



The Third Awakening

More Zingers from Edji

(Collected from the “It Is Not Real” teaching blog of
Edward Muzika, PhD. – April, 2010-March, 2011)



Preface

In the rare case of a *jnani* (enlightened sage) communicating with students and spiritual aspirants throughout the world via personal web log (“blog”), Edward Muzika is unparalleled. Since the blog is a relatively transient medium, the intention of the present collection is to preserve a few gems of wisdom and some great teaching moments. Edji’s teaching style is captivating and will certainly confront and provoke many dramatic emotional reactions in the reader, stirring a serious spiritual aspirant toward greater self-insight and dedication on the path of Self-inquiry (*atma vichara*.)

Edward “Edji” Muzika engages in animal rights advocacy and spiritual instruction from his home in Los Angeles, California. Edji is an enlightened Advaita master in the dual lineage of Ramana Maharshi (by way of direct teacher Robert Adams) and Nisargadatta Maharaj (by way of direct teacher Jean Dunn.)

May all beings enjoy limitless love and peace!

Matthew Brown
Toronto, Canada
March 18, 2011

teacherintherye@hotmail.com

April 24, 2010

You Need to Understand the Mind is a Marvelous Thing

You need to understand the mind is a marvelous thing. It has a thousand faces: emptiness, the void, bliss, samadhi, everyday waking mind, sleep, dream, Turiya, the world, subject, object, oneness, many. All are you, so you have to explore like a hunter--a mind phenomena hunter attempting to know all the faces of God and mind.

Then awakening comes when you least expect it. All boundaries and concepts disappear, instantly, totally.

At this point many stop practice and gradually the old ways and mind divisions return. So practice is necessary for a long while.

Then, at some point you realize that even this vast oneness, silence, unity consciousness, is itself also false, a fraud, and then you are free of the whole thing.

But do not stop at just one station--silence. Keep moving, exploring until awakening takes you.

21 February, 2011

Still 18

My mother is 93 years old. She has had Rheumatoid Arthritis since age 35 and has been in almost constant pain because of it for almost 60 years. Her bones are fragile from osteoporosis, and she has diverticulosis that periodically causes intestinal bleeding. Yet she says she does not feel like she is 93, she says she feels like she is still 18. She has been saying this to me for the last 20 years, "I don't feel like I am 70. I don't feel like I am 83," etc.

Isn't that the same for all of us? Deep down we don't feel any different than we did 20 or 30 or 40 years ago. Why is this? Poor memory? Delusion?

No, it is because our base state, the Krishna consciousness, the Absolute, the Self, known by a thousand names according to the different traditions, does not change. It is that to which the waking and sleep states come and go, and which observes the body and world through space and time. Compared to this state, all the states, things, thoughts and perceptions that come and go appear to be illusions, comprised of and penetrated by emptiness.

That is our goal, to know the Self and abide in it until it becomes our primary identification, instead of identification with our bodies, position in the world, our work, or our role as wife, husband, father, mother or child. These are accidents so to speak. These elements and roles and identifications change over time, but the basic observer does not.

(This is an aside. You have to realize that all those perceptions, thoughts, emotions, etc., that comes and go, are also you, but they are the impermanent and changeable parts of you. I want to help you find that unchanging part of you and identify with that as your primary identity as opposed to the changeable.)

So, how do we know this state and accept it as our primary identification?

There are many ways, but the one Ramana taught was self-inquiry, as did Robert and so do I. But also, a practice I recommend for some, is to just sit and do nothing. At first you need to sit somewhere and observe, but eventually the sense of observing goes away and you are just sitting, doing nothing.

This is what students do at a Zen monastery or center; they sit doing nothing. At first they observe whatever is in front of them with partially opened eyes so they don't drift into sleep, then whatever is in the mind, then sounds from outside, smells, the

birds, etc.

