

Self Stabilization

A journey from experiencing the 'Self' (Self - Realization) to getting established in 'Self-experience (Self-Stabilization).

- by Tej Gyan Foundation

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Chapter 1

What is Self Stabilization?

Seeker: I had an experience where I became one with the universe. Is this self-realization or enlightenment?

Sirhree: Before answering the question, it is important to know your understanding of self-realization. It can be said that self-realization is just the beginning. Self-stabilization is the goal. One day a seeker experiences a deeply profound meditative state. He is in a no-mind state for quite some time. It is an experience of self-realization. Somebody experiences oneness with the universe when he is on a nature trail. He experiences that he is no longer a separate entity. It is an experience of self-realization. True Self-realization is experienced only when the interfering and comparing mind disappears.

Seeker: So, what happened with me?

Sirshree: The mind emerged again and took credit for the experience. 'I performed meditation, I attained this deeply profound state and I experienced realization.' The mind does not have the understanding that it is not the mind that has experienced that state. On the contrary, it was when the mind was not there that the self experienced itself. Self-stabilization is when the mind does not emerge later. Self-stabilization means remaining stabilized in the experience of Self or Being, or constantly abiding in the truth. It is not just a one-time experience. That is why it is said that self-realization without understanding is futile. And proclaiming that you are enlightened based on a one-time experience without being stabilized in the state is dangerous. The importance of a guru is that he ensures that you progress from self-realization to self stabilization, which is the ultimate goal.

Self-stabilization is the basic purpose of our life. Otherwise, even after having many experiences of the truth, if the body continues with its old tendencies and programming (a fixed framework) then you will not fully benefit from the experience. The mind will return with false beliefs and ask various questions and express doubts about the experience of the Self. As a result, the Self may not be able to experience itself again. The practice is hence not to entertain thoughts of the contrast

mind. Otherwise you will get entangled in its web. Thus the ultimate goal is that of self-stabilization and the prerequisite is the surrendering of the contrast mind.

Also, understand that along with self-stabilization occurs self-expression. It is expression of the self through the body–mind mechanism to fulfill its true potential. On attaining self-stabilization at the age of thirty-five, the Buddha continued to spread the message till the ripe age of eighty. This is self-expression where his body was used by the self to express itself after attaining self-stabilization. Thus self-stabilization and self-expression are the ultimate goals.

If you are confused with the word self-stabilization, then you can call experiences on the path as self-realizing experiences and the goal as self-realization. Hence, the understanding of self-realization is most important. If self-realization is seen as self-stabilization, then it is the goal. If you see it as a one-time experience, then it is just the beginning.

Seeker : I understand now that Enlightenment is actually Self Stabilization and should not be confused with one off experiences. But what exactly is Enlightenment or Self Stabilization?

Sirshree: Self Stabilization is the attainment of liberation from ego, mechanical living, all forms of bondage, preconceived notions and all vices of the mind (fear, anger, hatred, greed, attachment, envy, etc.) What remains after attainment of Self Stabilization is unbroken bliss—bliss which is indescribable, which constantly asserts its eternal presence and pervades every aspect of life. Self Stabilization is the key to a successful and fulfilled life, the royal path to transcendence. The state of enlightenment resides within all of us.

Man tends to live in ignorance. He falls prey to his own idiosyncrasies, tendencies and thought patterns and thus leads a limited imbalanced life. He continues to repeat the same mistakes over and over again. Except human beings, every thing in Nature develops to its fullest potential. For instance, a flower blooms completely and fills the surrounding atmosphere with its fragrance. Similarly, every human being has infinite inherent potential that can be expressed to the fullest. However, owing to ignorance, he remains entwined in some false notions and creates roadblocks to his own progress. As a

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result, he keeps away from the natural possibility of complete self development.

When the Truth is understood not only intellectually but also at the experiential level, when all questions and doubts dissolve, that is the state of Self Stabilization! It entails the journey from the limited confines of the mind (the head) to the unlimited realms of the Self (the heart).

