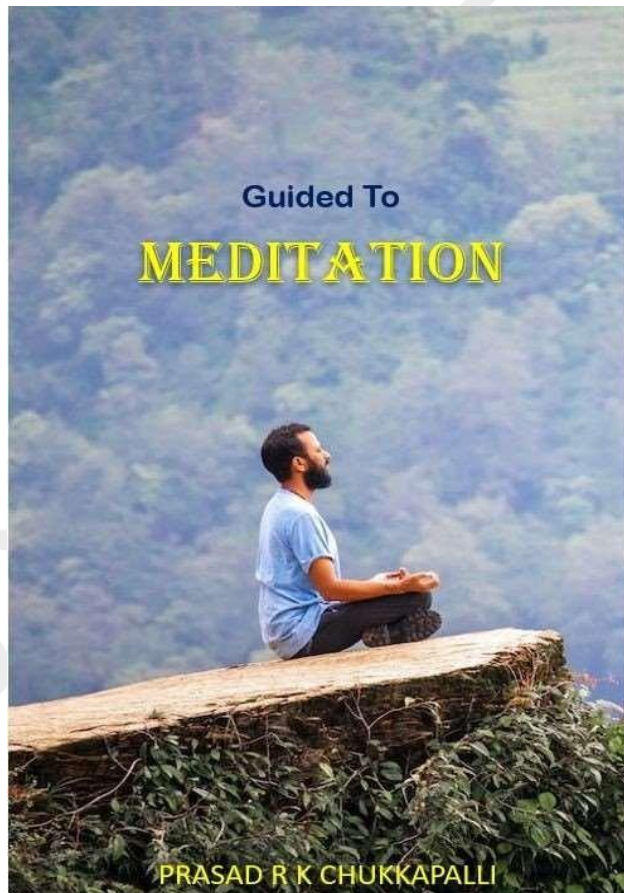


God's Software

Meditation Part 2



Prasad RK Chukkapalli
GOD'S SOFTWARE

God's Software

CHAPTER 14 -MEDITATION - PART 2

I hope you have read 'Meditation'- part one and let us analyse more to make Meditation easy and always successful. The final goal of Meditation is attaining "peace" and remain peaceful always. I shall guide to my best to the path- however you have to walk the path to reach your destination.

Mind is nothing but thoughts, if there are no thoughts- it is deemed that there is no mind. when water flows through a channel, it is called 'River'. If there is no water- no river.

The mind inside has 3 names based on its functions.

1. When it is planning and debating-it is called 'Manas'
2. When it is searching the old files, it is called 'Memory'.
3. When it is taking a firm decision out of the choices, it is called 'Intellect'.

Thoughts in mind are continuous, some thoughts are cheerful which bring 'Happiness' feeling. Some thoughts make us agitated depriving peace of mind.

The purpose of meditation is to halt the thoughts in the mind.

Thoughts generate in the waking state, and as well as in dream state.

But, when we are in deep sleep, there is no mind and no thoughts (like no water - no river). Since there are no thoughts in the deep sleep, we feel peace. That is reason, people claim that they had good sleep without any dreams and feel happy.

There are no thoughts in deep sleep because the mind is either transcended or it is in resting position. We can compare this to a watch with pendulum which is in rest position. Then, it doesn't make any sound nor movement. We can say that it is at peace.

All human beings cannot bear extreme conditions and like to be in the comfort zone. Let us understand this with examples

1. People cannot bear severe cold or hot temperatures. They feel happy and comfortable, when the temperature is moderate.
2. We like to have audio sound which is bearable, but not too loud or too low.
3. When we are eating our favourite food, we don't eat too much or too less.
4. Everyone likes rain, but cannot bear floods or drought.
5. When you are driving a car on the road, you like to be in the centre of the lane, but not going right or left.

Actually, watch pendulum once set in motion, will come to rest after some time. But, since it is powered by battery, it will be in constant motion. Similarly, human beings after getting up from sleep in the morning their mind starts working and it will be always in constant thinking motion, to do their day to day work.