But if the sitting is strong enough, done long enough, that which is the world and mind begin to disappear, including awareness of the body. Soon, you will pass through a state that appears to be sleep, but you are awake. You are fully conscious but you see, hear and feel nothing. The mind is asleep, suspended, and you are no longer even aware that you are aware.

Then you go into various samadhis, such as oneness with everything, the complete disappearance of limitations and boundaries. You are in the waking sleep state. This all happens when you remain still and stop doing things because the mind has stopped.

You need not wait for formal meditation times. Just go to a coffee shop and sit quietly watching people and your surroundings. Do not interact. Just watch. Watch your reactions to events around you and people coming and going.

Do this too at the beach or a park where individuals and families are passing by, each deeply involved in whatever they are doing. Notice the squirrels playing, and the feeling of the breeze on your face. Listen to the waves, but sit very, very still until the stillness of your body pervades your entire perceived world.

Soon, you may feel still and powerful like a mountain, with all of the thoughts, emotions, visual and auditory experiences coming to you, but you sit still as a mountain.

Then you begin to recognize your true, fundamental and unchanging self-nature. The illusions fall away along with the false identifications, and gradually you become free.

14 MARCH 2011

An Experiment in Kindness

I wish we could try an experiment. Create a small country where people took care of each other instead of finding reasons not to pay for Medicare, education or the poor. A country where they did not eat meat and kill 10 billion farm animals a year for food, as in the United States, or kill hundreds of thousands of people in two wars based on presidential lies of weapons of mass destruction, or hunt whales nearly to extinction, kill dolphins for fun, harvest fish until the seas nearly become lifeless, like Japan, or eat cats and dogs and skin them alive for their pelts, as in China, or beat them to death as in Korea so they would be more "tasty."

Perhaps that country would have no earthquakes and tsunamis, tornadoes or hurricanes, or killer snow storms. Perhaps we wouldn't have mass murderers shooting 25 people attending a congressman's meeting. This would be an experiment testing the truth of karma and also of God's grace.

Where did Japan's latest disaster come from? The sea. In the second world war it came from the sky. America is always having natural and man made disasters, as is China, including invasions by the Japanese. Now China represses and kills Tibetans and treats animals worse, perhaps, than any other country. No learning there.

What would happen to a nation that did not kill any sentient being and where every citizen felt diminished when any living thing had to suffer and die, and the only wars fought would be in self defense?

I would say that even if God (or Consciousness) decided that that nation had to suffer disasters too, that its citizens would still be very, very happy.

Perhaps we can try such an experiment ourselves, one family at a time, one ashram at a time, one city at a time, here and now.

[blog responses from viewers & Edji's responses:]

26 Comments

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Anonymous said...

let's stick with reality, hey?

March 15, 2011

laya said...

Thanks Edji,

Worth dreaming, worth saying...

and translated therefore <http://perlesdebonheur.blogspot.com/>

love,

March 15, 2011

Ed Muzika said...

Reality you say. What reality? Do you really think this world observed and interpreted by the mind is real?

My teacher came to the conclusion at the age of 12 that the world was not real, that it was too horrible to be real. Two years later he awakened totally, and saw that all the phenomena we call our bodies, minds and world were empty and was saved from all suffering and distress.

If you stick with what you think is real, you will always be stuck in that box. If you can't think of unreal things, how do you ever expect anything better to happen?

March 15, 2011

Anonymous said...

Namaskar Edji,

I wish we could try this too, just kind words and actions. When are people going to realise what they are doing to themselves?

Mona

March 15, 2011

mmsfrançais said...

I'll apply for a citizenship as soon as you announce the creation of this country dear

Master Edji !

What a good dream it will be :)

With gratitude.

March 15, 2011

Jakerock said...

My bags are packed!

March 15, 2011

Anonymous said...

It's our egotistical beliefs in technology that have put our whole planet at risk. We need to live in harmony with the natural environment and each other. It's egotistical demands that create the gap between rich and poor. It's egotistical leaders that take their countries to war.

March 15, 2011

Anonymous said...

