

## **The Stages of Self –Realization**

A number of books have been written about Meditation, Self –Realization and Samadhi. Various authors have suggested pathways to attain these goals. In India, saints and sages have been practicing meditation since ancient times. A number of them achieved Self-Realization and Jagrit Samadhi during their lifetime. As Guru Maharaj Sri Krishna Gopal Vyas ji had achieved the highest stage of meditation-Jagrit Samadhi, I requested him to describe the method of Jap for the benefit of those who are interested.

Guru Maharaj said, “God gave birth to a human being and also gave him a soul, wisdom and power to act. As you will sow, so shall you reap. The birth, rebirth and position in life depends on your actions and performances. Excellent, good, better or evil doings will give you appropriate status in life. The source of all spiritual wisdom is within you and not in temples, churches or mosques. You must be constantly aware that Atma or soul, a part of Almighty God, is within you and as such you should not search God without. The body is a separate entity that is perishable. The soul is evergreen and everlasting. It remains intact even after human death. The soul can realize God with the assistance of human body in this life.

### **POWER OF MANTRA**

Guru Maharajji says, “Shabd Brahm hai” that is word is God.”.The word here refers to Mantra. These Mantras are very powerful and God in themselves. The true Guru, who is referred to as Sat Guru here, is one who has known God, seen God and talked to God. In other words, he is a teacher who has realized the Divine state in spiritual science.

#### **Who is a Guru?**

Guru: GU and RU mean a dispeller of darkness. One who dispels or drives away darkness of the disciple, is a Guru. A Guru is spiritually one who teaches preachings of manuscripts and Shasta’s or his own experiences to his disciples and aspirants for their spiritual and materialistic benefits.

Such a Guru alone is competent to ordain “Mantra Deeksha” to his disciples or aspirants and to preach his philosophy. He examines the soul of the aspirant and then selects the suitable mantra compatible to his soul and then ordains Mantra Deeksha to him.

I feel privileged to say that my Guru Maharajji was such a ‘Sat Guru’ who gave mantras in the aforesaid way. He also performed “Shakti Pat” which is a powerful thrust of energy showered on the soul of the recipient. This technique is alien to the world at large.

#### **Method of doing Jap**

Guru Maharajji has described a three step method for doing Jap as mentioned below:

**The first step** is to sit at ease in a comfortable place preferably in a solitary room or place away from the distractions and the hub hub of life. However, in later stages, physical posture does not matter, you could be lying down and chanting.

**The second step** is to chant the Mantra administered to him by a Sat Guru in “Deeksha.” As mentioned earlier, a Sat Guru gives Mantra to a devotee after ensuring that the Mantra is compatible to his soul. It is similar to the examination of blood for grouping for knowing the suitability of the blood for the patient. It is only when the blood tallies with the blood of the patient, the blood transfusion is brought into effect. The practice is, however, vanishing from India. There are a few saints in India who still follow this practice.

Guru Maharajji further said, “The practice of chanting of Mantra or Jap, as it is called, should be initially undertaken for only three minutes. Slowly, the time may be increased to five minutes, and finally to fifteen minutes.”

“After the devotee is able to practice Jap for fifteen minutes he has to follow the third step.”

**The third step** is, to repeat Mantra before the Sat Guru. This is to ensure correct pronunciation of the Mantra. Incorrect pronunciation of the Mantra can disturb the peace of mind of the practitioner. The Guru may make necessary correction as to how the Mantra is to be recited. He may do “Shaktipat” if he finds it necessary. It is emphasized that the jap should be done with full thoughtfulness, devotion and love. The practitioner should seek the advice of the Guru before time of Jap is increased past fifteen minutes. The Guru’s advice should be strictly adhered to. Some times the practitioner, out of sheer enthusiasm, carries on jap for more than fifteen minutes. This may cause him headache.

