

CHANGE

The first thing you need to remember is that everything you know is constantly changing. Everything except you, the observer, is changing. Have you ever seen anything that doesn't change or transform? This entire world is a great wonder of change. However, some things change quickly, while others change slowly.

You need to know and always remember that everything in this world is impermanent, meaning it's constantly changing. Because if you recognize change, detachment will occur. How can you attach yourself to things when everything is changing?

When you see something beautiful, you feel like it will stay that way forever. Then, you become attached. But understand deeply - never expect anything to remain the same forever. If you know that something beautiful now will become ugly later, how can you feel attached? It's impossible. So, always remember that forming attachments to things that are constantly changing is a sign of foolishness.

Remember that nothing remains unchanged, except the observer. Everything else is constantly changing. But the observer is always observing, never becoming an object. It never takes a form. It always remains the subject. I can see you, but how can I see myself in the same way? It's impossible because a subject-object relationship requires two entities: the observer and the observed.

So when I see you, you are the observed and I am the observer, and knowledge is the bridge between us. But when I try to know myself, how can I build a bridge to see myself? Then I am alone, with no other shore. So how can I create a bridge? How can I know myself? How can I experience the eternal self?

The solution is to not abandon the changing forms of energy, nor to think of them as impermanent and cultivate dispassion, nor to cling to them, nor to try to escape from them, nor to fight them. Instead, remain pure, like the unmoving space, and enter into them, allowing change to happen, without getting entangled, and move along with them.

All energy-forms are reflections of God. So, don't be afraid of them and don't try to escape. Where can you escape to? How can you escape? Change is everywhere, so you can't go anywhere without it. Wherever you go, change will be there. So, trying to escape is futile. What to do then? Live in change. Don't struggle with it. Move with it. Flow like a river. Don't try to swim against the current. Let the river take you. Don't waste your energy fighting it. Just relax. Let your body be free and flow with the river's current. If you do this, you will suddenly realize yourself and the eternal self or soul.

When you're fighting, you can't experience these things. There's no need to fight, because if you're pure, change can't enter you. That means the impermanent and changing things can't enter the permanent. So, instead of trying to find a way out of change, live in it. Don't try to escape or resist it, just accept it and be in it.

Both clinging on and running away are futile. Instead, allow change to happen. You're not responsible for change; it's happening anyway, with or without you. The world was changing before you were born and will continue to change after you're gone. So, why bother unnecessarily struggling with change? Also, don't fight with anything, because fighting creates agitation, worry, and pain, causing you unnecessary disturbance. Allow the world to be as it is.

Revolutionaries-Mystics

There are two types of people who try to bring about change. The first type doesn't allow the world to be as it is. They try to change the world and struggle to do so. They are called revolutionaries. The second type understands that the world has already been changing since the beginning, and that the intensity of this change cannot be increased or decreased, nor can it be stopped. They think, "Why should we struggle when the world is already changing?" They are called mystics.

Mystics say that there is no need to change the world. But among mystics, there are also two types of people. One type says that there is no need to change the world, but they try to change themselves. They also believe that change is necessary, but instead of changing the world, they believe in changing themselves.

But the second type says that there is no need to change even oneself. Because the limited is always changing naturally, they realize that the limited 'I' is also changing naturally and relax. This is the deepest spiritual understanding. Even those who follow the New Energy should reach this state through saadhana. Like darkness \Rightarrow twilight \Rightarrow light, if they remain in a state of relaxation, maya \Rightarrow divine maya \Rightarrow divinity will naturally reveal itself before them, one after the other. So, they realize that there is no need to try to change themselves, meaning that the limited jiva-atma, being natural, is always changing, and they experience everything as divine while remaining relaxed.

Only when you give up the effort to create change can you truly relax. Because as long as you're making an effort, you can't relax. There's still a sense of excitement because you think something amazing will happen in the future. This mindset keeps you disturbed.

The world and you have been changing since the beginning. Change is the natural essence of existence. So, don't worry about it. It's happening anyway, with or without you. So, move forward without excitement for the future, just floating in it, without attachment. Then, when change happens suddenly, you'll find the unchanging, eternal essence of the soul within you, remaining unmoved.

This happens because when you're relaxed, changing experiences give you some space, a break, meaning they don't last forever, they 'sleep'. During this period, If you're awake and peaceful, not 'asleep' like them, you'll experience the eternal. When you try to change yourself or the world, you can't recognize the unchanging self within you. Your intention to bring about change makes you also move and journey, so you can't recognize the unchanging self.