The governor of Tokyo apologized on Tuesday for saying the earthquake and resulting tsunami that left thousands dead were divine punishment for Japanese egoism, a leading Japanese news service reported.

On Monday, Ishihara had told reporters, "I think (the disaster) is tembatsu (divine punishment), although I feel sorry for disaster victims," according to Kyodo News, which translated Ishihara's remarks from Japanese.

"Japanese politics is tainted with egoism and populism," Ishihara had said Monday, according to Kyodo News. "We need to use tsunami to wipe out egoism, which has rusted onto the mentality of Japanese over a long period of time."

March 15, 2011

Donny said...

using this disaster to further some point whether political or spiritual is ridiculous and obscene. it makes my stomach turn. some love you all have...so this is how you go beyond existence? by taking some self righteous moral stance...who the fuck are YOU??? YOU ARE THAT!!!! deal with it!!! Even the goons; Ishihara and Beck, Scot Walker, and yes Obama...who are you that is so high and mighty?

March 16, 2011

Anonymous said...

Hi Edji,

I share this beautiful wish with you. I wish that every single one of us would take care of him/herself and wake up to our true Self.

Love,

Janet

March 16, 2011

Ed Muzika said...

Donny, this is all on you. You are too close to the victims having a Japanese wife. You are full of rage at us because it is even suggested that the Japanese brought this on themselves. This post was suggested as an experiment. What if we--any nation--stopped killing. What if...

Then, after a hundred years had passed, would we see a country of happiness and no disasters? This was suggested as an experiment. A poetic experiment.

I suggested a country where animals were not killed, unnecessary wars not fought, might have a more Camelot existence as opposed to the violent existence of Japan, China and the US.

But your own hatred and bitterness spills out, not only in this comment of your, but your self-righteous emails to many. I assume any further comments by you will be even more angry and condemning of your former spiritual family. This is on you, not us.

March 16, 2011

Donny said...

Ed...there have not been "self righteous emails to many" just one to Betty, and the few with you. You make many assumptions as well. I just don't get the point of your thought experiment at a time like this. What 100 years do you speak of? Who are these others you speak of? Are they not all the Self?

My anger was at the posting of some politician who is on par with the rhetoric of the worst fear mongering politicians here in the U.S, and using his disgusting comments to suggest that the tsunami wouldn't have happened if Japan was a kinder less greedy nation. So which separate god is it that is enacting his divine rage. In your thought experiment phenomena would suddenly be exempt from change? No more asteroids? No more gamma ray bursts? No more volcanic eruptions?

The Kindness you speak of is happening NOW in Japan. Grace and self sacrifice and order. I dare say, were that disaster to happen here things would be very different, descending into looting and robbery and selfishness.

You are right...it is on me...my feelings about this are my own...as are yours and everyone else's his or her own. Every single feeling is an opportunity to SEE

Peace

Donny

March 16, 2011

Ed Muzika said...

Your anger makes you so confused you are not thinking straight.

I said we needed to follow such a kinder and gentler nation for a hundred years after its founding to see if it made any difference in its history of disasters or the happiness of its people. You did not understand this because you are blinded by anger.

You say you are angry about what this Japanese politician said, but you have been angry with me for even posting this thought experiment way before that politician's comment was posted.

What peace? There is none for you now, only hurt and anger. None of the others here or I feel hurt or anger, only a wish that there could be a less suffering world.

You seem to get the concept that nothing is real, but at the same time accept that volcanoes and earthquakes are real and independent of the mind.

Yes, Donny, what if the physical apparent reality were influenced by the mind state of the citizens of the world? Are you prepared to reject this possibility out of hand, now that you understand nothing is real?

March 16, 2011

Metta said...

A beautiful idea. Our human race has been very unkind to the earth.

March 16, 2011

Anonymous said...

Donny,

Thank you for having the courage to speak openly about how you felt.

Peace,

Janet

March 16, 2011

Donny said...

