

SECRET

The past is lifeless, it's never alive. But even though it's lifeless, it feels heavy to you. So, you need to understand why the lifeless past is still affecting you. The past dominates you because it's familiar to you, you've experienced it; and the mind is always afraid of the unknown, the secret, and what it hasn't experienced yet.

How can you desire something unknown? You can't desire something you don't know; you can only desire what you know. So, desires are just repeating the same actions in the same familiar ways. You continue to do things in the same way. The mind becomes a device that repeatedly craves what is familiar. If you do something in the same familiar way, it becomes even more ingrained, because the device (mind) gets fixed deeper.

So, the important thing to note here is that the inanimate or lifeless past is forcing you to desire what is familiar. Working in a familiar way is easy and mechanical for you. If you do things mechanically, you don't need to be aware. You can be asleep, but the mind will still be doing its routine work mechanically.

But being aware is not comfortable for you. Unless you are fully aware, you cannot go beyond desires. There is no desire in the unknown. The unknown cannot be perceived, imagined, or known. That's why even if you want to become God, you will still desire what you know, that is, you will desire the bliss and peace that you know. If you are beyond desires, that means if you are beyond likes and dislikes, the unknown God will reveal himself before you. You cannot desire it. Being beyond desires is the door through which the unknown enters.

Another important thing is that awareness is in your consciousness, not in your mind. If your consciousness identifies with the mind, the mind becomes active. This awareness is your own power, it's not a part of your mind. You are active in your mind. If you identify yourself with your mind, thinking that you are the mind, then the mind works actively. Then your life becomes a burden of memories of the programmed past. If you don't identify yourself with the mind, the mind remains calm.

So, remember that power and awareness are related to you. If you become the mind, you have to flow through that instrument. You can't escape from it. So, how to be aware of yourself without identifying with the mind, how to always remember that the mind is separate - you are separate? It's difficult but possible. It's not impossible.

If you experience the existence beyond the mind even for a moment, something new will awaken within you. If you realize that the mind is not active, and that awareness and vitality belong to you, and if you realize that you are the master even for a moment, then your mind will no longer be your master. Only then can you enter the unknown.

So, try not to turn any information into a formula or knowledge that you can follow forever. If you don't do this, the mind will become active and keep you under its control. Even if it's information, it should be such that it opens more doors of mystery for you. Until you can turn information into mystery, you can't be spiritual.

A knowledgeable person converts a mystery information by uncovering and revealing it. A spiritual person, on the other hand, takes ordinary things and turns them into mysteries. If you ask him what will happen in the future or where God is, he will innocently say, "I don't know, it's a mystery." He responds in the same way even to small, mundane things. If you ask him what happens if you eat rice, he will say, "Anything can happen" without any hesitation.

Similarly, the mind is made up of known things, so it never moves towards the unknown. That's why the mind has never known the truth, God, freedom, or life. The mind seems to be forcing you, but it's not actually forcing you, it's just offering you easy, familiar, and comfortable old paths. Then you get trapped in the illusion of the familiar and get deceived and become a victim. Because if you keep walking on the old path, dissatisfaction will remain.

Gap

But leaving the old path and creating a new path and walking on it is difficult and uncomfortable. Walking on the new path created by awareness means you are in

meditation (thapas). It is very intense. But if you complete the thapas, you will definitely experience supreme bliss.

For example, when you're hungry, refuse to eat and let your body suffer. Don't suppress your hunger, don't fight it, don't try to change it, don't run away from it. Don't force yourself not to be hungry, it's hungry, you know that. Still, say 'I won't satisfy your hunger today' and fast. Endure the pain while being hungry. Say 'I won't walk on the familiar path today, I won't do anything.' When you don't do anything, something happens naturally.

Because in everything we do, the doer and the observer are always present. When you don't do anything, the situation arises where the non-doing God becomes the doer. So, in every matter, first try and if the result doesn't come, then give a chance to God, only then miracles will happen.

If you do this, you will experience the gap. Your body will be hungry, but you will feel a distance between you and your body. That means you have entered the consciousness within you, beyond your body. Then your union with God happens. But if you try to forget your hunger by going to the temple, singing hymns, watching movies, and doing other things to occupy your mind, then you will not feel the distance. If you don't feel the hunger, you can't reach the goal you want to achieve.

Another practice - when others insult you and you feel angry, stop for a moment as soon as anger arises. Stop your breath for a moment. After stopping for as long as possible, breathe again. Then the connection between you and anger will be broken, and a gap will be created. Then you will come out of anger and observe it. That means you will interrupt the usual mechanical process.

Similarly, stop the breath from whatever you want to distance yourself from. Also, if you anticipate that someone is going to scold you and you stop your breath beforehand, a gap will be created between you and him, resulting in wonderful results.

But the mind forces you to scold that person. Then tell your mind, 'This time I won't react, I won't scold, I won't follow the usual path.' Reject it. Let the anger be. Do it like

you did with hunger. Then you will feel that anger is somewhere, it's around you, but it's not inside you. It's not yours. It keeps coming back, waiting for your cooperation. It tries to tempt you, attract you. Gently reject your mind, saying, 'I will just observe, I won't follow the old path.' Then anger will dissolve on its own.