Like the pendulum, which experiences peace when it is at the centre position without movement, we can also experience peace when the mind is in stationary position ie. without thoughts. At the end of the day, when we are ready to hit bed, we slowly go into that stationary position and feel peace again.

As the pendulum moves from left to right and right to left, it always touches the centre (resting) position. Similarly, the mind will be experiencing thoughtless state between one thought and the another, but it is not recognised because that gap is in Millie seconds.

If we can recognise that gap and extend it knowingly, we can achieve peace. But, this recognition is not sustained due to new thoughts being generated in the mind.

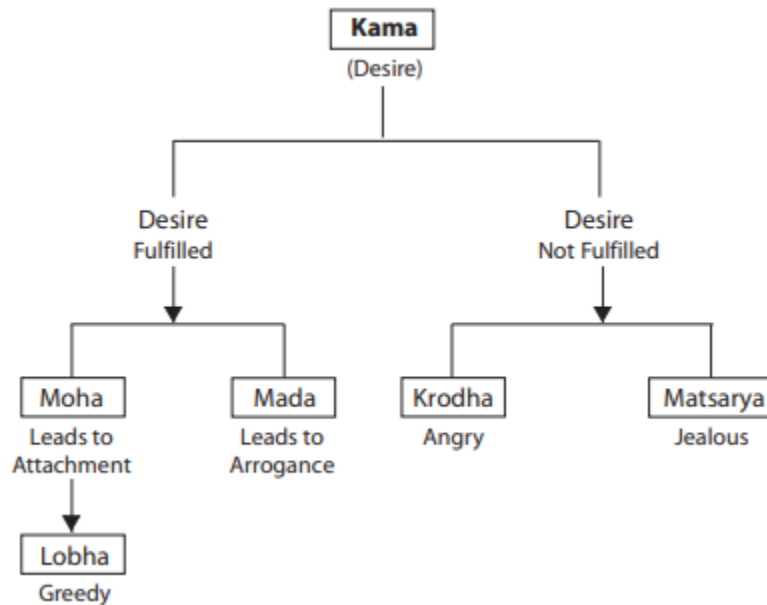
So, in the first phase, let us first find what are the reasons for the thoughts and what can be done to reduce and be peaceful.

In the second phase, we shall try to understand how to remain peaceful even with the thoughts generated.

Let us focus on reasons for thoughts generated and why the mind is swinging towards the extremes like pendulum.

In scriptures, it is said that we should control Six enemies of mind (Arishadvargalu). They are- Kama(Desire), krodha(anger), lobha(greed), moha(attachment), mada(arrogance), matsarya(jealousy).

Kama or Desire is the main kingpin or cause for all others. Let us understand by the following diagram.



So, if we are able to keep 'desire' under control- all can be controlled.
To control Desire- we have to understand 'wants' and needs'

Our needs are those things which are absolutely necessary in life.
Our wants are the things which we can get along, even without them.

Our needs are few, While wants can be limitless.

After meeting needs, people are caught up with unending desires, preconceived notions and commitments. People make many actions and spend energy in order to fulfil the desires, which keeps their mind working in constant motion of thinking.

Let us understand this with our pendulum example. When the pendulum is static position, there is no energy spent. Now from that position, if it has to move sideways, energy has to be spent continuously to keep swinging between extremes. Pendulum will keep swinging to the extremes as long you feed it with energy.

Similarly, people to fulfil their desires and ambitions, work hard to achieve them and will be spending more energy.

The reason people give is that they get 'Happiness' after they fulfil their 'Desire'.

Let us understand 'what is Desire and Happiness?'

Desire:

Desire is that state of the mind, which results from the recollection of a past experience had before or which arises out of passionate craving when the sense organs and their objects meet. As a result of this, mind runs helter-skelter to experience that object. That mental agitated state which is always after the sensual pleasures and deludes the intellect, is known as desire.

Happiness:

The mental state, which arises when the desire is fulfilled and senses have attained their sensuous enjoyments, brings to a stop all the activities of the body, speech and the mind.

Let us understand through an example:

Suppose you get a desire of eating your favourite ice cream. This desire brings recollection of past experience of taste of ice cream and wish to eat again.