Ed, would the mind state which affects the "so called" physical apparent phenomena for the better be any less illusory than the one that doesn't? Isn't the whole point to transcend both good and bad? To apprehend THAT which is beyond comparison and judgement? You seem to side step your contradiction by invoking poetic license...that's fine, but what is the mind that wants things to change?

I don't think that there is an independent physical reality that is separate from mind...and the 'concept' that nothing is real is equal to the concept that everything is real...both concepts.

I was angry...you are correct. I make no claims to be beyond...in fact it is my understanding that the I can never go beyond anything. For obvious reasons.

I just really don't understand how you can make the claim (which I agree with) that the world observed and interpreted by the mind is unreal...and then turn around to make causative or correlative "suggestions" regarding events in the unreal world...just doesn't jive. Coupled with that, is my desire to mitigate any apparent suffering my wife and her family are experiencing.

There is a lot of hateful garbage flying around the net...usually by pre-pubescent numbskulls who say this disaster is payback for Pear Harbor. I don't think that's what you were getting at...but can you see how my incredulity at your 'experiment' was not interpreted as kindness.

Anyway...I'll leave it at that. I have no ill feelings toward you or anyone else, and thank you for your work with the cats and aspirants, and for even allowing this discussion to take place.

Janet...thank you...gotta speak up as the spirit moves.

Peace,

Donny

March 16, 2011

Ed Muzika said...

Donny,

You talk about unreal, but you accept Japan, the earthquake and the current courage of the Japanese as real. You also accept "THAT" whatever THAT is as real.

NOTHING is real in the final sense. You have not seen that for yourself. It is only a concept. All is a creation of thought, which themselves are unreal.

In that sense, neither is better or worse than any other reality.

But most people will never awaken to the unreality of the world. Therefore, there is room for someone who sees the world that appears is based on thought. So It this person change the thinking and thus the world that appears.

Would it not be better for those who do not awaken to the unreality of the world, to be able to live in a world of love, health, long life and few disasters? To live a life where they do not kill for food or animal fur, or to support a cultural tradition, and where true social security and medical care and education is guaranteed as opposed to a world of killing, wars and disasters?

March 16, 2011

Ed Muzika said...

Donny,

When Robert was 11, he saw his aunt cut the head off of a chicken, and the body kept running around in circles for sometime thereafter. He was horrified and became very depressed and remained so for a long time. Then a year later he snapped out of it because he had an epiphany that the world was not real, because if it were real, it would be too horrible to bear.

Two years later he had his awakening where he saw that all that is, all forms were made of consciousness and were essentially empty.

THEN, he traveled for 17 years going deeper, getting married and having sex, and raising two children of his own as well as several foster children. That is, he acted as if the world were real.

Yet he never taught that. He was only showing people the exit sign, the way out.

As Robert says, each teacher has his/her own message. Robert encouraged me to act in the world, politics, taking care of cats, etc. He knew I knew the exit sign already, and he encouraged me to help and change the world even while he preached, "Exit Only."

My message is that even an enlightened soul would like to live in a world of peace, health no violence and as little death as possible. A world of love, much preferable to the one we live in. I do not teach just detachment knowing most people will not go free, and the apparent world depends totally on the thought content of people. Why not change that thought content and see what happens.

March 16, 2011

Jeff said...

I find that it is the unhappy craziness of this world that most propels me toward wanting to awaken. But I wonder if it has to be that way, or only in a hellish world like this one? What would Robert have used as an awaking shock in a world in which his aunt didn't chop the heads off of chickens? He probably still would have awakened, but maybe not at such a young age? Or maybe that world would be one in which the native foundation of happiness more naturally evolves into an understanding of reality, without needing visions of cruelty to provoke enlightenment. I'd like to think such a place can exist, maybe it already does somewhere, and maybe can begin to evolve here.

March 16, 2011

Ed Muzika said...

This is a kind of theoretical problem isn't it? Most people never awaken, but I think it is for those who do, to come back into the apparent as a teacher, and for all others, while practicing for liberation, to act as saints and transform the dream.

