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Reply by [Jaspreet Singh Sethi](#) Sep 19

Thanks Amrjit Ji.

As I was out of office for 3 weeks, I could not access the network from home. But now I am back to work and hopefully will be able to take time to participate in the discussion.

Jaspreet



Reply by [Amrjit Singh Bandeshe](#) Sep 24

Yes Jaspreet Ji, as ToniJi says - WELCOME back. We do look forward to reading your thoughts soon as you get some time.

Amrjit



Reply by [Antonia Donofrio](#) Sep 18

Jaspreet,

Welcome back for a bit of an uplifting discussion! When you are not so very busy, I hope you will have some time to write a few words. Your comments have always helped me see the soul-side of things.

toniji



Reply by [Santokh Singh](#) Sep 24

Dear Sadh Sangat Jee,  
Time flew during your absence - Amajit Paji. I don't know how, but it seems to have

happened. Memory of events around me didn't have an impact on me like before. I feel that this Sangat has something to do with it. I'm just absorbed with myself and am learning at a tremendously fast rate from each posting and by reading Sangat's comments and responses.

The feeling is good. But I can't seem to separate or differentiate my mind from myself. Mind doesn't have a problem of listening to the sound current, nor reading about spiritual matters but is always directs me to compare my life with that of others making me feel inadequate, and indulge in outward focus of duality, moreover I always have the feeling of something missing within me. What is this feeling and why do I have it ?



Reply by [Amrjit Singh Bandeshe](#) Sep 24

Dear Veer Santokh,

It is truly an "achambha",

**ਅਚੰਬਾ**, a pleasant "wonder" that you are so struck with the sangat at Universal Mind.

The Gurbani *furmaan* (quote) is

**"Sat Sangat aesee jaanieh jh-haan aeko aek vkhaanieh"**

*"Know ye, the TRUE sangat is one where everyone thinks alike - or are like-minded"*

Also the feeling of rapture you get is ultimately by the Will of God !

Best regards

Amrjit



Reply by [Amrjit Singh Bandeshe](#) Sep 24

Veer Santokh Ji,

The feeling could also be a longing for the Divine !

Also it *may* not be necessary to separate your Mind from yourself, for you are also of the Jyot-Saroop !

You may be longing for your Mool ...

Amrjit



[Permalink](#) Reply by [Antonia Donofrio](#) Sep 25  
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Here are some random thoughts because what Santokh describes is my situation as well.

#### First a thought about Munn

Munn we will always have with us. Insofar as munn is also a creation of the Divine we acknowledge and accept it as a gift from the Divine. Munn has a purpose. It keeps us from being stampeded by the crowds, falling off ladders, being part of multiple car-collisions, forgetting to control or sugar intake if we are diabetic, flossing our teeth to prevent gum disease, and all sorts of other things that help us survive, be healthy, and even develop as a species on the material plane.

The challenge is not to mistake Munn for more than it is. Munn is also the seat of delusion and illusion when we think that all that Munn constructs is the only Reality. And the source of pain and suffering -- given much of Munn dwells in maya.

#### A thought about the Mool

Mool, the seed, is SMALLER than the plant that it creates. Mool, the seed, is GREATER than the plant that it creates. I think to find Mool -- to use a mental image -- we have to crawl back down the entire length of the stem to discover our origin. Destination - the Divine Karta is inside. A journey inside the Mool -- a vast dimension, inside a small chamber.

#### A thought about separation.

Yes, it comes from looking in the wrong direction so to speak.

#### A thought from a crackpot

Sometimes I have to tax Munn beyond its endurance to make it give up the fight. For me, the typical advice to breathe for 6 minutes and meditate for 11 minutes-- and don't worry about random thoughts--and all those other treatises on how to meditate -- do not work. It takes about 20 minutes for munn to pipe down, and then things start to happen. Sometimes, what I do, is listen and chant off and on in a meditative posture to a *Gurmantar* track for an entire hour as a precursor to meditation. But 20 minutes is the absolute minimum. Then perceptions of space and time change, the intellect is softened

up, and I proceed. Don't tell anyone that I shared this.