Once, a disciple of Saint Ramakrishna Paramhansa asked him, 'You always speak to Goddess Kali. Can you request Her to visit my home so that I can be graced by Her divine sight?' Ramakrishna replied, 'Give me your address and I shall certainly send Her to you.' The disciple gave his residential address and left happily. He thought, 'Goddess Kali will come to my home, now I need not attend any spiritual discourses.' Many days passed but Goddess Kali did not appear. The disciple was sure that Ramakrishna, being a great saint, could not have lied. Therefore he again approached Ramakrishna. Ramakrishna said, 'You have provided the address of your house instead of your address. What is your address?' The disciple then handed over his office address thinking that he was present in his office for most of the day. He could not grasp the significance of Ramakrishna's question. There is no end to what ignorance can make you do! Having given his office address, the disciple would wait at his office premises for Goddess Kali to appear!

People waste their entire lifetime waiting for God at the wrong places. They keep searching everywhere except the fountainhead of Truth. You ought to reach the state where the individual 'I' ends. This is the very state from where everything begins, the original state of Being—Self. The realization of what you essentially are and your true Self's address is Self Realization. If one believes this address to be that of the physical body, then he is lost in delusion. Being established there is Self Stabilization. On attaining Self Stabilization, there will be a transformation in the way you deal with the world. This transformation could be visible at the bodily level (the instrument for Self Expression) too.

Chapter 2

Self Stabilization – here and now!

Seeker: Are you enlightened?

Sirshree: I am. And so are you. Jesus said, “I am the son of God. And so are you”. The second sentence was never paid importance to.

Seeker: Can I attain enlightenment or self stabilization this lifetime?

Sirshree: You cannot attain enlightenment any lifetime. Because the “I” that wants to attain enlightenment can never attain it. This “I” is the mind asking. This is the false “I”. This “I” asking the question cannot attain it.

Seeker: Let me rephrase the question generally. Can Enlightenment be attained in this lifetime?

Sirshree: Speaking of lifetimes, it is not that there are many births required for enlightenment to manifest in a particular body. It can be attained in this very lifetime. We need to understand how this is possible. Attainment of enlightenment implies stabilization in our original state of Pure Being, where the Experiencer experiences the Experiencer in and through every experience. There is a preliminary state before any game begins. While practicing yogic exercises, there is an initial state before the body gets into any yogic posture. Once the yogic posture is completed, the body returns to its original posture. Science opines that it is further progress that will lead to ultimate liberation. This is inferred because science dwells on the limited framework of logic and reason. Contrary to this, the truth is that you ought to regress (go back) and stabilize in your original state.

The state of Self Stabilization is experienced only upon returning to the original state of Being, the state before the grand game of Creation began. Being stabilized in the state of enlightenment, actions arise out of decisions taken while dwelling in that original state. What does each decision we make indicate? Are our decisions made with the complete understanding of who we essentially are? Are our actions an expression of who we truly are? We offer prayers but are our

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actions aligned with our prayers? Our decisions clearly indicate whether we do what we say.

For instance, one may say, 'I want to live a good healthy life'; but his actions (overeating and consequent obesity, for instance) could indicate that he wants to die. He will be puzzled if he is told that he does not value his life. He will not believe it. If we carefully reflect and understand this aspect in depth, we realize that every decision we make reflects whether the decision is arising out of the false identification with our body or out of the clear understanding of our true identity (the Universal Self, our original nature). Enlightenment is the state of stabilization in our original state of Being, an unshaken understanding or conviction of our true identity from where all decisions arise.

Seeker: What is meant by 'stabilizing on your original state' or 'returning to the original state'?