### **Self-Realization**

Guru Maharajji explained the Self-Realization as below:

“Self-Realization is not an unconscious state of mind but a state of consciousness. Guru ordains Mantra to the aspirant with “Shakti paat” from time to time. Mantra as explained earlier, is a component of words. Mantra is ”Brahm” that is God. The aspirant has to do Jap with full concentration. Concentration is an unbroken flow of thoughts towards the object, that is God. In other words, it is prolonged concentration on God. He should hear the chanting of Mantras very attentively. He should exercise total surrender to that higher power. The best way is to prostrate before Him or his Guru ji or his photo, saying, “Hey Bhagwan mein aap ki sharan men Hun,” that is “O, Almighty God, I have come under your shelter.” This will establish your relationship with God or Guru, if the prayer is sincere and emanates from the core of your heart. Also, some times tears start flowing from your eyes. This is a good sign of your devotion to Him.

The aspirant may do “Mansik jap” that is chanting of Mantra in his mind, with jaws closed and tongue touching the joints between the gums and teeth but without any movement of tongue. This jap is ten times more powerful than jap by chanting of Mantra. The intensive Jap if continued for a longer period may give him sensation in

various parts of body. Thereafter, he may feel that his body has become very light. The chanting of 'Gayatri Mantra' for long may elevate his body from the ground. If the Jap is further continued there is crawling sensation of two snakes going upward from the base of the spinal chord to the top of the neck. In some cases, the sensation of two snakes crawling from belly bottom to the top of the neck may also be felt. This is called 'Activation of kundalini'

There are various mantras available but the aspirant is only required to chant only those mantras which have been given to him by his Sat Guru in "Deeksha". Gayatri Mantra is the most powerful mantra, which should be chanted after other mantras have been intensively chanted.

Gayatri Mantra is given below:

"Om Bhur Bhuvah Svah; Tat Savitur varenyam,  
Bhargo Devasya Dhimahi: Dhiyo yo nah Prachodayat."

The meaning is as below:

Oh, creator of the Universe, We meditate upon thy Supreme Splendor. May thy radiant power illuminate our intellects, destroy our sins, and guide us in the right direction!

The Jap is a scientific technique, which affects the practitioner's mind, intellect, and intuitive faculties. The vibrations of Jap bring about many changes in his gross body as well as subtle body. The veil of ignorance gets removed, the evil thoughts begin to subside and many noble qualities of love, truth, justice, and forgiveness start developing in him. Thereafter, he becomes an image of purity, honesty and sound character. He develops a discipline in his way of life, which distinguishes him from people at large. Besides innumerable changes take place in him as mentioned earlier, his will power becomes strong and his soul becomes enlightened. He becomes happy, fortunate and gets salvation. This not only benefits him but others as well. It may be kept in mind that a man does sins through his eyes, his brain and by his tongue. So one must keep God in these three places. The Jap should be done with full concentration, devotion and love as mentioned earlier.

### **Human Thinking**

Guru Maharajji further continued describing the thinking process in a human being as under:

First stage: It is "I" who is doing or performing an action. Mostly people think this way. But this has an ego in it. The ego is a barrier in the way of achieving your ultimate goal. I, me, and myself are the egoistic tendencies and so these should be avoided. It is the Jap without ego that brings peace of mind.

Second stage: Some other force is getting action done through me. That is what I want to do; I am not able to do. Such feelings, sometimes, creep up in the mind of the practitioner. This indicates that he is on the correct path to Self- Realization.

Third stage: The practitioner feels that some other force is doing action in me of its own accord. This indicates that the practitioner has completely surrendered to Him. In fact, this happens when the practitioner feels that God or his Isht Devta, that is Guru Ji, is the operator and he is the machine. This is possible only when he has implicit faith and completely surrenders to God or his Guru Ji. This stage is called Self-Realization.

Guru Maharajji further explained Self-Realization by quoting an incident narrated to him by Mr Sheetla Prasad, the then Chief Justice of Jaipur, a princely state of India. He had come to Guru Maharajji for spiritual advice. He mentioned the facts as these came to his knowledge.