Confuse your old habits and mind

Similarly, try to do something new in every situation, instead of doing it in the usual way. When someone insults you, laugh, be grateful, and hug them. Do something you've never done before. When someone scolds you, laugh and notice the difference in yourself. Similarly, when you're happy, act angry. Try something new like this. Also, keep changing these new attempts again and again. By doing so, you will come out of your old habits. Don't be a slave to your old habits. By responding in a new way, you will become the master of your life. The influence of the past on you will decrease.

When you're angry, don't always take the old path! Discover newness, find new methods, and implement them. Use your imagination. Be creative and confuse your old habits and mind. Your mind should not understand what you're doing. So, be prepared in an unexpected way. If you are as expected, you're living like an object, not as a human being. The more unexpected you are, the more alive you are.

Logical-Illlogical

So, overcome the ordinary logic of getting angry when insulted and feeling happy when praised, because the known is logical, expected, and usual. Therefore, what can be ordinarily expected becomes logical. To transcend the mind, the past, old methods, and old habits, you must dare to be illogical.

If you truly understand, you will realize that life, death, love, and God are all also illogical. So, create an illogical philosophy within yourself. Being logical is the foundation of the old mind, the traditional mind, and the conventional mind. Being illogical is the beginning of a new mind. However, don't hate logic, accept it too and use it according to the situation.

But being illogical like this, first do it with yourself when you're alone. After you've gained expertise in being like this and achieved results through it, then dare to be illogical in front of others. Otherwise, you'll struggle to justify what you've done and people will think you've gone crazy. So, don't rush, transcend likes and dislikes, and make a decision.

If you continue this practice, suddenly a change will occur in the entire situation. Your mind will be peaceful without your cooperation. This is because your cooperation is what energizes the mind. That is your power. By doing this, you will gain an understanding of the power related to you, not just the mind, for the first time.

This power is pure, through which you can enter the mystery. When you are not related to the mind, and not with desire, this power expands in all directions, moving into the mystery, without going to one side. If there is a relation with the mind, it moves in the known path. If it moves in the known path, it takes the form of desire. If it moves into the mystery, it takes the form beyond desire. Then a pure movement happens. This power, which overflows and flows, moves into the mystery.

Even after you are separated from the mind, the energy must move, it cannot stay still in one place. Movement is the natural characteristic of energy. It moves because it is its life. Even if it doesn't respond to the mind, it still moves. But then it moves in a new way. This movement is like a game, a play, creative. This movement is spiritual and desireless. You can't do anything other than moving, so you are moving, but you are not moving to fulfill a desire. You are the energy and the movement. So notice this difference.

If you transcend the mind, meaning if you can leave the past behind, then the movement becomes fresh and free. Similarly, the energy doesn't move for anything, it moves because it is energy. Clearly understand this difference. Only after traveling into the mystery, will you finally reach God. It will definitely happen. If your movement is pure, you will definitely reach. If you become pure energy, every step will move into the mystery. Then your life will become joyful. Because the old will not repeat again and again. Then every moment will be thrilling. Every moment something new will be created. This will keep you fresh and never bored.

Change the way you speak

Similarly, change the way you speak too. Don't say 'this is my thought', because that way you identify yourself with that thought. Say 'this is related to my mind, my past mind'. Then, just because of the word, the language, experience the distance created.

When I say 'I am anxious', there is no distance. When I say 'my mind is anxious', some distance is created. When I say 'I am aware that my mind is anxious', then even more distance is created. The more distance there is, the less anxiety you will experience.

When you have no desires, you will feel a little inactive for some time. If you can patiently endure this period, then after this period, you will take rebirth in this same body. Then the energy will move without desires. If you practice the new methods I suggest to increase awareness, the activeness will gradually decrease, not suddenly. Actions will slowly decrease. Gradually, a change will happen inside. Desires and actions will decrease, but no one will notice that you are lazy and doing nothing.

This is a gradual process, so don't hurry. Here, the mind, old ways, and old habits take time to fall away. Everything old must fall away and everything must be renewed. So, don't rush to resolve to reach God. If divine power enters without inner transformation, you may not be able to handle it and may end up in a coma. This happens when you are completely distant from the mind. You can only stay in this physical world when you have a connection with the mind. So, take just one thought from the mind, understand it completely, and fill its place with divine power, not with a new thought.

Continue like this, filling the mind completely with divine power, pure power. So, think that only the power that I can handle should enter me. Similarly, move forward, enjoying each step. You will get results according to your capacity.

So, create distance between you and the mind. You are aware, yet the mind is there, but you are outside of it. If you come out of the mind and go deeper into the inner journey, you will enter your individual consciousness. Similarly, you will enter universal consciousness by transcending your individual consciousness. That means, through inner journey, you will discover the self and the supreme self. Then, by allowing the self and the supreme self into the physical world, you will transform into a divine being and enjoy life.