

चिंतन

आज आपण कृष्णमूर्तिच्या खालील whats app post article च्या निमित्ताने कृष्णमूर्ति " Real meditation " संबंधी नेमके काय सांगत आहेत यावर सखोल चिंतन करणार आहोत.

हे एक article नीट समजून घेतले तर real meditation चे सार समजावून घेतल्यासारखे होणार आहे .

Article खालील प्रमाणे आहे .



<https://kfoundation.org/the-root-of-fear/>

या article मधील महत्वाच्या वाक्यावर आपण sentence wise चिंतन करूयात .

खरे म्हणजे हे article म्हणजे कृष्णमूर्तिच्या Teachings चे व Real meditation चे सार आहे .

Fear हा एक प्रातिनिधीक विषय येथे कृष्णमूर्तिनी घेतला आहे .

Fear ऐवजी आपण ईतर कोणताही psychological problem हा विषय म्हणून घेवू शकतो .
जसे

Anger , greed , hate ,
loneliness , desire ,
self , real meditation ,
consciousness ,
observer - observed
phenomenon
etc.etc.

सर्व problems चे मुळ एकच आहे , सर्व अस्तित्वाचे मुळ एक आहे
व

एका problem च्या मुळापर्यंत जाणे झाल्यास
सर्व problems च्या मुळा पर्यंत जाणे होते
व

एक problem
समुळ जाणला गेल्यास , सर्व problems समुळ जाणले जातात .

पण आपण problem चा सखोल शोध घेतच नाही , वर वर पृष्ठभागावर तेही स्थुल बुद्धीने शोध घ्यायची आपली सवय आपल्या self realisation च्या आड येत असते .

कृष्णमुर्ति अगदी सुरवात करतानाच प्रश्न विचारत आहेत की ,
Can the mind observe fear ?

मानवी जिवनात अनेक प्रकारच्या fear आहेत .

fear of death ,

fear of life ,

fear of loneliness ,

fear of darkness ,

fear of diseases ,

fear of money ,

fear of sex ,

fear of being nobody ,

fear of unsuccess ,

fear of failure ,

fear of war ,

fear of many different things , all these many many fears are superficial fears on the surface of consciousness in day today life .

When we live

superficial life ,

we are caught in these superficial fears .

Fears and all other human psychological problems exists not only on superficial layers of consciousness but fear and all other problems have their roots in deep , deeper and deepest layers of consciousness .

One should be aware of fear at all these deep, deeper and deepest levels of consciousness .

To be aware of consciousness with its all contents of layers is self realisation .

First you must understand that as the water exists in various forms as vapour ,

clouds , water and ice , the consciousness also exists in various layers as conscious ,

subconscious ,

unconscious

and

universal conscious .

These consciusness layers have different dimensions .

Consciousness has many layers as ,

conscious
(जागृती)

subconscious
(स्वप्न)

unconscious
(सुषुप्ती)

universal consciousness
(तुर्या / ब्रह्म)

universal consciousness
is thinnest recognizable layer of consciousness and unconscious ,
subconscious
conscious
are gradually consolidated layers of consciousness in the form of gradual formation of
material formation process as
sky
air
fire
water
and
earth .

Existence is made of these five basic elements only .

All these consciousness layers are nothing but root of all human problems .

We are not aware of all these layers of our own consciousness ,
that is the
greatest problem we are facing .

We are just partially aware of conscious and
subconscious .

We are not aware of
unconscious (सुषुप्ती)
and
universal consciousness .
(तुर्या / ब्रह्म)

Unless we are aware of

all these problems at all these layers
directly (अपरोक्षपणे)
all our
problems can not be tackled and solved .

Just being aware of these problems ,
on superficial level of consciousness
is of no use .

Please ask this question to yourself , whether you are aware of these problems at unconscious
and
universal conscious level .

Generally we are not aware of
these deeper layers of unconscious
and
universal consc.

Further you should ask yourself one more question that
" How am I to be aware of these deeper consciousness layers ? "

This is the real
key question to be tackled by you .

And we never ask this question to ourselves that is the problem .

How these deeper layers get exposed by themselves automatically , that is to be understood
thoroughly .

That is real meditation .

So how to uncover these deeper and deepest layers of consciousness is tremendous
problem .

All these fears have single root and out of that single root , all this
structure of many many branches of fears emerge just like many branches of a tree emerge
out of a single trunk of tree.

So how to approach from superficial layers of consciousness to deeper and deepest layers of
consciousness is the real key issue to be thought out .

Can you look at fear when it arises in your mind ?

Can you look at your fear ?

Please look at it and be with the fear !!

please do not run away from fear , be with it without being afraid of fear .

Look at the fear .

Do not suppress the fear .

Do not accept it .

Do not deny it .

But be with it

Do not run away

Be with it .

We do not know how to handle the fear .

We react to it and we multiply it , that strengthens the problem further .

Our positive or negative reactions strengthen the illusory consciousness further more and more

Reactions creates further conflict and further disorder .

