



Now more than ever, let's meditate

Masterclass Day 2: Purify. Rejuvenate.

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Hello everyone, and welcome today to the second element of the Heartfulness practice. We like to call it cleaning or rejuvenation.

What is the relationship between cleaning and rejuvenation? It is like concentration and meditation. Meditation produces a state of concentration. Cleaning rejuvenates us. It is a by-product; it's the result. I think it is one of the most important elements of this Heartfulness practice.

What is cleaning? What is that we are trying to clean? Let us first try to understand the difference between **karmas** , **samskaras** , impression and perceptions, although I am not going to go in depth.

Suppose you look at someone and it creates such an impact in your heart. "Oh, she is so irresistible," for example. And for days you keep thinking about her – the impression has caught you. In the scientific world, we have the second law of Newton or the first law of Newton (I am not an expert in physics), where actions and reactions are equal and

opposite in direction. But in the field of spirituality, the reaction to a particular action has no measure. It can be so drastically profound that a mere glance can produce an impact you don't forget all your life. So the result in the spiritual world need not be equal and opposite. It can be as large as encompassing the whole universe, or nothing at all. It depends on us.

This particular practice tries to remove certain perceptions, which we gather for whatever reasons. Someone says about a particular idea, "This idea is good or bad." Another person says about the same idea, "This is useless." Yet another person sees the same idea and says, "It is so great." What makes such a difference? None of us are attracted to the same idea to the same extent. All have a different degree of reaction to the same thing.

Our impressions, our backgrounds, our perceptions, work like coloured glasses. We all wear coloured glasses in our consciousness. How to perceive a thing as it is?

You have heard the story of a great lover, who is trying to meet his beloved living across the river. At night, even when it is raining heavily, he has to cross the flooding river, and he catches hold of something that he feels is a log and crosses the river. The door is locked so he climbs up to the first floor of his beloved's house. He thinks there is a rope, holds it and climbs up, and enters his beloved's chamber.

Later on, the beloved asks, "How did you climb? How did you come?" He says, "You left a rope for me to come up." She laughs, "A rope! I never left a rope for you. I didn't even know you were coming."

Anyway, then when they see through the window how he climbed up, it is a huge snake. He felt it was a rope – perception. He is madly in love, so even a little thing seems as if it is helping him to achieve his goal.

When he is returning, and sees what he thought was the log, it is a dead corpse. So it is perception again.

There is a beautiful example of an elephant or a horse tied by a rope to a small plastic chair. Imagine the impact of such a perception. A horse or an elephant can bring down the entire tent in a circus, but it is tied to a mere, small, plastic chair. Again it is a matter of perception.

Our ideas, our thoughts, our perceptions, have such a hold on our being. We need to clean them and see things as they are. So I would like to share with you all how to get rid of these impressions, perceptions, reactions, *karmas* or *samskaras*: how we can remove them.

All our daily activities are like harbingers of collecting all these things, knowingly or unknowingly. At the end of the day, when most of our daily activities are over, we come home, have ten to fifteen minutes of relaxation spending time with the family, and sit down quietly in some nice, cosy corner of the house and try to apply this particular technique.

This whole technique is to bring out the inner abilities from us, so that we see things as they are. We want to remain pure; we want to remain simpler. The complexities and impurities that we have accumulated because of these daily activities are unavoidable. We have a chance now, before these impressions, before these cognates, get settled in the deeper level of our consciousness, to remove them.

Often, when somebody says, “Do you know such-and-such a song?” we scan through our mind, trying to find the cognates of the song buried in our mind. If these cognates are found – “Yes, this song is there, I know about this song” – then we sound so wise or full of knowledge, but if these cognates are not found, then we say, “Oh, I don’t know it.” We remain ignorant about it.

So we all carry a certain level of cognates, which we re-cognize in our interactions. And these are the cognates which go on interfering in our daily activities. Either we know or we don’t. And the complexities arising out of all these cognates, the buried impressions, interfere with our judgements. Either we make too much of a judgement or too little of a judgement, because of lack of full clarity.

So, this practice of dissolving the impressions that are acquired within us over the course of our daily activities is taken up seriously at the end of the day. In removing these complexities, what would you expect? Simplicity, isn’t it. When we remove impurities, the natural result is purity inside. These, simplicity and purity, both bring about naturalness within our system.

Now, what is the process? How do we do this cleaning? During these three Heartfulness masterclasses, we are enabled because of this transmission or this initiatory process. We are enabled somehow to do this cleaning on our own. We are given enough capacity, know-how and the technique so that we can remove these daily accumulations.

Our daily activities create a lot of complexities and impurities, and they somehow colour our consciousness. This impacts our heart and impacts our mind. Eventually, it affects our meditative consciousness.

For example, impressions can lead us to endlessly mull over repetitive thoughts. Imagine something that you have forgotten or you did not complete during the daytime. It

creates a certain level of impression, and it haunts your mind before you go to sleep. Incomplete work or something you did wrongly also haunts you. So, with this cleaning, these impressions are removed in such a way that it is not the memory that is removed, but the impact of such a failure or success that is removed.

The impact of our actions, the impact of our inactions, the impact of our thoughts, the impact of our ideation, or the impact of the surroundings, such as wars or innocent things, can also impress upon our mind. And slowly we realize that, "As I do more and more cleaning, my inner being is so focused. It remains pure and simple enough to see things directly." We perceive things directly as a result.

