

**Black Eyed Peas  
or  
Brahman—the Absolute?**

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CONVERSATIONS WITH THE SUPREME

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Black Eyed Peas or Brahman—the Absolute?  
*(Conversations with the Supreme)*

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## First Conversation...

*(Supreme)...Hello born warrior, I am Supreme. I mean I am NOT Supreme because there is no I in me. There is no ME too! They call me God and what not. They give me funny names. They do lots of things in my name and try to please me with all that. But they are all my children, so I smile. Sometimes I have to laugh a lot. But forget all that. I have come for a chat with you. Come on let us talk. Let us be buddies. Do not give that funny look. You think that you do not know me? I am not surprised. Even the greatest philosophers are far away from me. The greatest scholars too. And all those who claim to represent me with pompous procedures are creating chaos and confusion. Oh! I am a stranger to them and they claim to be my distributors and wholesalers. I do not need their help. I can exist without their publicity and noise campaigns. I do not blame you. There! I have almost come to your level. I want to have a chat and I have chosen you because you are simple, sincere and sweet. You think it is not a big deal? I bet you will be happy.*

**(Born Warrior)** All right. I will check it out.

# Black Eyed Peas?

*(Supreme) What are you doing? You might fall in the pot.*

(Born warrior) Oh! It's you. I was looking at black-eyed peas. Why? Am I so small that I may fall in the pot of peas?

*Pot or pit or pit falls all the same. What is there to eye on a black-eyed pea?*

Well it is believed that on a New Year day if you eat black-eyed peas it brings good luck. During the year of civil war in 1641 when the country was not so prosperous there was a food shortage. Those who had enough black eyed peas survived and were prosperous. In India too they believe in this vegetable called *chauli*, which they eat on the New Year's day. That's interesting. I was about to tell you that my sister gave a party of black-eyed peas. All were busy eating but I wanted to say a word on "Meditation on Brahman- the Absolute". It was wrong timing. I had to scam before she gave me a black eye!

*Thanks for updating my knowledge but did you and your sister ultimately merge in Brahman—the Absolute or whatever you call it?*

Brahman is You! Do I have to remind You?

*Is that right?*

Aha! You are THAT yet You ask. I like this! How about eating some black-eyed peas? They are tasty with the Indian spices- *masala*. Do you eat spicy food? Are You vegetarian or non-vegetarian? It will be my good luck if you eat. Besides food is *Brahman* says the *Upanishad*. In *Gita* there is that *Shloka* in the second *Adhyaya* ...*Brahmarpanam*...

*Wow, you know so much, but what is good luck?*

Well for me You are my good luck but if one has good health, money and power that's all that spells LUCK for the majority.

*I see such a short list still I get complaints all the time why luck is not shining on them. Maybe they want it all on a plate or? I don't know. What do you say?*

What do I say? What do I not say? You are pulling my leg again.

*I was wondering...never mind.*

Go on. You are God the Supreme, why do you hesitate?

*No, I was wondering whether I should start eating black-eyed peas.*

You don't eat black-eyed peas on a New Year's day?

*Please enough of peas. We don't have a New Year or an Old Year. If we had these all your calendars will be dissolved. That would be Pralaya-the dissolution and six times is enough.*

*I don't promise anything but if there is another dissolution then all will go back in an egg. Nothing will move. From me there is neither a promise nor a threat.*

Heavens no, let's switch to eating. If you eat black eyed peas it will be good. If you have good luck you will pass it on to us. There are enough problems on earth.

*May be I should. But I should be gone now. Someone else might be looking in a pot or peas or a pit.*

Au revoir. Bring some garlic, lemon and some good luck to add in these black eyed peas for better taste.

*You got it.*

Thanks.



# Sharing a Secret

(Born warrior) Shhhhhhhhhh are you there?

*(Supreme) Yes. I am everywhere. Speak.*

I want to share a secret with you.

*I know it already.*

Oh. Then it is no use talking with you.

*No. No. I did not mean to hurt you. Let us see, I can say I don't know which secret you want to share with me.*

They say I have some power.

*Hmmmmmmm. You are also getting into that? Power bites you know?*

You talk like my friends. People say I have powers but I have none.

*That's good. I mean it's a good attitude.*

I am relieved that you understand.

*I am too. I am happy people accept that I too can understand.*

But don't tell this to anyone.

*No. As if anyone wants to bear God. Ha! Ha!*

Oh. You are not supposed to laugh. You are God.

*Who told you that? I laughed aloud once and a whole world slipped out of my mouth. Your foundation is laughter. Ha! Ha!*

Thanks. I like to laugh and joke and talk a lot too. But that creates misunderstanding. Any way bye for now. See you later.

*There is no “bye for now” for me, because I am always with you. Ha! Ha! There goes my laughter again.*



# See Dreams without Glasses

(Born warrior) God. I want to ask a silly question.

*(Supreme). Stupidity is another aspect of wisdom. No one is stupid. Everyone has his place in totality. Everything has its place in totality. You have to keep your mind aside to understand this. Go ahead with your question.*

How do people see dreams without their glasses?

*Physical vision is not the only one. There is a subtle vision too.*

What is subtle?