With this desire generating, the mind will start planning and takes action until that desire is fulfilled. This is like the pendulum starts moving from the centre to the extremes.

Now, due to planning, you go to a restaurant and order your favourite ice cream. As the ice cream is getting ready, the agitation in the mind slows down. When the ice cream is served and you start eating, all the urge and agitation prompted by desire comes to a halt. When the restless waves of the mind subside, the person will be in a tranquil state. In that 'no thought moment' a state of bliss will be experienced. This is Happiness.

In spirituality, that mental state in which the 'embodied Self' ceases to be a separate entity and just remains as 'Self' is called happiness.

This can be compared to the pendulum coming to static or natural state.

'Happiness' is not attained when the mind is attached to desires. In the absence of desires and thoughts, mind is in non-existent state. Happiness is a natural and self-existent state like in deep sleep state.

So, 'pleasure and pain' depend upon the 'absence and existence' of desire respectively.

But how do you stop the pendulum from swinging to the outer edges? Surprisingly, by just leaving it alone and the pendulum will naturally come towards the centre.

How long can a pendulum stay at its outermost extreme positions? It can stay there only for a moment and cannot last longer without effort.

But how long can a pendulum stay at rest? It can remain there forever because there is no energy forcing it to move out of balance.

Similarly, people will feel peaceful, if there are no desires and action.

But that does not mean that you should stay idle abandoning action.

We have to put our sincere efforts to achieve our ambitions/goals without expectations, and be contented with whatever result we get, then thoughts about fear and worry will not arise to make us agitated, disturbed and unhappy.

You will always be cheerful and energetic because all the energy that would have been wasted, is now available to you to concentrate on the work to be done.

Many people are confused and think that they are leading their lives with happiness. But this is temporary. Because when a new desire is generated, mind gets agitated again for its fulfilment. People are not satisfied and don't see the need to switch to the path of satisfaction and contentment. For such people it is hard to achieve the goal of meditation.

Observer and observed:

Earlier, we have discussed that mind is always busy and there will not be any gap between thoughts. Let us try to hold the thinking mind for some time with this 'Observer and observed' experiment.

Here, you are the 'observer' and objects in the world are being 'observed' by you. From now on, start observing any object you see and think "I am observing or aware of that object". That object can be stationary or moving.

Activity: Choose an object like a flower, tree, mountain, etc... and focus on it. You are conscious of that object.

Ex:

- *I am observing a tree and I am aware of it.
- *I am observing a person moving on the road and I am aware of him.
- *I am observing my car and I am aware of it.
- *I am observing a flower and I am aware of it.

There is nothing great about this experiment, only thing your attention to that object is now specifically highlighted. Earlier we just saw that object, but taken it granted of its existence.

We shall now extend this to sounds. Let us hear sounds around us and observe them as "I am aware of this sound" and just leave it at that. The sounds can be a song, sounds from house, a car horn outside, a bird chirping etc. Do not think further about that sound or object by remembering some thing from that sound or object.

Ex:

- *Suppose you hear the sound of water- do not think to switch off the motor.
 - *You hear the train siren- do not think about your next train journey.
- So, just listen the sound and just be aware or conscious of it.

Now sit down in a chair and relax. Keep watching the objects which are seen and sounds you hear and just be aware of them. You need not keep saying "I am aware of that object or sound". If there is no new sound, just be attentive to hear any next sound. Just be aware of them for two minutes.

You will be surprised to note that your mind's attention was in the present moment and just being aware or conscious of objects and sounds. The mind is without thoughts - as it focussed on the object/sound. You will be happy that you have been able to hold mind thoughts which were earlier happening without your permission. Now you have observed the objects and sounds and also absence of thoughts.

You can proudly say that you have successfully passed first step of meditation. You can practice this in your meditation in the morning or during any of your leisure time. Practice this method very attentively, or else your mind will make you proud that you have gained control of your thoughts and slowly will carry you back again into ocean of thoughts.

Now let us make another simple experiment.

You sit down outdoors and be relaxed. Keep watching the clear sky.