This is again a matter of experience and I would like you to feel what a difference it can make to your consciousness. So today I will also demonstrate to you and actually walk you through this process of cleaning.

Another way of understanding these impressions, *samskaras*, *karmas* or perceptions is to compare them with seeds. Given the right environment, seeds have the opportunity to sprout. If these seeds sprout and take hold of our consciousness, it is difficult to control their growth. It becomes a jungle.

We would prefer to organize our thoughts and plan things properly, in such a way that a particular seed should grow in a particular environment, in a particular place, just as a master craftsman or a great gardener would plant certain seeds in a certain location at a certain time, so that a beautiful garden can come. But if seeds are left alone to grow wherever, whenever, everywhere, then it becomes a jungle. Thoughts and ideas, left uncontrolled, unregulated, unchanneled, uninspired, create a jungle, a chaotic life.

This process of cleaning helps us regulate all these things. Not only does it remove certain impressions from our deeper levels of consciousness, or even our mundane level of consciousness, it actually inspires us to choose the right thing, making right decisions in life.

This process ideally has to be done just after we come home. You know, I am a retired pharmacist. I used to work 9 to 7 and by the time I came home it was generally 8 pm. So by 8.15 I would sit in my room and use this excellent cleaning process. It helped me regain strength and rejuvenate myself, and it calmed me down further. And most importantly, I felt that if I had not done my cleaning then I would be interacting with family members with that frustrated mind, chaotic mind, spoilt consciousness to a certain extent. Imagine that you come home with a certain irritated state. Won't it be beautiful if you can get rid of this through a simple process of cleaning?

Today we'll be doing this cleaning only for about ten minutes, but in your day-to-day life, I wish that you would do this cleaning for at least twenty minutes to see the immediate results. If you have more time, extend it up to thirty minutes, but I would not recommend this cleaning process to be done for more than thirty minutes at a time.

So, let's begin. Let's do the cleaning. This is how we do it.



Just like meditation, we close our eyes very gently.

Now the focus here is the back part, from the top of the head to the tailbone: shoulder to shoulder – the back part.

We have to think that all the complexities and impurities are going away. This is a kind of *sankalpa*, a suggestion that it is happening. Complexities and impurities are going away.

From where? From the back side, from the top of the head to the tailbone. Imagine that, and think that they are going from that back side.

And how? Think that they are going in the form of smoke.

So, let us think through this whole process, what we are doing. We are simply making a *sankalpa* or a suggestion that “All complexities and impurities are going away from my back side in the form of smoke.”

Continue with this process.

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If you have settled with this much, I would like you to do one more thing: accelerate this process.

Now gently add the next element to this cleaning process. Imagine that the light is descending from above and is entering from the front side of your

system, and is passing through the entire system, the entire body, going out from the back side now, helping us to remove those complexities and impurities.

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This light in turn is helping me fill up the vacuum left behind by the removal of complexities and impurities.

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At the end of this cleaning, generally we make a firm suggestion that, “Yes, all the complexities and impurities are now removed, and I feel a lot simpler and purer.”

Now that cleaning is done, I would like you all to write your observation. How do you feel after cleaning? How does this experience differ from meditation? I would like you to pay attention to it like a scientist would, to see the difference in process, and its results.

Today, after finishing these ten minutes of cleaning, I would like you to meditate the way we meditated yesterday. Those of you who are joining us today, who could not attend the first masterclass on meditation, please revisit it – it’s available.

Just to give you a quick learning on how to meditate: simply close your eyes and think that “The source of light is already present in my heart and it is pulling my attention inwards.”

I will be transmitting to you today again. Please sit like this again for another fifteen or twenty minutes, at the end of which I’ll say “That’s all.”

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That’s all.

Let’s make a note of what we felt. Let’s write our observations.

So, first, the cleaning. When we try to remove impressions, we must not think about what we are trying to clean or get rid of. It is like vacuuming. When we vacuum a room, we don’t specifically say, “Oh, I’m going to remove this dirt or that dirt, or this piece of paper or this colourful paper.” No. In one go we remove whatever comes our way.

Paying attention to a particular thing that you intend to remove will actually reinforce that particular impression, so don't.

We need to make observations at every step, like a scientist would, especially this aspect of, "What is my inner state before I begin either meditation or cleaning, and what is my state after?" Comparison.

The overall aim with cleaning is to foster our inner connection with the heart. The connection that was established during morning meditation we have to re-strengthen somehow, because that connection was made weaker because of these complexities and impurities. Now we are strengthening it by removing them.

We start our day with morning meditation, and by the time we reach sunset and evening is there, we have collected so much, which needs to be removed through this evening cleaning process. This in turn makes our meditation easier.

So, in a way, both are supporting each other. When I meditate, I gather strength. When I remove the complexities and impurities, dirt is removed somehow. It is like, you know, you have a powerful Ferrari, but it is stuck in the mud. What would you do? A powerful engine but useless - it is stuck in the mud. You can have a beautiful road, but no Ferrari engine. So we would like to see a beautiful combination of fine roads and a great vehicle.

The same thing applies to our inner system. We have a great soul, but what if it is bound in chains with the filth that we collect? We need to remove it.

So that is the importance of removing complexities and impurities. I would wish, I would urge you all to derive the benefits of this daily cleaning. The more you do it, the more you will feel the benefit of it.

Thank you for joining me today. I hope to see you tomorrow. We'll be taking up the aspect of how to connect ourselves with our deeper Self tomorrow.

See you and Namaste.