Sirshree: Attaining our essential nature implies returning to our original state. We are in our original state in deep sleep. Every morning, we wake up from our original state and set out from home to our workplace. In the evening, we return home from work, retire after dinner to the bedroom, on to the bed. Lying on the bed, we go further back into our body and finally into sleep—back to our original state. In this way, we keep regressing further and further until we reach our true state in sleep, wherein we are in the pure experience of Being. How can we get this pure experience of Being in the waking state? We should be able to stay in this pure experience of the Self while we are awake. Our decisions and expression should arise from that state of pure Being. If we can achieve this, then the whole and sole purpose of our life—Self Stabilization—will have been fulfilled. In this state, one experiences contentment, never boredom or lowered consciousness.

Seeker: How much time is required for this to happen?

Sirshree: Consider a student, who wakes up early in the morning and is flooded with a hurricane of thoughts: 'Today I need to submit my journal in the college . . . I have to rush to college . . . I have to reach early at any cost.' Suddenly someone tells him, 'Today is Sunday!' Having heard this, how long would it take for the storm of thoughts to die down into tranquility? It would hardly take a moment. Self Stabilization

can be attained in the same duration. It does not take even a moment!

No sooner did the student realize that it was Sunday, than all his earlier thoughts completely vanished and were replaced with new thoughts. Everything changed within the spur of a moment. Similarly, if you were to realize who you truly are, what would happen the very next instant? What would happen to all the thoughts that were arising out of the false identification with the body? From that state of liberation, how would you perceive all the pain associated with the earlier set of thoughts? This freedom can only be known through experience. Just a while ago, one might have been thinking, 'I am this hand; my hand is paining.' And now he realizes, 'I am not this hand.' How would he then regard the pain? If he is convinced that he is not the hand (or the body-mind), the hand will continue to pain, but he will no longer be grieved due to the pain. How did this difference come about? This is because he returned to the original state of Being. Given the right understanding, it takes just a moment to attain it.

Once, a man won a lottery. Winning the lottery was a very big deal for him. When he went to claim the fortune, he was told that a certain amount would be deducted towards taxes and the remainder would be credited to him. Upon hearing this, he flew into a rage thinking, 'The lottery advertisement promised me of a million, and here they are deducting such a large amount.' His past beliefs and preconceived notions made him mechanically react in anger. In a fit of fury, he said, 'I don't want your money. You are cheating. Return my ten rupees that I had spent to buy your lottery ticket!' He did not realize what he was saying! Our perception of incidents is shaded by our beliefs. Being deluded thus, he could not realize what he was losing for a paltry sum of money. So it is with man: he compromises on the all-important purpose of life, on supreme bliss, for mundane trifles! He finds it difficult to choose between money and enlightenment. Nobody says, 'Return my state of enlightenment!'

Chapter 3

What happens on Self Stabilization?

Seeker: So, what happens on self stabilization

Sirshee: From the state of enlightenment arises the expression of unbroken joy, unconditional love, and fortitude. Infinite creative potential is manifested leading to unique creations. Even if the expression of this state is restrained due to any impediment at the body level, it does not cause any concern. This is because of the unshaken clarity as to who is expressing through the body. This expression is not that of a limited individual, but that of the Universal 'I'—the Self. Therefore there is supreme contentment. This is the state of liberation from ego (the false notion of an individual 'I' which assumes a separate existence from the rest of Creation). Upon attaining Self Stabilization, the fictitious individual that was created due to the sense of apparent separateness gets eliminated. The multi-headed demon (the contrast mind, impregnated with various false notions and tendencies) is vanquished; it is the victory of Divinity (Self). The remembrance of the Self and its Experience remains thereafter.

When one stabilizes in the Experience of the Self, one is able to see all the possibilities at once. There, neither does 'past' exist, nor the 'future'. The eternal present alone is. In other words, the so-called past and the future are experienced in the timeless present. This is beyond the understanding of the intellect.

Before the attainment of Self Stabilization, one leads his life by choosing an option at every juncture, according to his tendencies or level of understanding, though several possibilities exist for him.

