

CHANGE

First thing to remember is that everything you know is ever changing. Except the person who knows, all remaining things keep on changing. Have you seen anything which won't change or which won't transform? This total world is great miracle of change. But, some will change quickly and some will change slowly.

You should know and always remember that everything in this world is temporary and keep on changing. Why because if you remember change then detachment happens naturally. If everything is changing then how can you create attachment with them?

When you see any beautiful thing, then you feel that it stays as it is permanently. Then attachment happens to you. But understand deeply. Never expect that anything stays as it is permanently. If you know that, anything which is beautiful at this moment, becomes ugly after sometime, then how can you feel attachment? It's impossible. So always keep in mind that developing attachment on ever changing things shows lack of intelligence.

Remember that you don't know what unchanging thing is. Except knower remaining things keep on changing. But always it stays behind. Always it keeps on knowing. That will never become object, as information. It always stays as subject. I can see you, but in the same way how can I see myself? It's impossible because two things are compulsory to be in relationship of knowledge: knower and known.

So when I see you: you are known thing and I am knower and here knowledge is bridge between both of us. But when I am trying to know myself, to see myself how can I construct bridge? Then I am alone and single, other bank is missing. So how to create the bridge? How should I know myself? How should I experience my eternal soul?

Solution for this is without leaving ever changing things, without being in dispassion feeling that it is temporary, without hanging to it, without trying to escape from it, without fighting, stay pure and enter in change. Allow change to happen, and move with it.

All energies are mirror images of God. So don't be afraid of them and don't run away from it. Where can you escape? How can you escape? everywhere change is there, so where can you go! Wherever you go definitely change will be there. So its waste to run away, so don't try to escape. Then what to do? Don't hang on to it. Live in the change. Don't work hard with it. Flow with it like how you flow in a river. Don't even swim. Just allow the river to take you. Don't waste your energy by fighting with it. Just be in relaxation. Leave the body freely and travel with the river flow. If you do like this then suddenly you will experience yourself and your eternal soul.

When you fight you can't experience them. No need of fighting, because when you become pure, change can't enter inside you. Means temporary things and changing things cannot enter in eternal one. So without choosing any technique to come out of change, just live in it.

Both hanging and escaping are waste. Instead, allow change to happen. You have to do nothing with change. Already it's happening, your presence is not required for its happening. Before your birth this world was changing, in the same way after your death also this world keeps on changing, so unnecessarily why to put effort for change. Also don't fight with anything. Because fight creates tension, worries and pain. Because of this you will be disturbed unnecessarily. So allow the world to stay as it is.

There are two types of persons who try to bring change. One type of persons doesn't allow the world to stay as it is. These persons try hard to change this world. These are called revolutionaries. Second type persons are with the understanding that this world is already changing, so we cannot increase or decrease or stop the change. They feel that since its already changing so why to damage ourselves. These are called mystics.

What mystics say is no need to change this world. But even in mystics there are two types of people. First type say that no need to change the world, but we must try to change ourselves. They also believe the need of change, but they think it's not changing the world, it's changing ourselves.

But second type says that, no need to change ourselves. This is deep spiritual understanding among all. Those who are following new energy by doing regular practice should reach this state. Like dark⇒twilight⇒light, if you stay in relaxation, illusion⇒divineillusion⇒divine, appear one after other naturally before them, so they grasp that no need to travel anywhere. After grasping that there is no need to change themselves, they relax and experience everything divinely.

So when you stop the effort to create change then only you can take complete rest. Because if effort remains then you cannot relax. Enthusiasm will be there because you feel that in future some miracle may happen. This behavior creates unrest in you.

Already you and this world are changing. Change is natural attitude of existence. So don't worry about it. It's already happening even in your absence. So without having curiosity about future, move forward by floating in it. Then suddenly during the change itself, within you will get awareness of soul which is eternal and unchanging.

Why it happens, because when you relax, changing experiences gives you some break, means the changing experiences will not be there for some time. Then you will experience the eternal one. When you try to change yourself or this world you can't

see the soul which is immovable and static within. You cannot identify the static soul because you stick to the aim of bringing change and you also move for that.

Everything that surrounds you is change. Change becomes your experience and you stay relax. So there is no future thought in your mind. Because staying relax in change becomes your aim. Because of this you stay in present moment. So this moment is everything for you. Then only suddenly you will be aware of unchanged soul.

Imagining this type of behavior is difficult. Because our minds try to do something but in this attitude you should relax without doing anything. But this attitude is one of the hidden secrets. If you experience this then there is no need to worry about anything. This single method or technique gives everything to you.

Identification:

Notice that life itself is change, but in this change static soul is there. Have awareness of this, only this experience gives you freedom. This is truth. Immediately after knowing this you will become unique person.

So don't fight with shadows, images. Total life is shadow because change is nothing but shadow, shadow of immortal. Unchanging constant one is Truth. World won't troubles you. Only when you are trapped in this world and only when you experience that you become change then only problems create. If you tune yourself with naturally changing world then problems will not be created. When you identify yourself with change and when you feel change is not according to your wish then only problem arises.

When you are with illness, actually illness won't trouble you. When you identify yourself with illness, when you experience that you became ill, then you will feel pain. But if you observe your illness after going beyond raaga-dwesa, you understand that: illness is not happening to you, it's happening only in the periphery, in the body, and illness is changing on its own and moving towards health, then it won't cause pain to you. So for every problem solution is only one, taking care in not identifying yourself with changeable things. When you hang on to changeable things you will become materialistic person. When you won't hang on to anything then you will stay immortal.

But you feel that you are temporary not eternal, so focusing on yourself, with your effort if you change yourself, then only body mind problems and outer situations changes, if you don't change, they will stay as it is. That means you have to shift your attitude from avoiding, killing, changing, to staying in relaxation. So first you must change, then only outer will change on its own.

Effort:

You will start practicing any technique with effort only. Once you succeed in practicing then effort disappears. First it seems like effort. Once you succeed in that, then without your involvement, practice happens spontaneously. Then you need not do any effort. Then effort transforms into relaxation. But to reach this state you have to practice with patience and succeed.

The aim of different types of methods I am suggesting is same, to reach relax state. Internal transformation won't happen by doing effort. Effort causes pressure, when effort stays then you won't get complete rest. Here effort only becomes obstacle. If you keep these things in mind then you will get the potential to leave it. Means realize that reason for doing effort is to leave effort naturally.

I am not saying that you should not do anything because then you will be in the same state. You have to do something because mind forces you to do something. You have to continue practice by keeping this information in awareness that only by doing effort we can't achieve what we choose.

Initially doing is necessary, nobody can't leave doing, and nobody is beyond doing. All have to travel through it. But by going through it you have to overcome it and you have to succeed to be in relaxation. Understand here that effort means trying to increase the change or decrease the change or to stop the change. Only to achieve relaxation you have to continue effort. Means doer has to choose relax state, and try to reach from effort state to relax state.

That means there are two types of efforts, one is clockwise effort and another is anticlockwise effort. Clockwise effort means which you have to do compulsorily. When you do these efforts then only something happens there. Anticlockwise effort means you should do nothing. But whatever happens spontaneously you have to accept it, welcome it and let them happen. You must stay open to welcome it. Then they evolve naturally.

So don't give rest to your effort. If you do like this you can't get the natural relaxation. You keep on doing all efforts which you know. Then naturally one moment comes, with little effort only you will reach relaxed state.