*Subtle is not material. It is not dense enough, like my jokes. Ha! Ha! There is a subtle world next and nearest to the world of ours, the physical world. Things happen in the subtle world before happening here. Things there are everlasting, perfect and luminous. It is a world of perfection in form, but it is limited.*

Anything related to dreams and nightmares?

*Dreams are extensions of your day's activities or recordings of what you experience. To dream is to experience. Past memories spring from the Subconscious. This is sticky and mechanically repeating itself. All mental, vital and physical actions are continuously recorded without your ever being aware of it. These are thrown up in the form of dreams or nightmares because your body or the physical gets freedom from the vital and mental in your sleep. Premonitions and visions are something different. These are not our daily visitors. These are a rarity to the*

*average human being. If you know everything in advance all the time you will lose interest in life. The taste of adventure and the joy of facing the future go. Therefore I have held back this from you for the time being.*

*Do you know you travel in the night when you go to sleep in your astral or subtle body? You visit so many beautiful places and get up in the morning happy. You also wonder how you go to unpleasant places to suffer and get pain. You experience nightmares also. You will have to put up with such experiences unless you choose to call your guru for help. Call me if you like and I will rush to dissolve the nightmares. You can also use a mantra to protect yourself. Better watch your thoughts and emotions and think well of others during the day. Never wish ill of others. If you get angry then in a dream a cat will look like a tiger that comes to attack. But the most to be guarded and understood is that there are little beings that get delight in creating dreams for the humans. And this can give you a taste of honey or heat of burning lava.*

Oh! It is complicated and so many things are involved here. It is pretty scary .Why don't you do something about it?

*Ha! Ha! I don't do anything. I mean I can but why do you all depend on me all the time? I have shown the way that is much easier. When you help yourself you are unknowingly getting my help and that gives me Prasannata (the Bliss of contentment) though I am in Bliss all the time. I am Bliss anyway. Got to rush from here to help those who are calling me. Ha! Ha! See I am on my toes. God, On the run! God, On the run!*



# White Carpet and Gray Spots!

(Born warrior) God? Are you there?

*(Supreme) Why do you doubt?*

I was afraid you might forget me.

*Never. Take care. Fear is a positive weapon of the adversary, the Asura. Oh, You are cleaning your carpet? Carry on.*

It is whiter than white.

*I like white color. It shows the gray easily. Be like a white carpet, you can see the gray areas in your mental, vital and the physical. Ha! Ha!*

From where does your mind get all these ideas?

*Me? Mind? Ideas? I don't have any mind. A mind is an organizer of knowledge. A mind has to seek knowledge. In the Supermind knowledge exists. It does not have to seek it. Knowledge exists by identification. It is there by identification.*

Go on. It is always good to know.

*Clean your carpet. Clean your carpet.*

It can wait. I have already done half the rooms.

*No. Do not leave any room unclean. Dust and dirt from one room will be carried to another room. Your work will be nullified. In the same way you must work on your mental, vital*

*and the physical, all at a time, not one by one. Never mind what you are able to clean up first. Do not stop; complete your job at one time.*

From where to where God? I was only talking of cleaning a carpet and you take me somewhere else.

*But that's the purpose of your life to realize the Divine and to be free from the veils around your mental, vital and the physical. And that is what I just remembered so I told you. Ha! Ha! I have got to run; someone is remembering me. See you later though I am with you.*



# Moving Upwards With Every Kick

*(Supreme) Did you call me?*

(Born warrior) No. I only thought of you.

*That's it. Your thought has reached me. Your voice is a bit low. Are you tired?*

No. I was talking long distance and my friend could not hear me. I had to use all my energy to make him hear. In the morning someone wanted me to use another style of talking. I don't have so many different styles to switch to. I will try. It is not right to displease anyone. Is not it?

*That's what we all have to learn as much as we can to accommodate and be flexible in our outer transactions. But take care there is other side to this too. Some people want this and others want that and after adjusting which is ego and understanding that is wisdom, we find we are where we were before.*

What do you mean we are where we were before?

*Do all you can to please others and still they will not be satisfied. Of course we should be perfect and on the path of truth. When we interact with others it is the external nature that is mainly in the forefront, and it shows our shortcomings or what is different from others. That is what others see in us and react to.*

Yes this morning the other person said to talk like this and like that.

*A yogi for his own progress should study these little incidents. A day gives several opportunities to get little shocks and pinpricks. We have to remember always that all are our teachers. Remember if we are touchy and sensitive we can make these, our assets. Every time you get a kick move upwards in your consciousness. In the existing conditions of the world it is not fair or wise to expect too much help from me. Ha! Ha!*

Whhhhhat? You are Supreme and you say not to expect too much from you? Where will I go?

*You forget something?*

Like what?

*You are a born warrior. And a warrior at the battlefield has no time to complain. Back at home all expect you to defend, attack or take blows.*

Where are we drifting? I just casually mentioned about voice and you take me so far away. Oh, I need a break.

*No break for you sir. I love you so I want you to be alert always. Little things need not be neglected. We have to show yogic attitude even in little details or transactions of life. Do not try to please everybody. You will not succeed in that. But that does not mean you can do what you like. Look within. If you find a fault set it right because to be a Yogi or a Disciple of Sri Aurobindo is a responsibility. Has not the Mother said, "To know a fault is a treasure"? So start collecting your treasures.*

Thanks. I love you. I like the way you rope in so many things. You care for me and spare your time though you are busy.

