, practising true meditation.

A summary of the Trinity

A summary of the Trinity in Existence: You shall love the Lord and your neighbour as yourself. There is no separation in the consciousness. God is manifested in everything, in our brothers and sisters and in ourselves, in consciousness and in the infinite power of the creation. God, my neighbour and myself, we are all one.

In all religions it is usually the external, the history and rituals that are regarded as the Truth at the expense of the inner aspects of life. But actually it is the inner purification that is essential; the external, in this context, is purely ornamental.

One thing we always have with us is ourselves: our thoughts, attitudes and how we perceive what is happening in our lives. But all this is changed when the structure of our mind is purified through the process of meditation.

The external dominates

The external dominates. What we see and hear is that we believe. Our struggle for happiness is directed towards satisfying the senses and gaining recognition from others. Simultaneously, we experience chaos, conflict and restlessness within us.

This is quite obvious. Our way to look at man's development is connected to the external, while the internal, where the real life is experienced and is going on, is forgotten. To pretend is a common human feature. We act in one way, but inside we might be thinking differently. The fact is that human development takes place within us through dissolving duality in the mind.

Ignorance and hypocrisy

Ignorance and hypocrisy are expressed in the same manner regardless of historical era. Take as an example the way in which Jesus was paid homage after his death. If Jesus came to earth today, he would probably have some similar experiences again. Christ's consciousness is alive and unpredictable. A new Christ would most probably disagree with the Christians. The way of teaching would differ from the sermons in the churches and from how theology is taught at universities. To idolize or worship a human being, treating him as an icon like religions do, is the foundation of the crucifixion.

Eternity includes everyone

Everybody stands firm to the end. Eternity includes everyone; evolution takes place from the perspective of eternity. Every soul will realize unified consciousness. Still, we have to realize Truth through our own efforts, love and yearning.

Miracles are not a signpost, outward splendour or acknowledgement from supporters. Truth emerges in the Silence. Existence itself is the true miracle, infinitely great and far beyond human understanding.

Hidden deep inside conscience, in the depths of Silence, is the Word of Life, eternally alive, independent of outer changes and chaos. Everybody must go into their inner self and realize this.

A constantly burning candle

Inner steadiness and yearning, a constantly burning candle; no one can give us this but ourselves. It grows from within as a response to our love and hunger for truth. When realized, no one can steal it from us. It is our nature and "property", we are "the owner". As alertness, consciousness and understanding lead to more of the same; it will be given to us in abundance as a consequence of the fact that we are one with Life.

Everybody is blessed by Life because Existence is a blessing. The human aim is to realize this fundamental reality – that it is the Truth. This is not a dogmatic statement but the opposite: it is a fact, it is not a theory. We are created and existing in Life, we are all one with it in the same way.

Every soul is a spark

Every soul is a spark or reflection of the Infinite, of Life. Man is made in the image of Life. Life is God, it is everything. In experiencing unity we acknowledge that the Creator is always present in us and in our lives.

When established inside us, we discover that Truth also exists outside us. This insight shows the substance of Life; men are children of the living Father. Without this experience and insight, we live in poverty.

Every moment is Divine; all steps in Life are in tune with the Self. A growing flower is always perfect, even before it blossoms. It flowers as a result of growth, from every step and every change along the way. This is so with all creation, including men. The potential of men is to fully live this reality.

Truth means to be true to the Self

Truth means to be true to the Self. Be who you are, do not pretend to be something you are not. Everything will be displayed and disclosed in the light of the divine mystery. Nothing can be hidden from God because God is Life.

I, that mean Him, the Lord, give us the experience of that which no-one has never seen, of the Infinite, of Silence deep inside: that which is beyond the senses and the intellect, beyond belief and doubt.

With light within, the world is illuminated. If it is dark within, the outside world is also dark. Everything we experience is coloured by our consciousness, by our presence and knowledge about connections in life.