When you understand this consciousness trap ,not intellectually , not verbally but actually for you yourself , see it directly .

When there is no running away from iproblem , then you are with the problem , then you are not escaping from it and when you are with the problem you can understand the problem up to its root .

please understand this throughly .

We have to understand fear and in its complete understanding , we can be free of fear completely .

Can you do it ?

By looking at one particular fear , by being with one particular fear ,
by being choicelessly aware of one particular fear , you can see the complete structure of fear
up to its root .

By being choicelessly aware of one particular experience , you can be aware of the the
complete structure experience up to its root .

By being aware of one particular consciousness
you can be aware of whole structure of consciousness completely up to its root .

You can not be free of fear escaping from fear
or
by covering fear with
prayer or good activities or service to mankind ,
or by repeating the same word , or by going to church or temple or mosque .

If you have understood the mind process .

If you have understood the duality .

If you have understood that
observer is observed .

if you have understood the mind conditioning process ,

If you have understood
hypnotic mind process ,

If you have understood
duality of mind process

If you have understood illusory nature of mind process ,

If you have understood that mind is past consciousness momentum .

If you have understood that mind is division.

If you have understood that mind is time.

If you have understood that mind is memory .

If you have understood that mind is mechanical repetative movement .

If you have understood that mind is habit .

If you have understood that mind is addiction .

If you have understood that mind is hypnosis .

If you have understood that mind is belief .

If you have understood that mind is old tradition .

If you have understood that mind is culture .

If you have understood that mind is
past - present - future .

If you have understood that mind is mirage .

If you have understood that mind is
observer - observed phenomenon.

If you have understood that mind is illusory divisive ,
सर्प - रज्जु phenomenon.

If you have understood that consciousness is joint divisive
illusory mind - matter phenomenon .

If you have understood that mind is
experience - experiencer
phenomenon.

If you have understood the duality of fear phenomenon.

If you have understood that consciousness is
observer is observed
phenomenon.

Therefore what happens then ?

Until you have tried to avoid it .

Until you have tried to escape from it .

Until you have tried to cover it up .

Until you have tried to rationalize it .

Now you are faced with it .

Now you are that .

Now you have understood that
fear is joint
observer - observed
phenomenon.

Now you are fear .

Now you one with it completely ,

Now fear and you are not different .

observer is observed

Now there is no sense of seperate self .

Now you have understood that fear and self is joint consciousness phenomenon .

Now you have understood that there is no seperate self appart from fear .

Fear is self and self is fear .

Consciousness is content of consciousness and
content of consciousness is consciousness .

Experience is experiencer and
experiencer is experience .

experience is experiencer

observer is observed

द्रष्टाच दृश्य आहे .

Now

You have eliminated the
duality .

You have eliminated the division.

You have eliminated the disorder .

You have eliminated the conflict .

Self and fear is joint consciousness phenomenon .

observer and observed is joint consciousness phenomenon.

There is no separate observer from observed .

There is no separate observer apart from fear .

observer and observed are not two different things .

Both arise and subside at the same moment .

If one is there then other has to be there .

If one exists then other also exists .

If one gets dissolved then other also gets dissolved .

one can not exist without other .

Both are dependent on each other as joint phenomenon .

So
observer is observed

Now you are faced with it

Now you are that

Now there is no sense of separate self apart from fear .

What happens then ?

Suddenly the fear increases , there is extreme fear now .

Suddenly you are confronted with death .

Which is very root of all fears .

So by observing one fear you can observe the very root of all fears.

Now I am fully aware of extreme fear .

Now there is space with center , which is seed of individuality , which is root of all fear .

So illusion of individuality is root of all fear .

Now you have understood
observer - observed
phenomenon.

Now there is no separate observer .

When there is no separate observer then the observed gets dissolved because observed can not exist without observer ,
observer - observed
being joint phenomenon.

When observer dissolves the observed is also gets dissolved .

That is the eradication of
observer - observed
phenomenon at conscious level .

When all the
observer - observed
phenomenon at conscious level gets eradicated then one enters in to subconscious with same understanding that observer is observed
and all the
observer - observed
phenomenons gets dissolved completely then one enters in to unconscious which is
space with center and
that is the root of all fears .

That is the seed of individuality .

When there is complete eradication of

observer - observed

phenomenon at unconscious level then there is no dual

observer - observed phenomenon and

suddenly the space with center now bursts in to space without center ,

the space inside the little space now becomes one outer infinite space .

Now there is

infinite space without center .

" तुका आकाशा एवढा "

" अहम ब्रह्मास्मी "

" नभासारखे रूप त्या राघवाचे "

Now there is understanding that

there is no individuality .

Now there is understanding that there is no personsonality .

Now there is realisation of infinity by infinity .

Now the original ground of existence has understood the original ground of existence .

Now eternity has understood the eternity .

This is real meditation.

This is self knowledge .

This is self realisation .

Let us stop now .

This is enough.

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