1. Notice passing clouds- just watch them and be aware of them slowly moving out of sight.
2. A crow or a bird may be flying across and you be aware of that till it goes out of sight.
3. You may see a bus or car, just watch till it goes out of sight.

Now, close your eyes and hear to the sounds again as in first experiment. A sound is heard and it fades away. Like you hear a car horn, you listen and it fades away. Similarly, you will become aware of further sounds and getting faded away. This we can compare with the objects in the sky and on road, which you saw until they faded away.

Now still closing your eyes, just relax. Slowly, a thought will spike up in the mind. Just watch that thought and it will fade away. Next, mind will put 2 to 3 images or subject options up in front of you, and tempts you to think about any subject. If you are attentive and focused as just an observer, you will not fall into the trap of mind. Or else you will get attached to one subject. Later, you will recognise that you have gone along with the thought and you will come back to the position of observer.

Let us understand more of this through an example.

Suppose you are standing on the street in front of your house, just to watch. Lot of empty taxi drivers will keep stopping near you and asking if you want to take a ride. Since you do not have any intention of going to any place, you will say no to them. But, if you just get into the taxi since they asked, he will take you around. But later you realise that you have got in unnecessarily and will return home. Again as you are standing, similar requests will keep coming and you get into another taxi and after realising you return back. Let us assume, this keeps on repeating. You will feel 'what a fool I am to take unnecessary ride'

The above example is given to compare that mind will be offering different topics and people follow them without their knowledge and return back. But again, you go after another topic raised by mind and return. The returning is like the pendulum coming to the central position, but again dragged side ways due to thoughts. But since the gap is in milliseconds people do not recognise it. It is like returning back home in the taxi and immediately getting into another taxi.

Now, our aim is to be the observer of the thoughts rising and getting faded away. You should be 'aware' of this attentively. Mind has its own tricks and it will bring topics subtly and definitely take you away, but once you become aware that you're following a thought, it will start fading away.

Now our aim in Meditation is to become 'aware or conscious' of thoughts coming and fading away or you become 'aware' that you went after the thought unknowingly. This 'awareness' is important.

It is like when a taxi driver offers a ride- you keep saying 'no thanks'- similarly when the mind presents you different topics to think- you keep saying 'no thanks' in meditation.

So, focus on being 'aware' of any thought rising and once you are confident that you are becoming aware, you have successfully passed second test.

Next, to help you better, let us understand about the inner voice.

Inner voice:

Mind is not matter, but it is bundle of thoughts.

But, what are these thoughts and how are they recognised?

A thought is expressed by your mind in the form of -an inner voice talking out loud for you inside.

Just observe from the morning you get up, you will start thinking, but it is a voice inside you talking. It keeps telling you what to do now, plans day schedule, gives opinions on the experiences you have.

If two options are available, the inner voice debates and decides what it feels good for you and asks you to start taking action.

You may notice this during anytime of the day, supposing, if you are in the office alone, the inner voice will be telling which is important work and what decisions to be taken. And when you are in a meeting with someone, the inner voice tells you what to talk and makes you express with your outer voice.

The inner voice keeps talking mainly about two issues.

Issue1: Inner voice keeps on repeating about an argument or conflict you had in Family/Friends/outside etc

Issue 2: It keeps on repeating about the praise or recognition you received from others.

If a heated argument happened with someone, later it keeps repeating both sides of the conversation and builds up your stand against the other person. If a proposal has to be made to someone, it plans, debates and decides. It repeats what and how it should be said, making changes several times before you actually do.

Like above, the inner voice keeps on talking nonstop. Even in the dreams it keeps talking as in the waking state, until you go to deep sleep. It is not a problem of it talking, but it talks whatever it wants, whenever it wants. It tells you who are good people and praises them or talks bad and hates some people. It gives its opinions and suggests you to follow them.

If it is you who's talking, and it's you who's listening- then what is the point?

It is like a mad man talking to himself.

So, it means that the one who is talking is different than the one who's listening.

Generally, a person feels that the voice belongs to himself, as it is happening inside the body.

Now, watch experientially and you will notice your inner voice is talking and you are listening. This is very similar to listening to a person who is talking to you. Only difference is that, here the voice is from inside. But it is so subtle that you overlook it.