In ignorance

In ignorance we transfer the responsibility to something outside ourselves. When we have seen the light with our own eye, when we realize our true nature, then the speck from our brother's eye is simultaneously removed. The realized state of mind sees everything in the light of God's presence in all human beings.

To create peace within means to dissolve duality in consciousness, to stand alone with the Self, to live in harmony with our true nature – where we come from and where we are going. It all happens when we unite with the Self through Kriya. The main principles are movement and rest. By adopting these elements in daily life, unification is realized in the individual consciousness – the Self, from which everything is descended and which is within everything.

What is this new world we are waiting for?

What is this new world we are waiting for, hoping for? Are we looking for a world without changes and problems? A world where nothing happens? Are we looking for a world that fits our expectations, our ideas about perfection? The world is the masterpiece of the Creator, perfect as it is. What we are waiting for is here already, in every moment. The Truth we are looking for is here, it is Life, but we have not recognized it.

True life is what happens here and now, what is in front of us right now. Instead we are concerned about the inner conflict. The intellect is not able to realize this secret completely. Kriya practice is needed because first and foremost Truth is a state of mind – inner calm, joy, wisdom and stability, based on being established in the Self, in Silence. These qualities, or this reality, are the foundation for peacefully living the Moment. In this spirit we should practise Kriya and enjoy our true nature: the acknowledgement of who we are.

Let us presume that we have considerable knowledge

Let us presume that we have considerable knowledge of the physical world but still lack experience of our origin, of that we are. Will that then be enough? Neither intellectual knowledge nor experience through the senses can promote a permanent state of love, which is what we are longing for. If the longing is not satisfied from inside, then disharmony and darkness are our companions, and in reality we are missing everything. We have to remove whatever prevents our experience of the Self, of Silence. Then the embankment is open and the river flows freely the way it wants.

The Truth and what we can harvest from it is unlimited, but only very few are interested in it. Just to look at the mango we desire through the windows cannot give us the taste of it. This is like searching for truth in outward elements: in the theoretical, the dogmatic, the ritual, through other persons. But those parts cannot catch the real flow of life (no taste of the mango), only what is growing from within can give it to us.

The human dilemma is that we often desire something other than what we have. But the Truth, that which we seek, is already present. It is the Kingdom, found throughout the world, but we do not see it because we expect or desire something else – perhaps a heaven in which nothing but "the Good" happens. But this does not seem to be possible, for it is duality between the One and the Three that creates and maintains Creation. Happiness is the unification of these contrasting elements in our consciousness. This is the Kingdom, the Truth that we seek.

Truth calls

I stand on a cliff looking out to sea.
The waves call to me, begging me to come.
I hear nothing but the gulls, and I remain standing there.

When I was growing up, nobody said anything about It.
My tears flow. Does it help?
Longing is an exalted loss, a declaration of love to the infinite.
It touches our hearts with its nakedness.

Where can we find it?

Now and then the moment gives the answer, like a still and almost imperceptible voice.
Longings are created by conflicts,
while longing builds bridges of opposites.
It is the duality of paradox.

We cast off. The sea and its waves wait for us.
We surf on them, stroke them, they are the Creator's scrolls.
It is Life.

What is true intelligence?

What is true intelligence? Is it to realize deep inner peace?
What dims the radiance of this beauty?

We learn to read, to write, to do sums, to study and get a job, to earn money, to provide for ourselves and perhaps a family.
Our life bears the mark of knowledge and work.

What about the heart's goodness, inner understanding and stability, the ability to live with life's changes and difficulties?

Illusion

By following carefully what happens deep inside us we might discover two "parts"
– one that thinks and one that "sees" that we think.

What does this discovery mean, and what connection is there between these two parts?
Which of them is dominant in our life?

We view it as right and proper to think a lot. Observing, listening, learning about ourselves is undervalued.

Too many thoughts and opinions diminish the ability to observe, to "see".

Balance is the secret,
because these two which look apart, are in reality one.