*There we go again. Time and space do not bind me. I am busy because I am not busy. Ha! Ha! I must be off to other amusing situations. I made this world for laughter. Ha! Ha!*



# Never say No to a Gift

*(Supreme) You are in a pensive mood.*

*(Born warrior) I am wondering how to solve this.*

*What?*

I want to give a gift but my friend says no.

*That's ego*

No. My friend is very nice and helps me in The Work. Ego is bad but my friend is good.

*Ego is bad? Was it necessary for individualization? Or was it not? Ego divides and separates you from the origin. In the beginning when I sent forth four powers, Life, Light, Bliss, Truth; they being too powerful said "Aha! We can be on our own". That's when they separated from me. Once that happened they turned into the opposite: Death, Darkness, Suffering and Falsehood. I had to send more perfect powers to repair the damage. These are called by you gods and goddesses with different names in different countries. You made religions around them. Gradually religions became ceremonies forgetting the spiritual content and their true purpose.*

What are those four powers doing now?

*Good question. Darkness is destroyed. There is now Light or Illumination for those who want to rid of ego and be with me*

*again. It will take millennia for the entire humanity to avail of this illumination.*

*Suffering is transformed, those who know how to do it can turn it into bliss. If one person can do it others can. Some have achieved this.*

*Death or mortality is willing to cooperate and bring back Immortality. The work of transformation of the physical body is a long battle. The present equipment - the body - is not convenient for Death to bring about Immortality. With the Supramental force having descended on the earth in 1956, it is a matter of time. Just wait for a few thousand years and you will see the results. Ha! Ha! A few thousand years are not that far.*

That is great but few thousand years sound like utopia.  
Who knows you might forget.

*You want the world to change and you become immortal while you finish eating your sandwich? I admire this. You all are alike. You forget there is one gentleman who will not let go. He wants to fight until finish and cares a damn whether he is destroyed or devoured back by me. He is the Lord of Falsehood. This Lord (ha! ha!) and his emanations - a formidable army of his - are busy creating war, discord, and chaos in the world. Hey, its time to go, see you later.*

Wait, when will you destroy this Gentleman?

*Well, that will be my biggest joke and a surprise on him. But why should I tell you the details? What have you done so*

*special that I reveal my plan? Is there a plan? Ha! Ha! Do  
your work of gift I am off Ha! Ha!*



# Dish Washing and Receptacle

*(Supreme) Hi! There! What are you doing?*

(Born warrior) Loading dishes in the dishwasher. How long are you watching me?

*I watch the play of consciousness. Not how much sugar is put in your coffee! Ha! Ha! You are good at your job.*

Look at this. I left a few tea leaves in a teapot and that has spoilt so many dishes.

*Of course a little negligence and you spoil it all. All your vessels must be clean. Keep your Adbar - receptacle or vessel, empty and clean so that I can pour a drop of my ambrosia.*

What is this receptacle doing here? Have I to put it in my dishwasher?

*Each human being has a receptacle i.e. a containing system. This is composed of five sheaths of the five principles constituting the physical, vital, mental, Supramental and spiritual being.*

*Adbar is a base. It is a physico-vital system free from weakness, strong in nerves and endurance and above all with an awakened physical consciousness that responds to the calls of the spirit and participates in the spiritual ascension.*

I would rather wash the dishes first. May be I will join a gym for a strong body and nerves. I will take your help for endurance. For physical consciousness' awakening and

transformation I will do the mantra *Om Namō Bhagavate*.  
Is that all right?

*Why should I tell? Go deep within and find out. May be it is  
a better place to meet and discuss the secret techniques. Ha!  
Ha! Be simple and remain quiet. All that is precious will flow  
to you.*



# Book Reading and Askesis of Mind

(Born warrior) Who is that? (Startled)

*(Supreme) It's me.*

When did you come? I got startled.

*When did I ever go? Ha! Ha! I am always with you. I am your protection. I am always around you.*

That is very sweet and kind of you. I love you.

*I love you always. But you got startled and that means you are not at peace and your calm is not reaching out. It is not positive and strong.*

You know what? People do not like my reading. They ask me to read only one book and put into practice what I read.

*Why do they meddle in your affairs all the time? How much do they know about you? How much do you know about yourself? I see they are getting at you to settle some old account. I look at it from physical interference in your Swadhyaya – study - of the scriptures.*

They are all around me. There is an attempt to stop all that I am doing for the WORK.