Let us imagine that there are some slides containing certain images. Suppose that ten such slides are stacked together and you are asked to look at the entire stack. You will not be able to understand the images, as they overlap. In this case, you will need to keep a gap between the slides and watch them one after the other, to understand each picture. This gap is called 'time'. Time was created in order to watch and understand the

photographs in sequence. Just because the element of time is brought in, the 'now' gets divided into 'past', 'present' and 'future'. Time is thus a grace that is bestowed upon us so that we can see the entire film in sequence. Otherwise, the entire film is here-and-now.

Similarly, there are endless possibilities in the life of any human being. All the possibilities exist in the here-and-now. One who is enlightened realizes this secret as the entire scene unfolds before Him. For example, the event of a vehicle approaching a crossroad may be a future scene, and a vehicle that has passed would be a past scene for someone who is standing on the ground. However, someone who is viewing from a helicopter above is able to see the vehicle that has gone (past) and the one that is going to come (future) in the 'now'. He is able to clearly see what the driver of the vehicle and the bystander are able to see. He can also see what the people on the ground are not able to see. He also sees the blocks or obstructions that are preventing them from seeing what they are unable to see.

Seeker: What thoughts arise on Self Stabilization?

Sirshree: Thoughts do not 'arise' in the mind after Self Stabilization. Rather, they are 'brought forth' voluntarily from the thoughtless state. Before Self Stabilization, thoughts occur at random. This is because man does not remember his real purpose of coming on earth. Thoughts that arise after Self Stabilization are an expression only meant to impart or help gain the Truth to other bodies. This is because one has regained or remembered the true Self and the purpose of coming to earth. All those thoughts that used to arise when man was leading life believing that he was an individual body, come to an end. On Self Stabilization, you are in effortless samadhi. Whether thoughts are there are not – does not effect you.

Chapter 4

How can I attain it?

Seeker: What is Samadhi?

Sirshree: In the state of Samadhi, the Experiencer experiences the Experiencer in the Experience. Samadhi is the state of consciousness before time began. It is the state of being in the state of undifferentiated beingness; a state of tranquility and bliss, where the mind continues to be alert. It is the state of eternal presence, the everlasting present moment, which exists before the world came into existence. The measurement of time based on a frame of reference such as the clock or the calendar was conceived for the sake of convenience, only after the world came into being. In the state of samadhi, you get to experientially know the Creator of the world. The Creator exists within you and to know Him is true spirituality. When you are in deep sleep, you are indeed in the state of samadhi. The only difference is that when you are asleep, you are not conscious of the state of samadhi. You are unaware of time while you are asleep. It is only after you wake up that you realize how long you slept based on the ticks of the clock. We need to attain that state which is beyond time, beyond the body, mind and intellect, while we are in the waking state.

If it is possible to attain the state of samadhi in the waking state, then what is the roadblock in its attainment? The chief blocking factors are false beliefs and imagination. It is essential to get rid of them before getting into the state of samadhi. You believe in certain so-called truths which are not real. When you eliminate all your wrong beliefs, you are naturally at the seat of Being. However, the mind tends to look for security in the external world. True security lies within you. You experience true security in the state of samadhi. It is in this state that you gain the conviction that you are not the body.

The one who is enlightened casts off his physical body (at the time of physical death) with the same ease as a porter would unload the luggage at the destined place without any hesitation. This is the very reason why there is no fear of death after attaining Self Stabilization. The enlightened one is established in the unshaken conviction about eternal life of the

Universal Self. In this very lifetime, he is able to experience eternal happiness by being stabilized in his true state of Being.

His physical body functions in the same way as others' do; his senses can perceive the world just like others. However, internally he is always seated in the state of samadhi. He remains in the original Experience of Being which is beyond the body, mind, and intellect. Being stabilized in the state of Being before time, He sees Himself in each and every living and nonliving aspect of the world. To see oneself everywhere, to be one with all that exists, is true spirituality.