If we manage to combine the two into powerful actions that promote development – then are we perhaps on the right track?

The desire for freedom binds us

The desire for freedom binds us. Energy is locked.
Is it better to let go of the helm? Leave things to Life itself,
where the overall perspective lies.

We are imprisoned by our desires to achieve something limited – in the present and the future.
Why do we hold on to the old when the new will win anyway?

Better to work with life than against it.
Why are we fearful?
Why do we allow noise when silence is always the winner?

There is love in movements, in changes, in discomfort, in disorder.
Truth is noble dreams manifested in the paradise of silence.

Made in the fabric of life

The wish to be something other than what we are vanishes.
We needn't be especially brave – it's enough to be who we are.
It's the achievement, the boldest of all.
No competition – not even with oneself.
Status, recognition, performance and reactions
become as the dolls in the world of the child appear to an adult.

There are just as many universes as there are souls in creation

There are just as many universes as there are souls in creation.
We are eternal owners of a universe.
Age is only physical and paradoxically due to the fact that the cells no longer die. This prevents renewal,
cell division and new young cells.

The same goes for the mind.
We carry the old with us, what happened yesterday and last year,
rather than making space for fresh, vital thoughts.

Death is probably not the problem.
Cessation and decline are necessary for new life.
It's the same with everything.
The breaths we take: in is life, out is death.

Pride or despair

Anyone who knew all the answers would perhaps have burst with pride or with despair at the expense
of wholeness.
Wholeness – what sort of word is that, is it an escape from reality?
Are cares greater than joys, more spacious, possessing greater love?

Holding on to things acts like a brake.
For truth is a problematic friend, it hides.
Nobody can run away from it – nor find it either?

Love from the very beginning

Love was there from the very beginning of time
it is silence in our hearts.
Burdens are dispelled and placed on a silk platter.
The Truth is hidden behind a bush
behind a chain of thoughts built of leaves along with that which never dies. Hesitantly, we move on.

Beauty planted in the soil

The wild flowers retain their gentleness as messengers from Our Lord.

They appear, smiling, from the earth, untouched by human hand.

The coltsfoot, blue anemone and wood anemone are planted with love and coloured with harmony.

In winter they sleep deeply and dream of spring,

they look forward to spreading joy over the earth.

It is a quiet carpet of blue anemones – a theatre of beauty.

The mystery is consummate,

since innermost in the seed is a void – that holds what?

Maybe a love that longs to display itself?

The loneliness of winter deep down in the earth

– that is the dignity of wild flowers.

They are gifts from infinity, composed and dressed in radiant colours.

The flowers whisper “Look at me. Study me carefully.

We can tell you what you need to know.”

They come again year after year.

Does Our Lord renew them?

They are already renewed – once and for all!

Renewal is in the human mind, in the ability to see, to hear.

There they stand – cheerful and glad.

The coltsfoot spread wide,

the blue anemone in modest numbers but in clusters,

while the wood anemones run wild.

The blue anemone is the flower of heaven,

the symbol of inner knowledge, of the legendary inner eye.

The wood anemone, with its touch of pink, bears witness to purity.

The coltsfoot is the friend of freedom.

What about human freedom

What about human freedom, the joy of our life?

What happens to the dreams of our youth?

Why do we gradually become rigid?

Why do we lose our spontaneity, and why can't we manage to be totally and completely ourselves?

Why do we try to force each other, to restrain each other?

Why are human relationships often destructive rather than liberating and loving? Why try to dominate each other?

Where does our fear originate?

Why are we so afraid that we accept imprisonment?
Why do we bind our energy to unsolved problems rather than releasing it?

Self defence

Why do we defend ourselves when somebody criticises us or says something to us that we find offensive?
What are we defending?

A fixed ego, composed of opinions, images, prejudices and self-perceptions?
Are we defending something indefinable, something that is perhaps not even correct and real?
Why defend if what is said is absolutely wrong?
Perhaps we lack self-knowledge, is that the unpleasant truth?