Lately with all the reports for work and having the flu I have not been at my discipline. It shows.

Yours, toniji



[Permalink](#) Reply by [gurmit singh](#) Sep 25  
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Toni ji

We have to first get the relevant truths straight as they come.

First of all that " WE ARE WITHIN THE MOOL ; INSIDE US IS ONLY THE PATH TOWARDS MOOL "

Secondly , the reality is being created at three levels : 1) the universal mind level ( created once for all ) , 2) collective species level 3) individual level. This is how the created world is there. The evolution , ages , changes , growth , destruction etc are all experiences . It is like a vast computer game with the outcome already predefined in the created matrix. The gamers moves are within the potentiality and so also the result.

Thirdly , the muun is a creator of our reality but is also conditioned/affected by collective conscious and restricted by the universal blueprint. Our muun cannot create a change that can make us defy gravity or teleport us . But our consciousness connected at the universal creative level can definitely do so. This is why saints / avtars can perform incredulous miracles.

Our munn can definitely connect with species level consciouness and can thus move on the same path taken by others. The conditioning or the path is there ,we only have to have knowledge that such a path is there and traverse it. The mind can be conditioned to follow a path . Others have followed a path and we can traverse the same following their footprints. JUST awareness that path exists lifts the fog.

Fourthly,the muun is what it is. We should not fight the thoughts.These have energy and it grows stronger when when given more focus.The thought energy is a veil.The way is to lighten this energy. The thoughts then will be light with soft love feelings. The darkness of heavy negative thoughts should not be there. Guru ji's advice is to listen to kirtan , dwell on the meaning of hymns , sit in sad sangat , truthful living , honest work and of all do SEVA in any form anywhere. The daily work should also be done like a seva. **THIS IS MOST IMPORTANT** : how we live our daily life is the factor mostly ignored. The big crime guilt should definitely not be there but morethan this the small insignificiant guilts are to be taken care of.

The effect of all this would be to lighten the mind energy of thoughts. We are mor satvic then. This way the surt can pass through the muuns thoughts and go through the gaps.

The shabad is easily heard then.

These words are out of understanding from SGGS ji - a description of path.

gurmit



Reply by [Santokh Singh](#) Sep 25

Quoted by Amrjit Paji,  
The feeling could also be a longing for the Divine

Quoted by Toniji,  
A thought about separation.

Yes, it comes from looking in the wrong direction so to speak.

Quoted by Gurmit Paji,

First of all that " WE ARE WITHIN THE MOOL ; INSIDE US IS ONLY THE PATH  
TOWARDS MOOL"

Wow, these are eye-openers. Thank you all. We are really getting somewhere now, aren't we ?



Reply by [Santokh Singh](#) Sep 25

"The toad goes all the way back to a story I heard in my mid 30s, the story of the toad and the centipede. It goes like this. The centipede is walking along with all of his 100 legs in perfect rhythm. He walks by a toad who is in a toad-y frame of mind sitting on a toadstool. Mr Toad calls out and says, " say which leg moves before which ? " Centipede gets distracted and thinks about it and thinks about it. and never moves again.

Why I brought it up ? Maybe we are making too big a deal analysing something which is physiological in nature, the toad happens to be our mind trying to please us. I tried to find the book which I once had called "I " - the story of the self. Can't remember the author. But in this same book is mantra that goes :-

I am soul. I am not my body. I am pure consciousness. I am not my emotions. I am

unchanging. I am not my mind.

I am separate from my body. My body can be in a state of health or sickness but I am not my body.

I am soul. I am not my emotions. My emotions often swing from love to hatred. I can observe all my emotions, therefore I am not my emotions.

I am soul. I am not the mind. At times the mind refuses to obey me, therefore I am separate from my mind. I am soul. I am pure consciousness. I am eternal.