Seeker: How can samadhi be attained? How can the Self be experienced? Will I experience the Self inside the body in Samadhi?

Sirshree: The experience of the Self is neither inside nor outside; it is beyond the concepts of 'inside' and 'outside'. Until the Experience of the Self is recognized with Understanding, questions will keep arising as to whether this Experience exists outside the body or within; whether this Experience can be felt on the body, or due to the body. This can be grasped with the help of some examples.

1) There are sweets called rasgullas that are popular in India. These are spongy sweet balls that are soaked in sugar syrup. Is the syrup present inside the rasgullas, or outside them? One who has tasted rasgullas would say that the syrup is present within as well as outside the rasgullas. In the same way, Self Experience is both inside as well as outside the boundaries of the physical body.

2) A fish lives in water, and is thus surrounded by water on all sides. It could keep searching for water and not find it, because water is so close to its eyes, stuck to it, so much so that, it does not realize that it is inside water. The fact is that water alone exists outside as well as inside the fish. In the same way, Self Experience is so close, so innate to us that we do not realize whether the Experience is inside us or we are inside the Experience. In fact, Self Experience is present all around the physical body and also pervades the body.

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In this way, Self Experience pervades and transcends everything. You only need to attain the understanding of how to know it. Understanding Self Experience intellectually is the first step. Having understood it intellectually, when you develop unshaken conviction about it, you stabilize in the Experience. It is like one who has learnt the alphabet from A to Z, and yet does not know how to form words. You would tell him, 'Since you have learnt the alphabet, you will soon learn to form words.'

Seeker: Can you teach me the alphabets? How can the first step of Self Stabilization – that is understanding Self Experience happen clearly? How can the conviction grow then?

Sirshree: The Magic of Awakening retreats held here are for this purpose. You are welcome to participate in it.

Seeker: What happens in this retreat?

Sirshree: The purpose of the Magic of Awakening retreat is for the experience of the Self. For clearly understanding the experience and know how the conviction can be increased that leads to Self stabilization. The purpose is simply Self Experience – with understanding and clarity.

The Experience of the Self is your essential feeling of 'being', the feeling of your 'presence'. You are not the body; but due to the body you are able to experience your presence. If you are able to see this clearly, then ask yourself: Why am I associated with this body? What am I doing with this body? Am I fulfilling the purpose for which I have taken up this body form?

If the Experience of the Self is understood, it begins to show in your daily life. You would then question yourself in every incident: 'What am I considering myself as in this incident?'; 'What do I believe myself to be while taking this decision?'; 'Am I thinking myself to be this body, or the all-pervading Experience that is felt due to the presence of the body?' When you begin to constantly remember this, then the bliss of the Self begins to deepen at the experiential level.

Seeker: What will I get on attending the Magic of Awakening retreat. How much I will have to pay?

Sirshree: The answer to both questions is "nothing". What you will get is "nothing". The meaning of enlightenment, Self

Stabilization, nirvana, moksh is to become 'nothing' or 'zero'. However, this 'nothing' is not the 'no-thing' that the mind or intellect would imagine. The mind always tries to understand everything in its own terms. Therefore, when we discuss 'nothingness', the mind tries to imagine absence or non-existence of everything. This 'nothing' encompasses and transcends everything. This 'nothing' has the potential for everything. It is the experience of this 'nothing-everything' that many seekers attain in the retreat. The state of nothingness transcends all dualities like heaven and hell, joy and sorrow, praise and censure. Enlightenment is the state in which Nothingness alone is experienced at each and every moment of life..

And what you will have to pay is nothing. How can one value this experience – value what is priceless, value what is beyond value.

There is no price or cost you have to pay for this wisdom

Seeker: Will I attain samadhi in the retreat?