*That's bad. Keep calm. Take it as a fiery test. Face it. You may or may not fulfill your plans and goals and dreams. Leave that for me. Do not let your calm and peace be taken away. I*

*know it is difficult but it is a working of the hostile. It is falsehood that is using these people against you. I would call them silly and victims of gross ignorance. If they had common sense they would have helped you in your work. Let it be. You will come out stronger. You must read because without that your sadhana will go zigzag with hardly any progress.*

*And now whether you're putting into practice what you read. They are only looking at what they do not like in you. If they are prejudiced or if they despise you, they may not even like the shape of your nose or your smile. If everything in you is unpalatable to them better pack your bags or else it can kill your soul. They think that you have remained the same in dealing with them. They are only looking at your external nature. It takes a long time for that to change but let me tell you that you are progressing besides who can see what is inside?*

*We all know man is a mental being and he needs reading and knowledge is a food for his mind. If you read the books of wisdom you are bound to benefit and one day the sun will shine. Knowledge is useless only when it is not put into practice but all forget that it takes time to do that. Don't show your books to them. Read in secrecy and do not quote. This is a hostile's working. You seem to be important to this gentleman hostile that he has noticed you. This means your work is a positive contribution. Do not stop reading the scriptures because constancy is needed for imbibing inspiration.*

**What about those who are uneducated and those who cannot read?**

*Oh, you switch. Well, they can get wisdom by concentrating at the heart Chakra. If they are not the intellectuals it is all right. For those who cannot read you may find a reader for them.*

*First solve your problems, then think of solving others' problems.*

The whole thing is unpleasant.

*Oh, you are stuck in the glue of pleasant and unpleasant. You have read in the Gita that good and bad, happiness and sorrow, pleasure and pain, grief and joy must not affect one. You must have equality and not be affected by changes or different situations in life. Put that into practice. Ha! Ha! Let me ask you why do you read?*

It gives me peace and strength. There are thousands of life situations and I get at my mind's level, answers to questions. What was behind the behavior of such and such person? How should I protect myself? These books explain invisible working. I do not have to seek a human form for answers. I do not get thrown overboard. My boat is sailing smoothly and I will surely cross the *bhavsagar*<sup>1</sup> of this *sansar* with help from books.

*Well, happy sailing. I would rather go because I do not know how to swim in water.*

What is this? You are God the Supreme and you do not know how to swim? Do not pull my leg.

*Did you not know I am in everything? How can I swim in myself? Or may be I can. Read and solve this puzzle for me. I am busy. Ha! Ha!*



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<sup>1</sup> Journey of Life

## A Smile in the Crib

*(Supreme) You are looking down. Thinking of that child?*

(Born warrior) Yes. It is crying. Last night it cried a lot. They called me.

*It is nothing. The child is trying to adjust with the world and the surroundings. The body is trying to adjust too.*

Why do infants smile in their crib? It is said they see God. Do they see You?

*Why should they not? They see so many things. Why not try to be like an infant. It makes things easy for me to help you. The psychic of an infant is in the forefront. It sees different worlds and things. It may see the subtle physical world or other worlds. The psychic smiles at the world. It is the inherent quality of a psychic, the developed part of a soul to smile, to be in peace, radiate warmth, joy and laughter. It is always happy and rarely makes a mistake in the sense as we understand. As the child grows, vital desires and mental fears and prejudices veil its soul. Things begin to change.*

That's what I was trying to tell them when they retorted that I was showing off as if I had more knowledge than they did.

*Did they ask you for advice? Why give information to those who wish to remain in the dark? Are you competent to give correct details and guidance? Use your common sense and*

*remain immobile. Leave some work for me sir. Ha! Ha! I was joking.*

I am learning but I love the child a lot.

*Oh, she is fine and kicking in her crib. This is the beginning of the soul's adventure in the world. It knows the struggles and sufferings and joys it has to go through in the world. Yet it wants to evolve more and more. It does not care. Let this child go through these experiences. I see it is a special soul. You will be happy to see her grow. By the way how do you spell detachment?*

DETACH ... Why? You know this spelling yet you ask.

*Ha! Ha! And what does it mean?*

Gone? Hey? Where have you disappeared?



# Wisdom asks a Buffalo

*(Supreme) What is that you are reading?*

(Born warrior) It is a traditional saying that asks. “Which is greater a buffalo or intelligence?”

*Comparing a buffalo with intelligence?*

Actually it is sarcasm against those who don't understand and make silly observations as if they have no intelligence or Buddhi.

*I see. Let us understand that there is manas the mind, Buddhi the intelligence and the enlightened will.*

*Manas is sense mind. Man's initial mentality is not at all a thing of reason and logic but animal, physical or sense mentality. Man's mentality carries impressions made on it by the external world's outward stimulus.*

*Buddhi is first in evolution yet it is a secondary power. Why so? Because it is dependent on the inferior instrument manas that it uses.*

*Buddhi depends on sense mind and works by elaborate and stumbling extension of knowledge and action from the physical or sense basis. Sri Aurobindo says, "A half enlightened physical or sense mentality is the ordinary type of mind of man."*

All the definitions and classifications confuse me.

*There is an easy way. Forget looking at the buffalo and apply your Buddhi.*

Where is the buffalo?

*Where is your Buddhi? Buffalo represents Tamas – Inertia- in the physical. Say your mantra Om Namo Bhagavate for the transformation of the physical and send the buffalo for grazing grass to bring the Buddhi back.*



# Liars All Around

*(Supreme) You look puzzled. What happened?*

(Born warrior) I wonder why people lie for nothing?

*Lying is not justified. You must be alert, defensive but compassionate towards them.*

For every small thing they lie. Even for things where they would not lose anything. Why is it so?

*It's a pity. It means the soul has gone to sleep.*

Oh.