March 16, 2011

Ed Muzika said...

Very strange coincidence. Jimmy--the homeless man who feeds feral cats--came over to get cat food from me to feed his cats.

Just moments ago he said to me that it came to him last night that Japan was

being punished from the sea because of whaling, killing dolphins and fishing the sea dry.

March 16, 2011

Anonymous said...

These conversations are great.

Matthew

March 16, 2011

Anonymous said...

yeah I agree too.. Peace and non-violence pays well for sure. People who are raised in such a civilisation are far more relaxed, even more prosperous and will be able to get deeper into their self and see reality. This was evident from the ancient vedic civilization which saw a tremendous growth in spirituality in this part of the world. When the period of animal and human sacrifices began, the society was steeped in ignorance and then started the decline of hinduism in India. There were invasions and lot of brutality. When advaita was given a rebirth by Adi Shankara and similar saints who strived to remove all evil practices, it brought in the bhakti movement in India. But even all this has been happening in cycles. We can easily notice this for ourselves from studying all the old civisations. So with all the brutality and greed that is there today, great saints like Edji are making to make this world a better place and also make us see that even this is unreal. Let us all be with the flow..

Regards

Sharada

March 17, 2011

Faisal said...

HAHAHAHAHAHA.

It is amazing the amount of judgments just because a Liberated being was being creative...

U fools doesn't a Liberated being has an imagination too !! do u think they r just a

"moving stone"!!

Blessings

Faisal

March 17, 2011

Lars said...

About help for animals in Japan ...

<http://edition.cnn.com/2011/WORLD/asiapcf/03/17/japan.animal.rescue/index.html?hpt=C2>

March 17, 2011

Satsang said...

Holy shit, no BBQ? %\$#@

Oh well.

Pranams,

Chris

March 17, 2011

17 March 2011

The Third Awakening: an Ever-Increasing Love for All Sentient Beings

A long time ago I studied under Zen Master Seung Sahn Soen Sa when he lived in the states. I also stayed as a guest at his temple in Seoul when I visited Korea in the late 90s.

Seung Sahn had a pet peeve, it was students who attained Nothingness and saw the void nature of all things, even that time was empty, and then they stopped there. They became “rogues” and did just as they wanted without consideration for others, because they saw themselves and others as non-existent, so whatever actions came from them was considered alright, even while not resolving the illogical inconsistency of no longer feeling like a person, yet continuing to act in the same old ways as before. (For I might ask the question, "Just because you no longer feel a personal, or that you exist, does that mean the personal or ego is not still there?")

He would say, “You now know Empty; is that all?”, implying there was something to discover beyond Nothingness and the Void and oneness, and which was a return to living as a human in the world lived in by all others, the apparent world of life and death, and to do so with a sense of compassion and integrity.

He gave students many koans relating to life "after" the initial awakening to nothingness, which he considered half way, or 180 degree awakening, versus a 360 degree return to the marketplace.

Robert too spoke of those who only understood that nothing ever existed, and they did not exist, yet who continued to live in the apparent world, either not caring, or deliberately exploiting it without caring how ones actions affected others. He called them “cold fish.”

I am afraid several famous Jnanis fit into this category, but I am not going to name names because I'll get comments from a dozen defenders.

I have mentioned that there are two stages to awakening. The first was to see that you do not exist and never have existed. Seeing that, you see the world too has never existed, and you are free. It is all a matter of mind and the mind is only a collection of thoughts, which aren't really your thoughts anyway, and which one might call a collective or cultural network of thoughts. I write about this as my [first awakening experience](#).

The second awakening is when you see that all of consciousness and the states of consciousness are not you and have nothing to do with you. You are that which notes the coming and going of consciousness and the forms of consciousness. This I have thoroughly explored on the blue site of <http://itisnotreal.com> as well as on the link called my [second awakening experience](#). This knowledge or awareness has no attributes and really no existence as an entity of any sort in this world. It is utterly beyond phenomenology.

