

“Accepting turning towards the spiritual life is the beginning of life, and the highest state of it is ‘Life in Life’ which lies hidden in life itself.”

- Pujya Babuji Maharaj (SDG 104, Tasteless Taste of Mergence)

Pranam,

The present quotation for sharing thoughts is from the message on the eve of Master’s 80th Birthday celebration at Ahmedabad. From the heading of the message – ‘Tasteless Taste of Mergence’ we get into puzzle – what is this? It is something uncommon, cannot be understood by common people. But those who are in the system of Sahaj Marg, they know something about it. Accordingly, I have some experience and I would like to share some of it.

Before joining the system, I did not have any knowledge about Meditation, Pranahuti etc. But after attending the training program and introductory sittings I got some glimpse of silence, calmness etc.

Once we have joined the system, it means, *“Accepting turning towards the Spiritual life which is beginning of life.”* In the system we attend Satsangs, celebrations, sittings at that time we feel absorbed, silence. This is because we are away from self and our thought on Divine light in heart. This experience may be for some moments or few times, I feel it is the taste of mergence and this due to the grace of the Master which is always there.

This is only beginning and we have to go far away to reach the goal. But after meditation we are unable to maintain the condition, we get due to various reasons like our work, job, family, society etc. For that Master gives suggestion of constant remembrance. *“While doing anything, think that you are not doing it for yourself, but for your Master. During meditation if you entertain the idea that not you but your Master himself is meditating on his own form.”* (BWS 243)

After morning meditation, I use to go for morning walk and during this period I try to remain in above thought as far as possible.

After practicing the system, we notice some changed in thinking, behaviour etc. It means we are turning towards spiritual way of life, but it is just starting. We have to attain Goal of Life, which here Master says ‘Life in Life’. Here again I confuse what is the concept – ‘Life in Life’? How can I lead to that way life common man in grihastha life. However, Master clarifies it as, *“Spiritual as well as worldly life must go side by side equally resplendent and for this, we have to discover the right means. Proper spiritual training, fitting closely with the present worldly life is, therefore, the only thing required for the spiritual growth of the common people and which has so far been unfortunately neglected. For such a type of training we stand in need of help from outside in most of the cases. This help comes from the Guru or the Master, who is the only person able to shape our destiny. When this help comes, the spiritual life is awakened.”* (BWS 222) Hence I think it is necessary to attain the sittings regularly and all celebrations to get such help.

For Grihasthas, Master clarifies that, *“Life in family is a life worth having, because in it we learn how to love others. It is a school for training real life. Life in family also brings worry and nervousness etc., in its trail. Worry is indeed reserved for humanity and not for animals. Really, that is a great Justice and favour for humanity from divinity.”* (SDG 37)

Master assures us, *“The simplified course of spiritual training has rendered the highest spiritual flight possible for everyone whether man, woman, young or old, Grihastha or Virakta (recluse).”*
(BWS 226)

Considering all above we have the examples of our masters. They have achieved the highest ‘Goal of Life’, living in Grihastha life i.e. ‘Life in Life’. Also, we have the example of Shri Sant Tukaram Maharaj.

Many time we give excuses that we are busy to devote the time to spiritual work i.e. meditation etc. But if we decide our priorities we have the sufficient time. This we have example of our trainers. Most of the Trainers do their job and give their time to abhyasis for sitting, satsang etc. as they have decided their priorities.

Accordingly, to do this we have to follow the methods prescribed in Sahaj Marg. i.e. Commandment to follow in our day-to-day life and observe what is अनुकुल and what is प्रतिकुल is to be avoided. This will lead us to spiritual goal in this life in life.

Pranam,

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