

Notions Create the Mind

Papaji

It is very important to examine the nature of notion, because whatever is created - whatever you see - is a notion. This may be surprising to you.

Take a tiny seed in the palm of your hand. In India the mustard seed has been given as an example because it is the smallest seed available... or a banyan seed. In the West take any seed you can find; it doesn't matter what kind. Now what do you see in this seed? Do you see a huge tree, a grand trunk, flowers, millions of fruits, with again billions and trillions of seeds inside? Do you see all this is a tiny seed? You do not find all this inside the seed, yet when the seed comes into contact with the soil it sprouts.

The same is true with notion. Notion is now sprouted as this universe, time and space that you see, as past, present and future. Men, animals, mountains, rivers, forests are all contained in this tiny seed-like notion. This notion will sprout when it touches consciousness, and from this arises mind. All this diversity is created out of the single notion, "I suffer. I am happy. I am bound. I want to be free." These are all notions. A sage is one who knows that these are all notions and is hence free from them. Those who are yet to be enlightened are not yet free from this notion and therefore think that they are bound, that they are suffering; they will have to become enlightened somehow later on.

We must find out how to get rid of this notion. A notion is just a thought - it is your own thought, which must be rising from somewhere. Just as a seed touches the soil, it sprouts and becomes a tree, so this notion touches consciousness; it sprouts and becomes mind. What existence could the mind have without consciousness as its substratum? Where could it stand without some foundation, some soil in which to sprout?

Those who know the substratum, who see how the mind rises, will never suffer. Those who ignore the substratum however, those who begin from the sprout, from the notion itself, those who look at the branches, fruits and flowers, at the sufferings, happiness and joys of life - they will suffer endlessly

because they do not know the substratum of all this. Thought is the substratum, thought is the mind, mind is time and space, mind is past.

How does the mind arise? When it rises it seems to be created; although it is not really true to say that it is created or not, that it arises or not. Both are seen simultaneously. When you see a mirage in the desert you see a river running in the desert, in the sands. The river which is running can be said to exist, and it can also be said that it does not exist. Both are true. People will go running to have a swim in it because it looks like a real river. And at the same time it is true that it does not exist, there is only sand, there is no river at all. Both are simultaneously true.

So you can say that this is *samsara*, this is the world. Or you can say that this does not exist at all. Both are simultaneously real. If you accept this, then to say, "This is not real." is true; and to say, "This is real." is also true - just like the mirage. This is all real because it sprouted from consciousness, and it is not real because it is only a notion. From the notion arises the ego, the observer, the observation and the observed. It is from here that the trouble starts. For the sage this trouble is not there; his observer, observation and observed are all the same and therefore he is happy. He who is yet to be awakened thinks, "I am the observer. This object which I am observing gives me happiness. I experience that happiness." He is in trouble. He will have to get rid of his own notions somehow, either by sitting with a saint or through investigation with his own discrimination and discernment, or with the help of some wise people.

So in investigating how to get rid of this ego which brings diversity there are two perspectives. In one there is no diversity. In the other, diversity and unity are the same; like the river in the desert which is both real and not real. In this there may be many diversities, but if you know their basis - the substratum from which they arise - you know them all. The waves in the ocean are no different from their substance - water. Many waves can exist without the oneness of the water being lost. In this diverse world people may look different with different views, different shapes, different forms, but their essence is still one. That essence is the same in all beings and non-beings. If you are aware of this you are free, you are happy. You are eternally blissful because bliss comes if you are aware of consciousness. There is no difference between bliss and consciousness. If you know that the origin of all diversities and sufferings is consciousness, you will not have any problem.

You must arrive at this, you must understand this, you must reach this - that the underlying ground, the underlying essence is consciousness. When you look at people, when you look at mountains, when you look at a river, when you look at your body you must be conscious, you are conscious. You are conscious when you sleep, you are conscious when you are awake, you are conscious of objects, you are conscious of your activities. When you dream you are conscious of subtle activities, you are aware of relationships within the dream. You are conscious of subjects and objects, of experiences and objectivity, you are conscious of subjectivity. The basis of all activity is consciousness. Also in deep sleep you are conscious for you wake up knowing that you slept, that you had a peaceful sound sleep, you are conscious. All these three states are projections of consciousness. It is within consciousness that all these things are floating - they are all projected in front of it. That consciousness you are.

Transcending these three states there is a fourth state known as *turiya*. In this transcendental state you are also aware. Beyond the fourth state, beyond *turiya*, there is that which is not known to anyone. It is not known because that is the depth of consciousness. Even the word "consciousness" is no more found there. No words, no experiences, no "I, you, he, or she" ever existed in this. This is your true nature. This is the Truth. This is ultimate understanding. This is always eternally present. This is presence itself. It is never absent at any time. This is called Truth. This is called Freedom. This is called Wisdom.

Whatever Truth is must *always* be there, be here, be now, be everywhere. It must be Omniscient. It must be Omnipresent. That which you are is Omniscience and Omnipresence. You have to live playfully along with all these waves in different forms and enjoy this - your happiness.

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