We are not sufficiently aware of how we think and act.
We are caught in our own thought processes and are unable to see ourselves objectively.
We are locked to images and "knowledge".
This stops us being open and free towards impulses and towards what is original.

Perhaps what was said was true and for our own good?

So who are we if we are not the "image" we have formed of ourselves?
How can we live without such a stable self-image?
Images mean that we become rigid, and this stops the genuine in us from living.

The new sides of us cannot penetrate the fence of opinions, prejudices and expectations.
No new shoots on the tree.
We become rather lifeless, even though we are still here on earth and beset by worry!

Who are we?

Who are we? Is the question asked "in public"?
The question of where we come from frightens the restless mind.
But in illness or grief we voluntarily seek more subtle shores deep within us.

Ignorance, what is that?
Being unable to read, write and add up? Having no knowledge of a certain subject?
It's good to at least master the elementary things of life, but real knowledge is perhaps something else?

Ignorance is that we do not know our true nature, that we are one with Life.
Is the range of who we are endless?
Are we so unique that words can't express it?
Is it possible to convey in words the taste of strawberries to a person who has never tasted them?

So what's the answer?

The answer is in awareness, like a polar star that hovers around in space, like a dream that never ends.
Well, is that an answer?

Moment

“On journeys in space, time starts going backwards at a certain speed.”
The definition of time is change, and thoughts are the instrument.

In the realm of silence in our consciousness, time is obliterated as a phenomenon, while yet becoming endless.

This explains time’s flexibility.

The past, present and futures merge in our thoughts
they no longer exist separately, but as one unit in the moment.

Life’s conflict is thus dispersed.

The energy that is used for mental resistance and discomfort,
for depression and pain, is released to the Moment,
the celebration of the soul, where everything is enhanced – the present, the past and the future.
Only one reality exists in the mind: the Moment.

What happens in the moment varies, while the moment itself will always be there.
Therefore our relationship with the moment,
the acceptance of the inner state
– whether it be pleasant, difficult or sorrowful – is crucial.

The moment is the mind’s connection with the Infinite, with the eternal.
When this is established inwardly, the moment changes character:
it will no longer be able to dominate us.

In the midst of difficulties we glimpse the nature of love:
a promise that our Lord is ever by our side.

The clouds

The clouds are floating fast on the sky.
Where are they going?
They are so determined.

At times they rumble, slip down over the earth.
At other times they dance around lightly at a low height,
sometimes right down onto the earth’s surface where they act as fog.

They scud across the sky, borne away by the wind,
and so purposefully that I am convinced they undoubtedly know where they’re going.

Strange, I have thought, that a collection of drops of water knows more than I do! The clouds' certainty provides insight: "I am the way and the truth and the life".

Open the window

I open the window and fresh air flows into the room.
I am on the edge of the unknown.
The air improves our breath and nourishes our cells.
Where do you come from, you empty air?
There is no answer, and I am content with that.

The vital force is there, accessible.
Until a man who has made his fortune in groceries comes on the idea of packaging air and charging for it!

The Creator is tolerant, but the limit would then be reached – it's against the law to sell air!
But everything changes, so we must never say 'never'.
After all, sperm cells are for sale now.
The science of cloning can change the world, and can create creatures from human beings' restricted thought processes and their lack of universal perspective and insight.
It's the same problem with genetically modified food.

The flowers stretch up to the sun: in the soul's space the world is filled with wild strawberries that children tread on a straw.

Stillness lives on, with or without thoughts.

Our struggle to attain perfection

Our struggle to attain perfection, to resolve conflicts, to remove pain
– is it an honour to the work of creation?
Or is it a result of ignorance?

The aspen is the orchestra of the forest.
Its leaves are stroked by the wind – the movements produce sound.
Insight is infinite beyond pain and joy,
in the forward motion; in the unendurable creativeness

is Truth over just as quickly as it comes?
That's how confusion is dispersed – like a piece of soap dissolved in hot water.
Is duality real?
The stream of impulses is carefully adjusted every single moment.
Is it true?
Outside the sphere of silence there is only one assertion – in worst case a lie...