Now let us take the 'Observer' and 'observed' stand.

If you're hearing the inner voice, then you are the observer and the voice is being observed. You are the one who is hearing and observing it talk.

You are the subject and voice is the object.

It is similar to other objects outside in the world like chair, car or a TV, radio etc. 'I' am subject and those are objects to me, as 'I' am able to see or hear them.

Please examine from today for two to three days and you will notice that you are becoming 'aware' or 'conscious' of its contents.

For example:

*when the inner voice is debating, you are aware that a debate is going on.

*when you are angry on someone- inner voice will be pointing out all the faults of other person.

*when you have gone to scenic place, inner voice is appreciating the beauty.

You will become aware or conscious of 'mind contents' through inner voice such as different thoughts, emotions, sensations, feelings etc generated in mind.

Since, you are able to hear the inner voice of mind, you become the subject and you are aware of the mind, so it becomes object. People call themselves as 'I', 'Me',

'Mine' relating them to body and mind. But 'I' is aware or conscious or witness of all the objects either inside the mind or outside in the world.

Now our next exam to pass is becoming 'aware or conscious' of the inner voice or mind contents and outside world as objects.

Apart from above, also be aware of:

1. when you experience fear.
2. when a sense of insecurity arise in you.
3. when there is craving to eat or buy.
4. When you are getting angry.
5. When you get pain in your body.
6. When you feel jealous about others
7. When you feel proud when someone is praising you etc.

Once you become confident of observing or becoming aware of them as objects, you have passed the third test.

What are main reason for thoughts?

The Mind which is in non existent state in deep sleep wakes up and gets agitated due to unnatural causes

What are those unnatural causes?

They are desire and fear.

Desire:

Once you are qualified of becoming aware of the outside objects, sounds and mind contents, then you will become aware of '**Desire**' arising in the mind.

A desire generally arises due to sense of lack or craving.

For example:

1. You see an ice cream shop, mind(Manas) will say 'let me eat ice cream'.
2. You see a nice car, mind will say 'I also want to own a car'?
3. You see a movie advt and you want to watch the movie.
4. You see a nice house and you wish, you had one like it.

If desires arise, one can either repress them or indulge in them. Is there are any other option?

Papaji, a disciple of Ramana Maharshi explains:

"If you fulfil a desire another desire will arise. This cycle will go on until end of a person's life and you 'suffer' to earn money to fulfil those desires and also 'suffer' from the fear of losing those objects.

If you repress the desires, again you are suffering from the sense of lack or craving.

Then what to do?

If the mind brings desire, simply observe it. Don't suppress it.

Bring any desire in front of you and simply observe.

As an example, if a robber comes to your house and if you are sleeping, he will rob the items in your house. But if you are awake and observe him, he will run away.

Here robber is the 'thought of desire', and what he is planning to rob is your 'Happiness'.

This happiness is being robbed every time the mind brings a desire."

Let us again read the definition of Desire

Desire:

Desire is that state of the mind, which results from the recollection of a past experience had before or which arises out of passionate craving when the sense organs and their objects meet. As a result of this, mind runs helter-skelter to experience that object. That mental state which is always after the sensual pleasures and deludes the intellect, is known as desire.

So, once a desire arises, you have now the capacity to become aware of that desire. Instead of momentary temptation of fulfilling that desire, you have the option of evaluating, if it is "want or need". If it is a 'need' discuss within yourself, family, friends and decide. If it is a 'want' you can avoid it, by being contented.

So, always be aware of thoughts when they are arising. Keep observing and say 'I am aware or conscious of this desire arising in my mind and I shall fulfil it when I have sufficient resources.'

Fear:

Similarly, mind also creates '**fear**'.
Let us understand about fear.

What do we fear for or what could be the apparent cause of fear?

Fear of -failing exams, unemployment, financial insecurity, not getting an ideal partner, bearing children who are unhealthy, children going astray, disease, old age & death, etc...

Is 'poverty and ill health', the cause for all these fears and insecurities?

No. If they are the cause for these fears, then the healthy and the rich should not have fear or insecurity. But this is not the case. Even they have fears and insecurities.