Everything around you is changing. Change becomes your experience, but you remain still and relaxed. Therefore, thoughts about the future don't arise in your mind. Because being still and unmoving in the midst of change, being pure and relaxed, becomes your goal. This makes you stay in the present. This moment is all you have. Only then will you suddenly realize the unchanging essence of the self.

Imagining this attitude is difficult. Because our minds are always active, wanting to do something, but in this attitude, you, the jiva-atma, should remain still and relaxed

without doing anything. But this attitude is one of the hidden secrets. If you can experience it, you won't need to worry about anything. This one technique will give you everything.

Identification:

Understand that life is change, but also recognize that within this change, there is an unchanging self. Just realize its presence. This experience will give you freedom. This is the truth. As soon as you understand this, you will become a unique person.

So, don't fight with shadows and images. The whole life is like a shadow, because change is nothing but a shadow, a shadow of the eternal, unchanging reality. Only that which remains unmoving and still is true.

The world doesn't hurt you. Problems arise only when you get entangled in the world and feel like you're changing. If you harmonize with the naturally changing world and don't get attached to changing things, problems won't arise. When you identify yourself with change and think that change isn't what you thought it would be, that's when problems are created.

When you're unhealthy, the unhealthiness itself doesn't actually hurt you. You hurt when you identify yourself with the unhealthiness, thinking 'I am unhealthy'. Or, you also hurt when you identify yourself with health.

Similarly, change the way you speak. Don't say 'this is my thought', because that means you're identifying yourself with that thought. Instead, say 'this is related to my mind, my past mind'. Then, simply because of the word, the language, experience the distance created.

When you say 'I am unhealthy', there is no distance. But when you say 'My body is unhealthy', some distance is created. And when you say 'I am aware that my body is unhealthy', even more distance is created. The more distance there is, the less you will experience unhealthiness.

When you observe unhealthiness beyond likes and dislikes, and realize that it's only happening within the body's boundaries, not to you, and understand that unhealthiness is constantly changing and moving towards health, then it won't cause you suffering.

So, no matter how many problems you have, the solution is only one - being careful not to identify yourself with changing things. When you hold onto something that changes, that's when you become worldly. If you don't hold onto anything, and instead hold onto the unchanging, that's when you become eternal.

But you, the jiva-atma, thinking yourself as temporary, focus on yourself and change yourself with your effort. Recognize that your physical, mental problems and external circumstances will change only when you change, and if you don't change, they will remain the same. That means you, who have been trying to escape, change, or eliminate everything, should accept everything as it is and reach a state of relaxation. So, understand that you need to change first, and only when you change, the external will change on its own.

Effort:

Any spiritual practice you start with appears as an effort. Initially, it seems like a struggle. But if you succeed in that practice, the effort disappears. If you achieve success, the practice happens effortlessly, without your involvement. Then, you don't need to make any effort. The effort transforms into relaxation. But to reach this stage, you need to practice patiently and persistently.

All the methods I suggest have the same goal: to help you reach a state of relaxation. Inner transformation doesn't happen through effort. Effort creates tension, and as long as there's effort, you can't attain complete relaxation. Effort itself becomes the obstacle. Keeping this in mind, if you try, you'll also gain the ability to let go of the effort. That means understanding that the reason for making an effort is to naturally let go of that effort.

I'm not saying you shouldn't do anything here, because then you'll remain the same as you were in the past. You need to do something, because your mind compels you

to do something. Keep in mind that just trying won't achieve what you want, and continue the practice.

Doing is necessary initially; no one can avoid it, and no one is beyond it. Everyone must pass through it. But while passing through it, one must transcend it and attain relaxation. Similarly, understand that effort here means trying to increase, decrease, or stop the change.

Effort should be continued only to attain relaxation. That is, the doer should set a goal to reach a state of relaxation and make an effort to transition from a state of action to a state of relaxation. There are two types of efforts: clockwise effort and anticlockwise effort. clockwise efforts are the efforts you must make, and only when you make those efforts does something happen.

That means being detached from the things you're strongly attached to, meaning being detached from positive, negative, and neutral, good and bad, and the elements of earth, water, fire, and air. It means holding onto the unchanging, stable, and immovable Self or the space. This is what is meant by clockwise efforts effort.

Anticlockwise effort means you shouldn't do anything. But you should accept, welcome, and allow things to happen on their own. You should be open and receptive to welcome and accept them. Then, they will evolve on their own.

Therefore, don't relax your effort. If you do, you won't attain natural relaxation. Continue making all the efforts you know, and then, suddenly, a moment will come when, with just a little effort, you'll reach a state of relaxation, where you can rest in a moment, with just a slight effort.

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