However, there is a third awakening too. The third is an ever increasing love for all sentient beings, wanting them to be safe and prosper, and also wanting to create a better world. This can come instantly, or over a period of time, knowing that the world is unreal, a creation of mind, but beginning to see the suffering and pain of others as real after all, and it causing a rise in you of a need to end that suffering. This is the Mahayana ideal of the Bodhisatva, versus the Hinayana ideal of the Arhat. The second Bodhisatva vow: Sentient beings are numberless, I vow to save them all. The Bodhisatva relinquishes the peace of Arhat "blowing out" until all beings are saved from suffering.

Those who have only mastered the first one or two awakenings laugh and scoff at this, saying it is dualistic thinking, saying who is there to do anything? But they can only say this as long as their hearts have not opened. They still exist only in Jnana, they remain Jnanis rather than returning to the world as Bodhisatvas with love and compassion. Look at Rajiv; he has mastered both, Jnana and Bhakta.

This marriage of both is the final goal, and it is far more fulfilling than just Jnana or Bhakta. When your heart opens, dualism and non-dual are reconciled in the same person. Nondual, you might say is a visually based understanding, while dual is visceral.

I prefer to transcend this limitation of non-dual and find the powerful thread of love everywhere, holding and permeating the universe. You see, every teacher has a different message. Robert used to say his was closer to Ramana's than Nisargadatta's, but each realized being has his or her own. So, if you like this message, you feed feral cats and the homeless and prompt politician's not to cut Social Security or Medicare. You adopt a homeless cat off the street or go into a shelter and adopt a dog.

Draw a circle of compassionate action around yourself, as big or small as you care to make it, and within that circle, create a kinder world.

[blog responses from viewers & Edji's responses:]

12 Comments

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Sharjeel said...

Dearest Master Edji,

This is the best part of your teaching. It makes us feel compassionate towards other beings and also make us understand that it's not like alive dead body after liberation, which is a very absurd idea, but mind tries to tell me sometimes that it's like that and as you know, it is mind defense mechanism because it wants to survive.

Edji, you give us courage and strength on this difficult path. You are a true guru! and that's why I feel so blessed to have you and Master Rajivji!

Love you!

I bow,
Sharjeel

March 17, 2011

Jeff said...

Consciousness is like an unimaginably huge symphony orchestra, playing all the notes, all the time, all at once. Mind is like a composer/conductor who comes along and chooses various notes and puts them together in a linear fashion so they can be experienced and appreciated as a song or melody. Is that song going to be harmonious or discordant? Will it be a happy or melancholy tune? Bach or ZZ Top?

It's entirely up to you. I don't think the whole of Consciousness knows or cares

what's being done with all the vibrations at all the frequencies it is radiating. But that doesn't mean that we as apparently separate minds shouldn't care. In fact, maybe the truth is that we are the way Consciousness can care, and thereby we make something meaningful out of that apparently meaningless radiation.

I hope that if and when the time comes for each of us, we will be willing and brave and selfless enough to make that Bodhisattva vow. In the meantime you can keep feeding the cats, because it makes you and them happy. You can give the five bucks to the woman on the corner, because you know the money isn't real anyway. And you can let that driver who just cut you off into your lane, without flipping him off, because it is so easy to forgive something that didn't really just happen. Thus a more peaceful and happy world is built.

March 17, 2011

Ed Muzika said...

Jeff, beautifully put! Beautiful analogy!

March 17, 2011

Anonymous said...

What a profound blog entry. This should have been a Satsang. You truly are the most amazing being I have ever met. I love you so much, my whole world is bursting in flames of joy.

March 17, 2011

Anonymous said...

I'm confused. We're constantly told the world is all a dream and nothing - absolutely nothing is real. But, now pain and suffering are real after all.

Why is the bed I'm sitting on an illusion, but pain and suffering not? Isn't it all part of the illusion?