*It may start with a fear that one may lose something. It is not justified because it is a negative step in karma. It is falsehood.*

*Sometimes people are stupidly secretive and will speak lies even for admitting that they put more salt in the curry. I laugh when they speak lies.*

Excuse me you think it is funny?

*Of course it is funny. They lie when they pray. They tell me things that do not exist. They hide things that are known to me. It is not necessary to do that. I keep silent and pretend that I am dumb. They think they are clever. They think they can cheat. What to do? They are all my children. Are they not? They want to learn the hard way and get kicks. I*

*sympathize. By pressure of higher force they get exposed, so what is the point?*

**But you said the soul has gone to sleep. Why? And how can that be?**

*Every time one speaks lies the soul is in pain and reminds the person by vibrations that it is wrong. If one does not listen to the inner guidance and keeps lying then the soul withdraws deep within. The inner voice remains silent. A hard crust overlaps the inner voice and karma catches up sooner or later, in this life or next.*

**It is disgusting, the way people lie and cheat for every little thing.**

*Lying means:*

*Psychologically one does not have Atmashakti or soul power and Atmabal or soul strength.*

*Some lie for toppling others' carts. It is a negative karma.*

*Some lie to cheat emotions and for fraudulent transactions. This is also bad karma.*

*Some lie out of regular habit and delight. It is their second nature. They do not even know they are lying. This is worst. Indra's thunderbolt would fall on them sooner or later. These people get fun out of fooling others. They think they are smart like it is their birthright. They have sankuchit man i.e. a narrow mind. Hasn't the Mother said umpteen times "they are lying to me all the time" Durga's wrath will have to be faced by them. Even then we come across some die-hard. They give a damn. One must protect oneself from such people. To*

*keep silent and ask for help from within to face such people. I am at your service sir whenever you want.*

You are my Lord and you say you will serve me. I put my head at your feet. Should I give them Gita's Shloka " *Anudwaig karam vakyam satyam priyahitam cha yata, Swadhyaya bhayasyanam chaiva vanavyam tapa uchryate*" I can print a simple note "To speak the truth, nothing but the truth. This along with the study of the scriptures is the askesis of speech." However not to speak the truth that can be used by the falsehood against anyone. In such a case one should observe Mauna or keep silent. This is permissible. Even while joking one should not exaggerate, twist or lie. One should not speak in a way that can mislead.

*Looks like you are reading and it is doing you good. But how many would accept your printouts. Give this to select people. If you give it to the liars you will have trouble and enmity. Leave this work for me. You don't point out faults. That way there can be a backlash and unwanted enmity.*

Why do they not accept your Light?

*May be they are thinking I will send them an invoice for the Light? Let them remain in darkness. You may try to give your candle of compassion. I am going. I cannot give more time.*

More time? I thought time and space did not bind you.

*Am I to refrain from speaking your language? I have to constantly come down to your level when I use words. I am off. Take care.*

You take care too—of me of course.

# When Bliss missed a step, Pain was born

(Born warrior) (He is massaging his leg)

*(Supreme) Pain?*

Yes. It will go. I put too much weight on my leg while doing yard work. It will go.

*That's the right attitude but mere words will not do if there is no conviction and faith. If you have faith pain goes... Pfft. Life is a pain in the present stage of evolution but faith acts as a wonder magic. If you have peace and immobility in the cells of your body you are sure to be free from illnesses and infections. Do you know that pain results from ignorance?*

Pain results from ignorance? It is not easy to understand. Why does pain exist at all?

*Because the physical consciousness is not forceful enough and it is yet to be transformed. Therefore there is pain.*

*Ananda or Bliss when degraded becomes pain and pleasure. These can be sublimed into their principle of Ananda.*

What has pain to do with ignorance and what is ignorance?

*There is 7-fold ignorance or Avidya:*

*When Cosmic Intelligence separated itself from the light of the Supreme the divine Gnosis and lost the Truth, Avidya or Ignorance was the result. It is a separative consciousness. The egoistic life and egoistic mind have resulted from it.*

...(Interrupting) Yes you have told me this story of the Origin. You the Supreme sent forth four powers viz. Light Life Bliss and Truth.

*We are ignorant of the Absolute and take partial facts of the being for the whole truth. This is Original Ignorance.*

*We are ignorant of the spaceless, timeless immobile and immutable Self. We take the constant mobility and mutation of the cosmic becoming in Time and Space for the whole truth. This is Cosmic Ignorance.*

*We are ignorant of our universal self, the cosmic existence the cosmic consciousness, our infinite unity with all being and becoming. Instead we take our mentality, vitality and corporeality as our true self. But our mentality is egoistic so is our vitality and corporeality egoistic. This is Egoistic ignorance.*

*We are ignorant of our eternal becoming in time. We live our little lives, which is everything to us. This is Temporal ignorance.*

*We are ignorant of our large and complex being that is Superconscient, Subconscient, Intraconscient, and Circumconscient to our surface becoming. We take our mentalised experiences for our whole experience. This is Psychological ignorance.*

*We are ignorant of our true constitution of our becoming. We take the Mind, Life and Physical or its combination as our true principle or as the whole account of what we are. We overlook what is behind. The unseen Presence that is bound to manifest from mental, vital and physical's operations. That is the Constitutional ignorance.*

