

Self ~ Descriptions of the Experience in Meditation

“God is ALL-PERVASIVE, PERFECT, and eternal. He is in all things, both within and without. He is immanent in all beings and lives in the temple of the heart in the form of the inner Self...

“Everything is God. All countries, all holy places, all names are God’s. Only in the eyes of men are there differences of high and low...But because man is deprived of the recognition of God, he sees the universe, which is the embodiment of Consciousness, as something quite different. In his ignorance, he perceives only defects...

“To doubt and speculate about this is not right. One seed produces another identical seed. The ones yet to come will have the same nature as the first. In this way, Brahman is gradually born from Brahman... From the perfect comes the perfect, arising in the form of perfection, remaining perfect in its perfect nature... The reason [humans experience imperfection] is our forgetfulness of our own real nature.” ~ Swami Muktananda, *Play of Consciousness ~ A Spiritual Autobiography*

“Yoga poses and breathing open the doorway inside, to the experience of your own Self. Meditation is the direct route, taking you deeper into your own essence, which is made of consciousness. You are not becoming a new-and-improved version of yourself; you are uncovering the Self that you always were. Your own Divinity was hidden within, you’re simply finding your Self. That’s why it is called “Self-Realization,” for you realize that your own Self is and always was Consciousness itself...

“In realizing that you are consciousness, you uncover your own consciousness-powers, which include creativity, bliss, illuminative insight and the power to decide and act effectively in the world. This is not mundane creativity, by which you can make a needlepoint pillow or grow a beautiful garden. You uncover Divine Creativity, shining through your mind and heart, showing you ways to make a difference in the world. It’s a whole new level of aliveness, a whole new way to live!...

“Yoga [including meditation] gives you your Innermost Self, which is the Source of Love, the Source of Joy, the Source of Peace. Your own Self is the Source of Light... The high points in life are when you’re shining with light, loving, generous, joyful and peaceful. You want to be that way all the time.... Because it’s who you really are, deep down inside. You are svaroop, the capital-S Self. You are Consciousness itself.” ~ Swami Nirmalananda and Rukmini Abbruzzi, February 2016 Contemplation: “Setting Yogic Goals”

“Man goes to great trouble to acquire knowledge of the material world... But he never tries to find out what exists within himself. Because he is unaware of the enormous power hidden within him, he looks for support in the outer world. Because he does not know the boundless happiness that lies inside his heart, he looks for satisfaction in the mundane activities and pleasures. Because he does not experience the inner love, he looks for love from others... The truth is that the inner Self of every human being is supremely great and supremely lovable. Everything is contained in the Self... The divine Principle that creates and sustains this world pulsates within us as our own Self.” ~ Muktananda, *I Am That*

“Everybody says that the mind never stays in one place, and I entirely agree. But at the same time, have you ever shown it a good place to rest? Take the mind to a worthy place, and it will stay there. It won't wander here and there....If your mind could go deep within yourself even once, it would stay there. Do not consider your mind as an enemy. It has great power, but you will only be able to utilize it if you understand it first...

“[T]he mind wants real love, complete equanimity, and union with God. The mind wants something captivating; that is why it is restless... [R]emember that there is a significant quest behind this restlessness of the mind: the mind is looking for perfect repose. The mind will always fluctuate and will never be steady until it is completely dissolved in meditation on the Self.” ~ Muktananda, *Play of Consciousness ~ A Spiritual Autobiography*

“On March 18, 1958, while running some errands, a Trappist monk from the nearby Abbey of Gethsemani stopped at the corner of Fourth Street and Walnut Avenue in downtown Louisville and was struck down by an overwhelming feeling of love and revelation.

“In Louisville, at the corner of Fourth and Walnut, in the center of the shopping district, I was suddenly overwhelmed with the realization that I loved all those people, that they were mine and I theirs, that we could not be alien to one another even though we were total strangers. It was like waking from a dream of separateness, of spurious self-isolation in a special world, the world of renunciation and supposed holiness... This sense of liberation from an illusory difference was such a relief and such a joy to me that I almost laughed out loud... I have the immense joy of being man, a member of a race in which God Himself became incarnate. As if the sorrows and stupidities of the human condition could overwhelm me, now I realize what we all are. And if only everybody could realize this! But it cannot be explained. There is no way of telling people that they are all walking around shining like the sun.”

At that moment, Thomas Merton resolved to leave his cloistered existence and involve himself in the history of his times. That spot where Merton first saw through to the common heart of humanity is now called Thomas Merton Square. It is at the intersection of Fourth Street and Muhammad Ali Boulevard.”

~ Charles Pierce, Sports Illustrated “Muhammad Ali's wide influence on display as world says goodbye”