I went through a phase of being lucid in my sleeping dreams. I can clearly remember punching people who annoyed me, knowing there would be no repercussions.

So, I can understand there being jnanis who act in much the same way after awaking.

I guess I must be a cold fish, too.

March 18, 2011

Ed Muzika said...

It does not matter what you are told. Transcend that. It is all about you and your understanding here and now.

If you are in the Jnana tradition, you must see the unreality first, completely, all the way, and then let the love develop.

Just be easy on yourself. If you feel confused, just go within, into the emptiness. then learn to love yourself.

March 18, 2011

Anonymous said...

Edji,

I just watched the whole process of what is going on in me and put some notes down.

A wave comes over me. It's a heat wave and my first thought is - that's Edji, he is with me. Great joy arises, thrill spreads throughout my body. I start witnessing the wave getting stronger and stronger. It is first felt in the navel area or solar plexus but it moves upward and stops in my heart area. I start feeling an increasing love and gratitude for your presence. That quickly grows into an ecstatic feeling, almost climaxing. There is great pressure in my heart and a push for an opening. The energy remains there and my heart is full and throbbing. Like an incomplete orgasm just waiting to be awoken again to fulfill itself.

Then a second wave comes, a stronger one. My whole body now participates. It is

flooded with ecstatic sensations. I become hot. And again, and again. It becomes almost unbearable. Involuntary my breath stops in an attempt to sustain the height of the Orgasm, to make it continuous. It is a miracle, the most amazing thing I have ever experienced.

Occasionally, there would be a complete orgasm. Great relief which spreads all over my body. Peace then envelops me. I am now in meditation. My thoughts slow down. The focus is now on my third eye area. My whole head feels very tight, as if I have a helmet on it. I then start sinking, down, down into stillness (although I do have random thoughts). At this point it is mostly watching or feeling of my body tingling in a pleasurable way. I am at rest.

Great Love, T.

March 18, 2011

Ed Muzika said...

Ahh, you had Shaktipat even without any touching. Just a look. The rarest of the rare.

Advaita does not recognize the guru as a doer, even though remarkable things happen everywhere as with you. It is consciousness itself that appears to be reaching through and expressing through our entire satsang family.

Try to get your attention out of the Third Eye area as quickly as possible. Let your attention sink back quickly into the heart and then into the abdomen as quickly as possible. This is when the mind totally disappears and you can slip into Samadhi.

You are quite rare. A bhakta in a Jnan tradition. Go figure.

You have to realize, I did nothing. Consciousness has selected you for this particular path. I am grateful for your presence. You will be a great teacher some day.

March 18, 2011

March 18, 2011

Anonymous said...

This is beautiful post beloved Edji, very grateful that you shared it with us. One thing is very obvious that there are not going to be any cold fish here only heartfelt Buddhas, jolly good job sir!!

Love

Ruby

March 18, 2011

Anonymous said...

Namaskar Edji,

I feel like you have just written down my deepest desire and most intuitive knowing. I know nothing except that this is the only and highest truth and the only thing worth attaining.

Pranams to you and Rajivji,

Mona

March 18, 2011

Anonymous said...

Edji,

I just wanted to let you know that the above experience 'T' is having and the one you said is shaktipat has also happened with me several times, but with less intensity. Because you said in one of the Satsangs "Not to pay too much attention and don't give importance to any experience", that's why I was not paying too much attention to it and I thought it could be my mind creating it. The whole experience is so spontaneous and very rapid sinking happens after that.

Love,

S

March 18, 2011

Ed Muzika said...

Shaktipat is only a word. I could have "shaktipat-like" experience, because those who regularly use the term have all sorts of interpretations and theories. It is not

important. I was just very happy for T to have these experiences, and for you. But the intensity will pass, just as you state they have for you, giving way to a deep and calm happiness. But in the meantime, enjoy the energy processes. I didn't mean to take them away from you.

In the end, all experiences are transitory. Realizing that uncovers and shows you to you.

March 18, 2011