What is fear?

It is a distressing emotion, anxiety, worry, etc... all come under fear. Let us understand the mechanism in the formation of fear.

Based on our own/hear-say experience of the past about an event, we tend to have an impression deep inside us. We assume that impression to be real. Taking a stand on that impression we tend to visualize the future using our imagination. This is an unwanted creativity that culminates in a distressing emotion which affects physical and mental health.

What is the reason for these unnatural causes ?

It's the "Wheel of Time " or "Kalachakra". When it's broadly defined, it becomes 'Past, Present and the Future'

How do we get affected due to the 'Wheel of Time'?

The negative impressions of the 'past' are projected into the 'future' which generates fear in the 'present'. For fear to develop in the present, you need the support of past and future.

How can we get out of the trap of past and future?

There is nothing like the past and future. They are only different names for the present. When the past and future were happening, they were actually present only. Past is the 'previous present' that has already happened. Future is the 'upcoming present'. So, instead of brooding over the past and dreaming of the future, first remain in the present.

If you negate the past and future, how can you live in a world which runs on time?

To overcome this issue, we have categorized time into two: Chronological time and psychological time. We are negating the psychological time but not the chronological time.

*All the affairs of the world take place based on chronological or physiological time.

*Psychological time is where the worrying and brooding of the past and future take place.

When there is no worrying, it is only chronological time.

For the fear to establish itself, it throws the trap of time in which you are entangled. Due to this, you start worrying where your fear gets strengthened.

How can I overcome fear by being in the present?

First, you should be clear that 'Fear' is a thought form of pessimistic mind. It points out all the worst outcomes of a situation and make you depressed.

By being in the present, you are free from the bothering of the past and the future. Doing so, it will help you recognise the awareness which is there in the present moment.

For example, you can enjoy nature or your favourite food to its fullest when you are in the absolute present moment. It is similar to you watching and enjoying a movie in a theatre where you are fully focused on the screen without any thinking or disturbance.

Even though the past and the future are only names given to the present, people give them reality to such an extent that they do not have access to the 'presence' of the present moment.

Many people, remembering 'past', think in the 'present', how to make it better in the 'future'. While doing so, they miss the present moment.

In the present moment you have access to the presence or, in a way, to the power of life itself.

Then, you can be attentive to explore the present moment and will not be overwhelmed by fear. You save energy to deal with the situation and withstand any outcome.

If you fear and worry, imagining of any outcome in future, it is like dying before the death comes.

‘Yesterday is dead, forget it!

Tomorrow has not come, don’t worry!

Today is here, use it!’

Don’t think of past – it brings tears

Don’t think of future – it brings fears

Live in the present – it brings Cheers.

Past is depressing,

Future is anxiety,

Present is peaceful.

So, worry is total waste of time. It doesn’t change anything.

All it does is, steal your joy and keep you busy doing nothing.

So, whenever you become aware of thinking of past and future, use that awareness to come back to present and be peaceful.

To be in the present, just practice the techniques mentioned in **“Meditation-part one”**, which is given in brief below:

1. Be aware of the sounds in the surroundings, without getting involved.
2. Combine- Technique 1 + Be aware of inhaling and exhaling of breath.
3. Combine both techniques + Chant your mantra mentally and be aware of it.

These can be used not only during meditation, but also during the day, whenever your thoughts are disturbing due to desire, craving, anger, fear etc.

You can also be in the present by giving full ‘attention’ to the activity you are doing, like when

- working at office
- driving a vehicle
- you are eating
- your family members are talking
- watching a TV etc

With this knowledge, let us practice 'Meditation'
Let us start with Om
Om consists of three letters A U M

Focus on the sound Om.

After chanting once, be quiet and listen to the silence and observe 'thoughtless state'. The silence which follows Om is an experience of peace.

After a gap of few seconds, chant once again and be quiet, observing the silence. Repeat for the third time and just be the observer.

There will be a thoughtless state for few seconds. Then your mind or inner voice will start bringing you choice of images/topics to discuss. With the experience you have gained to observe the thoughts as objects, you watch them rise. Each thought will start fading away and new thought rises. Your mind is so cunning that it will get you involved in one of the topics, making you feel that it is very important to discuss and decide.