One old lady, wearing heavy jewellery went to attend a ceremonial function at a relation's house in Jaipur. One pot-maker spotted the lady and followed her on return to her house. He earmarked the house. Her neighbor was an old barber. The potmaker, in due course, went to the barber for a hair cut and subsequently developed friendship with him. He became a frequent visitor to him.

On one night the pot- maker climbed the house of the barber and took out the shaving razor from his toolbox. He jumped in the house of the old lady. He searched for the keys of the jewellery box but in vain. As a last resort, he cut the throat of the old lady with the razor, opened the jewellery box with the keys taken from her custody and took away all the silver jewellery from there, leaving the razor on the spot. This caused a commotion in Jaipur.

A case under the head 'Murder' was registered at a local police station in Jaipur and the police investigation started. The barber was called at the police station for investigation. He admitted that the razor recovered from the spot belonged to him. The barber was 60 years old. The police collected the evidence and booked the barber for first degree murder. The case was put up in the court of law, for trial. The case was subsequently sent by the lower court to the higher court for trial.

The judge, Mr Sheetla Prasad, heard the arguments of the prosecution and defense. He had earlier thought to charge the barber for first degree murder. However, he wrote the judgement, he mentioned...I heard the arguments, the case appears to me to be a concocted one and so I acquit the barber."

The judge mentioned to Guru Maharajji that he decided the case on the basis of his intuition. There was an uproar in Jaipur. The judge was so far being considered as downright honest, but people started doubting his integrity.

About six months later, the said pot maker was caught red handed while committing a crime in the neighbouring state. In the course of his interrogation, he confessed of having committed murder of an old lady in Jaipur. The accused was subsequently handed over to the Jaipur police. He was thoroughly interrogated by the local police. The old case of murder of the old lady was reopened and after investigation of the case, the pot- maker was booked for first degree murder of the old lady and finally convicted on the murder charge.

In this way, Judge Mr. Sheet Prasad acquitted the barber on the basis of his intuition. He did feel that some other force got decision in favor of the barber, which was subsequently found to be correct. Thereafter, his decision was highly appreciated by the public of Jaipur.

Guru Maharajji said, “Some people feel that the self-Realization may be achieved by reading religious books, such as books of Vedic, Puranic, Smriti or Tantric traditions. This knowledge is theoretical. It is similar to reading a Railway time- table. You may know the timings of the trains but you would not be able to reach your destination without any action that is, purchase of a ticket for your journey until you reach your destination. Thus you have to follow a special technique and take an action in that direction.”

A Sat Guru can guide the destiny of an aspirant, since our birth we have been functioning under the guidance of one or the other Guru .As a child, parents guide us, as student, teachers guide us and in college professors or lecturers guide us. No doctor could perform a surgical operation merely by reading books. He must have proper knowledge of practical operation under an experienced guide. In the same way a Sat Guru is necessary to guide the destiny of a disciple.

In reply to a question as to how he could tell past incidents of an individual, Guru Maharajji said, “whatever you think or do imprints in ether and all he had done, was to play back. This can be done by anyone who has developed a pure soul. The soul can easily be developed by chanting mantra and listening to their vibrations attentively.”

Mostly it is complained that Jap was carried on for a number of years but there was no spiritual progress. In this respect, Lord Krishna’s advice is self explanatory, “Immerse thy mind in me alone, concentrate on me thy discriminative perception, and beyond doubt thou shall dwell immortality in me.”

People devote a few minutes, or say, a few hours to perform Jap and for the remaining time, they are fully engrossed in materialistic way of life. Besides, jap is also not done with full concentration. How could you succeed? Pray intensively with genuine feeling of thoughtfulness, devotion and love, then and then only, you could achieve your goal.

Jap is an effective remedy for all sorts of worries and anxieties of day to day life. It results in positive vibrations leading to peace of mind, prosperity, happiness and eventually self-realization.