What to be found in life

What is to be found in Life?

Is it the beauty of an unfathomable feeling of Love?

Seek the source, try to find the end, look into the depths.

Yes. I will do, but will I find it?

One step at a time, one by one, nobody can avoid them.

Some say the way is the goal, while others believe there is a final target.

We enjoy both baking the cake and eating it. And life goes on after the cake has been eaten.

A tulip that is growing is perfect all the time. Everything is that.

Ole Lasaron (Ole Tramp)

Ole Lasaron feeds the birds every day.

One day I surprised Ole with a hundred kroner at Egertorvet square in Oslo.

His face lit up, and I said it was because he was so kind to the birds.

The next time I met Ole, a yellow carpet had been put down for him.

Not by people, not by the State, not by the City of Oslo or the Parks and Sports Department, but by our Lord:

it's autumn and the leaves are falling to the ground.

The yellow carpet is for everyone who sees it.

Ole danced, danced on the footpath and gave thanks.

Silence is also for everyone.

It is the jewel of eternity.

Love's altar, the pearl deep within us – always accessible, vibrating, like breath.

He who knows bows down within himself and stoops for the rest of his life.

Alertness

Is the experience of life's permanence dependent on time?

Or is it linked to alertness, to the state of being present and happy.

Is it linked to the state of unity in awareness where the visible and the invisible melt together?

The problem is not time but the inner state: restlessness and anxiety, or peace, stability and joy.

In the heart of the child there is an empty space.

Autumn

It's autumn.

The leaves are slowly falling, seeking a place for their burial.

The target of love is not the most important thing.

What is crucial is the state of love and the conditions for its growth:
facing life and death playfully.

It's spring.
Baby birds eagerly practise flying.
Flowers smile affectionately in the grass.
Bees fly quickly from flower to flower.
What's happening?
A drop of water on a rose leaf looks around.

It is stillness within me.
It seldom lasts for long.
Life is singing, buds are bursting, newborn leaves.

A human body is on its way. Where does it come from?

Where does the leaf come from?

Tell me, what is holy?
We can ask and perhaps there are answers.
Or wander on, equally ignorant?

Before, we carried water and chopped wood – afterwards we carried water and chopped wood, say the Upanishads.

Simple life

It is work, rest, joy and sorrow.
Everything was in hibernation just beforehand.
No clear signs, resting in a storm of silence.
The heavens open, and contrasts appear in a ray of sunlight.

What is the meaning, my Lord?

Flowers, light rain and an ordinary working day.
Thank you, my Lord, for teaching me that.
I am a tiny minion to You,
You who paints sunsets in the realms of heaven.
Maybe life is a dream in a dream?

Love is the soul's power, baby and mother

The baby is at its mother's breast.
It stops and looks around.
So many exciting things to see!

There are happy sounds and baby smiles. Goodness in itself.

A crow wheels in the air – where is my mate?

Glitter falls gently from the sky: their silvery finery when they fly off to parties. Love is the Soul's power.

A subtle thought

A subtle thought bears the universe through the void.

Life is an unspoken agreement between the Creator and me.

Thoughts like invisible silk threads in the space between activity and non-activity. It might be a question of being – tranquil and feeling.

Heaven on earth is daily life in simply feeling good

– an inextinguishable flame – everything meets where eternity is.

No place to run!

Conjure up love's pearls in my hand.

In winter

In winter the broadleaf trees have branches like a witch's fingers.

Lights outside in the darkness, snow and wind – a winter swarm of gnats!

They dance on tirelessly, whatever happens – the flame never dies.

The earth bends in the dust and smiles when rain comes.

Does everybody notice this?

A bunch of twigs moves in the air – what is it?

A flying bird nest!