Sirshree: Come to the retreat with the expectation that 'nothing' shall be attained. All that happens in the retreat is that you understand who you really are and build conviction about the same by experiencing few moments of samadhi. People have misunderstood samadhi as being seated with eyes shut for long hours. It is because of this that the mind becomes more prominent instead of dissolving. The mind believes that 'it had gone' into the state of samadhi. It is for this reason that the right understanding is given a lot of importance in the retreats. Understanding alone will lead you to the successful state of samadhi. In this state, you get convinced that the 'false individual I' will dissolve in the state of samadhi and the 'true Bright I' (the Universal Self) will awaken. You get convinced that you are not the body in the final state of samadhi. For example, a girl is fully convinced about being a girl. She has no doubt about it. She does not need to be reminded about her being a girl. She is aware about it at every moment, while performing all activities in life like eating, sleeping, walking, etc. Similarly, samadhi should also help in realizing your true identity. If you are not gaining such a conviction from samadhi, then such a samadhi is useless.

Appendix About Tej Gyan Foundation

Tejgyan is that wisdom which is beyond knowledge and ignorance; the source of all knowledge. Knowing and understanding tejgyan results in living a perfectly integrated life. Tejgyan is that state of wisdom from where nothing is concealed, everything can be seen clearly. Tej Gyan Foundation disseminates Tejgyan under the guidance of its founder – Sirshree.

Many truth seekers report that they have an apprehension attached to their quest: 'Am I on the right path or not? All said and done, there is a feeling of vacuum inside; something that says that this path that I have adopted isn't complete, there must be something more to it...' Sometimes one thinks, 'Is it really necessary to take so much effort, put the body in so much pain?' 'Isn't there someone somewhere who can answer all my questions?' 'Something is wrong in all this... Somewhere there is a missing link.'

The answer to all these doubts and questions is Tejgyan - the Truth that is beyond knowledge and ignorance, the Truth that can only be experienced. And the missing link is that of 'understanding'. Understanding leads you to the Final Truth. It is this understanding that Sirshree imparts; understanding that leads to the experience of the Truth - you may call it as self-stabilization or enlightenment or God-realization or by whatever name.

Touch your Inner Self.

The purpose of this booklet is to explain that Self Realization is just the beginning. What is important is to be established in that state through conviction. Being permanently established in the state of Self Realization is Self Stabilization. And then follows Self Expression. Sirshree, the founder of Tej Gyan Foundation has designed a system for wisdom for this journey of self realization – self stabilization – self expression. This system for wisdom is imparted at no cost.

Sirshree is a modern day spiritual maestro whose key teaching is that all paths that leads to truth begin differently—but end in the same way—with understanding and that listening to this understanding is enough. He is the founder of Tej Gyan Foundation which disseminates a unique system for wisdom from self help to self realization. Sirshree is the author of more than 40 books which have been further translated in multiple languages and published by various leading publishers such as Penguin, Hay House, Jaico, Macmillan, Wisdom Tree, Moscow Books, etc.

TejGyan Foundation welcomes you to participate in

The Magic of Awakening (MA) Retreat

A journey from experiencing the 'Self' (Self-Realization) to getting established in self-experience (Self-Stabilization)!

Participate in the 2 day 'free' retreat to attain the ageless wisdom in a new age system to:

- Break free from the Twisting, Turning, Talkative, Living-Dying-Living cycle of the Egoic Mind.
- Get a Practical Technology to gain Access to the Pure Presence at Will.
- Understand your Body-Mind-Mechanism to attain freedom from its Patterns.
- Connect to the Source of all Answers (The Inner Guru).
- Make a permanent shift from Mind Centered Living to Consciousness Centered Living.

And EXPERIENTIALLY KNOW the answers to:

- Who Am I? What am I? Where am I? Why am I here?
- What is Self Realization? How to live in the present?

For more details and Registration, call +91 9011020854 or Email to: ma@tejgyan.com

Register today at: Visit now: www.tejgyan.com and www.magicofawakening.com