But, at one stage you will become aware that you have swayed away from the present. Again, take the stand of observer and try to be in the present. However, in the initial stages of practice, mind keeps tricking you. The mind will appear from time to time and fade away, giving way to remain as pure awareness.

In Bhagavad Gita, Arjuna says to Lord Krishna that it is easy to catch air than mind, and asks him to guide how to control mind. For that Krishna informs that it is tough to control mind, but with 'Practice' it can be controlled.

So, keep practicing, chanting 'Om', when there is disturbance of thoughts and be in the present with the help of three techniques mentioned above.

Let us understand 'Attention' and 'Awareness'

We experience all our senses in our Awareness or Consciousness.

Without awareness, we cannot experience anything like either in deep sleep or unconscious state.

In 'Awareness', we can see lot of objects, but when mind is focussed on one object, it is called 'Attention'

Attention is 'awareness' given to a specific object. When the object is removed, 'awareness' simply remains.

In meditation, we keep noticing many images and thoughts, if we give attention to them, we get carried away. But if we do not give attention, the object(thought) will fade away in our 'Awareness'

Meditation is simply to abide knowingly as this presence of 'Awareness'.

In meditation, we just remain as we are and we allow the mind, the body and the world to be just as they are. It doesn't matter if thoughts arise, when attention is apparently diverted by thoughts or by sensations in the body or by an incident in the world. It is only possible to have these experiences because 'Awareness' is present.

The mind, the body and the world, however peaceful or agitated, is only possible because of this witnessing presence of 'Awareness'.

How we can overlook it if it is always present with us?

We generally overlook this 'Awareness' and give attention to the object, whether it is a mental thought or physical object, and get entangled with it.

Ex 1: If you are reading this article, the background is either a white paper or computer screen. But, we get immersed in the article, we overlook it.

Ex 2: When you are watching a movie on TV screen, you forget the screen and get immersed in different scenes of the movie.

At least, you will recognise the screen when it is switched off. But, on our 'Awareness' screen, from the time we get up, we are occupied with 'Thoughts and images' of the mind, sensations of the body and objects in the outside world. It goes on until we go to deep sleep, but we are not conscious of it.

It is for this reason,
"Meditation is known as conscious sleep
Deep sleep is known as unconscious meditation"

So, in meditation, we try to be aware of thoughts, sensations, emotions and avoid them, to be just 'Awareness'. This state is compared to the pendulum coming to the stationary position, once we stop putting effort to keep it moving. Actually, it is coming to the natural or peaceful state, by avoiding distractions we have created in the mind.

Let us see this example:

If you take your hand and close your fist tightly, an effort is required both to close and to maintain it in that posture.

If you maintain the fist in this posture for some time, the muscles will become accustomed to this new position, and we forget that an effort is continuously being applied in order to maintain it.

If someone now asks you to open your fist, you feel that opening the hand requires an effort. As you slowly open, you will become aware of the fact that you are not applying a new effort in order to open the hand, but rather that you are relaxing a previous effort. Unknowingly, you have maintained effort to keep the fist closed, but now it turns out to cessation of that effort.


It is very similar to the pendulum, where we were putting effort to keep the pendulum moving and now the cessation of that effort brings it to the natural peaceful state.

Meditation works in a similar way. If we stop our efforts of giving attention to the thoughts, emotions, feelings, objects, it will return to its natural peaceful state, by just being 'Awareness'

It's easy to be 'aware' what's happening in life which is unfolding right in front of you. But, if you deeply involve (like putting effort to make pendulum swing), you will have all kinds of reactions going on inside, and life seems to be confusing. That's because you're confused, not because life's confusing.

Realise- Life just happens and you are not making it happen. The extremes create tension, so avoid them. Find the balance in the centre and you will live in peace. Then, there will be no burden or stress.

With this knowledge, the peace of meditation will remain always during any time of the day.



To know more about yourself,
Please visit

www.Godssoftware.org

If you need any further guidance, please mail to
admin@godssoftware.org