*As a result of the first 6 ignorances, we have the 7<sup>th</sup> that is the Practical ignorance.*

*We do not have true knowledge.*

*We don't have the true control or government.*

*We do not have the true enjoyment of life in the world.*

*We are ignorant in our thought.*

*We are ignorant in our will.*

*We move in the jungles of errors and desires.*

*We move in the jungles of strivings and failures.*

*We move in the jungles of pain and pleasure.*

*We move in the jungles of sin and stumbling.*

*Our road is never straight and we seek a new goal constantly.*

*All this is Practical ignorance.*

**This is like reading me the entire Encyclopedia. But hey! I forgot my pain.**

*That is the point I was driving at. Get rid of all fear of pain and fear of illnesses. Remain absolutely calm. Separate and isolate pain from yourself and reject it. Bring immobility in the cells. These are a few directions that can lead to your solution of pain.*

**(Interrupting) Immobility? I am not one of your demi gods to reach there.**

I would rather meditate and allow the higher force to descend to work it out instead of all the long and heavy details you pour on me. I am like a duck and nothing has touched me from what you just said.

*I better go. You just said your pain has gone. So you don't need me.*

Am I so selfish?

*How should I know? Read and find it out yourself. You may call me if you feel lost.*



# Without Power I am Like a Leaf in the Wind

*(Supreme) What is that you are writing? A poem?*

(Born warrior) Yes, But I don't know prosody, meter and rhyme.

*Just go on writing. The rhythm will break into words. What are the words? Let us see.*

“Without power I am like a leaf in the wind.”

*Ah, so you want power again? Have you not read Sri Aurobindo's lines “Without wisdom power is like a wind?”*

Yes, I have read that. As far as this terrestrial life is concerned I need power to exist, power to progress and above all power to protect myself. It may be all right where you live but here things are different.

*Yes, there is no way but to be brave and bring all the perfection down fully. Many things have descended but Divine Love has not yet descended fully. The power that you all talk of is Tantric Power and it can put you in a box. That power that leads to the Highest is what you need. There are no pitfalls. And here I am standing in front of you and requesting you to come to me.*

Please let me take a breath and understand your words.

*Surrender. There is no other way. That is the greatest power you can have. That will give all the knowledge.*

No. I want the power not to have power.

*Wow, you are clever. That is a topsy-turvy way of asking a power. Like Viprit Karni the topsy-turvy pose in Yoga.*

Here, I am in the Viprit Karni pose, right?

*Yes. What do you see?*

Everything is upside down.

*That's it. Can you imagine my fate? I see you all upside down? You people have made a mess of this world.*

Oh, how about a few words on power.

*Here goes. "Action is the first power of life" by Sri Aurobindo.*

Why don't you stand straight? It seems Your head is down and Your feet are up.

*Because you see things upside down. Its time to disappear.*

Hey where are you now? Wait I want to know more about power and you are gone.



# My Shelf Realization

*(The time is midnight. Bang! Bang! goes the hammer)*

*(Supreme) What is going on?*

(Born warrior) Sorry God, did I wake you up? I am making a shelf.

*We don't go to sleep. If we do so all will dissolve. Aswapnab Devatab. The gods do not sleep. With or without eyes open or closed. Remember the first line of Sri Aurobindo's "Savitri"? "It was the hour before the gods awake."*

With eyes open?

*Eyes open eyes closed with eyes or without eyes. All is the same. Take care you may bang the hammer on your hand and scream. I quote Sri Aurobindo again "Pain is the hammer of the gods to break a dead resistance in the mortal's heart"<sup>2</sup>.*

You scare me and I love you. Aren't you a bit hard on me?

*Oh, no, I am sorry but I don't remember whether Kali the goddess breezed past to give you a knock through my words? But did I call Her? I don't think so.*

Who is Kali and how is it that you do not know she speaks through you?

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<sup>2</sup> Savitri - Book 6, Canto 2

*Kali is a lesser form of Mahakali, the Divine Mother that cannot wait. She is a power of swift action but not the wisdom. I tell Her to slow down as she leaves a sting behind and nothing much is gained after she inflicts a blow to move things to wake up people from sleep and inertia. All powers emanating from me work on their own. The lesser Gods and Goddesses do not have a management meeting with me every morning over a cup of tea like you have on terrestrial plane. I do not have to authorize anything.*

Hey? Are you pointing a finger at me?

*No, no, your shelves look nice. Let us see. You have seven shelves for seven worlds and levels of consciousness. Here you have Inconscient at the bottom.*

What is this Inconscient doing here in my shelf? I have reserved this lowest shelf for heavy books that are rarely used. It is an inactive section.

*Exactly, Inconscient.*

Phew, I have been so busy making shelves for every body. I wanted self-realization and here I have shelf realization.

*Find your self in this shelf. Do you know how Milarepa the Great Yogi of Tibet built tall towers only to be told by his guru to bring them down again and again? And he dismantled them without a word. And look, here we have this shelf and you. How he obeyed his guru in making and dismantling, making and unmaking them all the time, what patience?*

You seem to be pulling my leg all the time today. Here, would you like some carrot juice? I've just made it. That

should keep you busy drinking and I can put the last nail in the lowest shelf.

*You mean the Inconscient?*

Oh, long live the Inconscient. Why don't you go there and sleep? It is already past midnight.

*I am always there sleeping—Anantashayana<sup>3</sup>. You know you should read more about Mind, Higher Mind, Illumined Mind, Intuitive Mind, Overmind, and Supermind in manifestation. And of course there is the Supermind Unmanifest.*

Let that be the last station. You can go on giving all these planes and parts of being in my dream. (yawns)

*As you wish. Sleep. But do not snore. I like music not noise. Don't apply your mind too much on it.*

Do you think I may lose my mind?

*That would be ideal. It is enough that you guys used it for so long. Now it is time to give it up.*

I give up. It is too much. Good night.

*Good night.*



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<sup>3</sup> Eternal Sleep

# Miracles Market and Automaton

(Born warrior) Are you there?

*(Supreme) Yes Sir! Always.*

You are my lord and you call me sir. It hurts.

*Oh! No! You looked so serious that I had to give you a knock.*

What do you mean?

*You look down.*

You know everything yet you ask. Folks say I have progressed a lot just because I make breakfast for all in the morning. But I have been helping for years. Why now?

*Looks like their eyes were closed all along to your love. Now that their eyes have opened you have progressed!*

You think so?

*I don't think anything.*

I mean you understand.

*I don't have to understand. I KNOW.*

There we go again with all those words that I do not understand.

*You all are alike. When your eyes are open you see the working of grace and you say that it is a miracle the grace has worked. But you don't know that grace is always at your door waiting for you to see its working. But your doors are locked so how can I enter?*

How about breaking those doors.

*When you break the doors there is damage and hardly any gain. It is not worth it.*

Puzzles. Puzzles. I don't get it. But I feel happy to hear about grace. I hope you have ample stock of it for this overcrowded world.

*Well! I am not an automaton that you press a button for grace with boons. Grace can take away things too.*

You mean health wealth position and power?

*I will not give more information.*

I've got to run. I remember putting money in machines. You think that market will crash?

*Who cares? You pride yourself with machines but that is an indirect power. May be someday these will crash. I do not prophesy. That is fixation. I do not read tea leaves. I just laugh and that creates thunders.*

EXCUSE ME! (Interrupting)

*Can you speak a bit softer?*

I am sorry. But its time for a break. I feel funny.

*Ha! Ha! Ha! Why feel funny and think about market.  
Ha! Ha! Ha!*

Are you all right?

*Of course but where is your hand?*

In Your hands.

*Ha! Ha! Ha! Then why this funny feeling?*



# Cannon Balls in Freezer (Don't Waste Your Power)

(Born warrior) Are you there?

*Supreme: Doubt it?*

A friend of mine keeps repeating 'pride of knowledge'... 'pride of knowledge'. When she had a big problem to solve she kept on calling me for help and now that her want is fulfilled these three words have become her theme of life.

*Whoever gave her extra dose of wisdom wasted his power. Goodwill can be crushing sometimes especially in unwanted places and in wrong doses. Don't waste your power. Don't waste your energy by spouting information to anybody and everybody. You have no right to do so. Remain withdrawn.*

I only wanted to help. I never try to influence or dominate.

*Leave some work for me my friend. Do not try to spread. Your own progress is enough. Leave it at that point. In helping or counseling you must know when to exit. Expectation brings pain. No one is anybody's buddy forever. There may be exceptions but I repeat don't waste your power.*

I may become selfish.

*You better not.*

It may become isolation.

*I repeat do not try to spread. I am satisfied with my customers.*

Customers? Are you doing business? Come on don't test me again.

*All that a man does is transactions. He transacts all the time. I may sound hard but people ask for help and blessings for starting and stopping a business. At the time of birth and death. When a wife does not love or when she loves too much. Anyway my job is to go on giving but you don't waste your time and energy for anybody and everybody. Give a candy not a candy store.*

All right...all right but bless me that I may not ask for blessings.

*No problem there.*

Is that right?

*I try to be right. Oh! Damn the words, I may be misquoted.*

Or condemn the words. Why did you give me this word of power?

*You earned it by Tapasya<sup>4</sup>.*

What is that and how?

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<sup>4</sup> Tapasya is askesis—penance of seeker doing Yoga.

*Remembering me always is nothing but tapasya. I get chained to you and I can't go anywhere.*

Wait, you can't say that. You are not bound you are everywhere. How can you say you get chained to me?

*That also is true.*

This is true and that is true. Now what is true? I better munch my cookie. Care for a bite?

*No thanks I am full.*

I am through with my friends and others.

*That's severe and in the extreme.*

Severe or whatever, I don't want to put my cannon balls in the freezer.

*There goes your cannon ball. I like your spicy language once in a while. I only said do not waste your power.*

Do you think I am wooden that you have to repeat that so many times?

*All have some wooden chip in them. But enough of this power business. I am getting late. I've got to go.*

I let you go, but since when did you get bound by time that you get late? I simply don't understand. Come soon I am already beginning to miss you though you are always with me.

# As Long As it Lasts

*(Born Warrior is chanting...)* As long as it lasts...

*(Supreme) What is that?*

You should know without my telling You.

*It is echoing all around me...*

I didn't know my vibrations reach that far. I am nobody.

*That is why they reach me. I love nobodies. Anyone with sincerity can reach me, why did you chant "As long as it lasts?"*

Just like that. I was wondering whether we are travelers on a journey with people entering and exiting from our life. We only do transactions and once these transactions are over, everything is over. We cease to exist or are dropped like a hot potato.

*That's attachment and expectation. Pour your love and exit. Gratitude is rare, why do you expect others to behave in a particular way?*

I will do whatever You say but why not pour your love on us.

*Ah! One drop of that and everything will dissolve.*

But You always pour your Love on us.

*Not as you understand. I only give you a thin mist of Love.  
Just a soft touch.*

I am so fortunate that you are pouring your Love on me yet  
I have not dissolved. I put my head at your feet.

*Endure by having a powerful mental, vital and physical. Do  
Pranayama<sup>5</sup>, it strengthens and purifies the nervous system.*

I like the breathing exercise Shitkari... that is cool. An  
instant cooling exercise.

*Instant cooling and hot potato do not match.*

Are you are having fun at my cost?

*It is the opposite. People make fun of me. The right attitude is  
to let the negative experience bounce off you. An individual is  
only a point in the universe, so why bother about entry or exit?  
Remain close to me always for strength.*

Please have this baked potato with cheese.

*Most welcome, I am not on a diet. It is time for me to say bye.*

Bye for now, I wait for our next meeting.



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<sup>5</sup> Pranayama is the Science of Breathing—to breathe deeply, smoothly and evenly.

# Birthday Blessings, Curses and Cures

(Born Warrior) Today is my birthday. I know on this day my soul is one with the Transcendent and You give me energy to last till my next birthday. I seek Your blessings.

*(Supreme) Ummm.*

I seek your blessings that I always remain faithful to You.

*Ummm.*

I seek Your blessings that I may never falter on the Path.

*Ummm.*

May I always have love for all.

*Ummm.*

And that I do not have any badwill towards anyone.

*Ummm.*

May You never punish those whom I love if they have badwill towards me because I know badwill boomerangs, and if they are punished I get pain too. Either way I have to suffer.

*Ummm!*

Let my aspiration flame be always steady.

*Ummm.*

Let my rejection be vigilant every moment.

*Ummm.*

Let my surrender be integral.

*No! You have to surrender on your own.*

I bow my head and fall at Your feet.

*This is not necessary but you may do so if you wish to.*



# Outsiders and Insiders

(Born Warrior) *(Talking to himself)* I don't like it...I don't like it.

*Supreme: You don't like it?*

You are eavesdropping.

*No. I am forced to listen.*

I apologize.

*My closet is full with apologies.*

I wonder what is the answer?

*But what is the question?*

Why do great "Retreats"<sup>6</sup> grow slowly?

*Numbers do not matter. When you go to a "Retreat" you expect a red carpet treatment. You think you are doing a favor by your visit, and expect people to behave in a particular way, as if those who join a "Retreat" mature overnight.*

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<sup>6</sup> A place for conscious self-finding and contemplation.

There is a complaint from outside world people that the inmates see the outsiders as an onion. If an onion is peeled there is nothing left in the end.

*I see.*

How do you expect an outsider or a visitor to behave in a perfect way ? He comes for help and guidance.

*This bores.*

And the outsiders say that moneybags manage to make things move and the political bags get away with their pressures whereas the talented ones draw favorable attention. So where should the dumb one like me get a chance to learn?

*Hmmm.*

There we go again. No answer from You.

*The outsiders and the insiders are equal to me. It is high time this is understood or Kali's wrath is waiting.*

No.

*A pinch of love and a bucketful of help will go a long way.  
That's it. Bye for now.*

Wait! Don't go so soon, there are more questions.



## Sri Aurobindo on the Brahman

The following are quotations by Sri Aurobindo related to *Brahman*:

*Brahman* The Supreme reality that is one and indivisible and infinite beside which nothing else really exists.

*Brahman (active and inactive)* The inactive Brahman and the active Personal Brahman are two aspects of the Divine; in the Supreme these are fused into each other, not separate.

*Brahman (sabda)* The Brahman as the primal sound-energy.

*Brahman consciousness* Brahman consciousness is sometimes described as a static one, but it has two aspects, static and dynamic, and it is when both are united that it becomes integral. This Consciousness is greater than either that which perceives the Brahmic silence and immobility alone or that which perceives the cosmic existence and action alone.

*Brahman Revelation* Brahman always reveals himself to us in three ways, within ourselves, above our plane, around us in the universe.



## **Sri Aurobindo on the Absolute**

The following is a quotation by Sri Aurobindo related to *Absolute*:

*Absolute* The Absolute is beyond personality and beyond impersonality, and yet it is both the Impersonal and the supreme Person and all persons. The Absolute is beyond the distinction of unity and multiplicity, and yet is the One and the innumerable Many in all the universes. It is beyond all limitation by quality and yet it is not limited by a qualityless void but is too all infinite qualities. It is the individual soul and all souls and more of them; it is the formless Brahman and the universe.

