

# NAVA MANI MALA

## First Mantra: I and I-thought

You must distinguish between the 'I', pure in itself, and the 'I'-thought. The latter, being merely a thought, sees subject and object, sleeps, wakes up, eats and thinks, dies and is reborn. But the pure 'I' is the pure Being, eternal existence, free from ignorance and thought-illusion.

If you stay as the 'I', your being alone, without thought, the I-thought will disappear and the delusion will vanish for ever.

## Second Mantra: Maya

Maya does not mean untruth. As untrue as it sounds. That is the deceptive face of truth. It creates forms in consciousness. Form means diversity. Diversity is what creates the illusion. But remember. All of this is happening in consciousness. It's all imaginary.

When one living being looks at another living being he forgets that he is the second living being and thinks it is a new form. But when the living entity turns his attention to his nature or consciousness and realises that he is not a form, it is as if a dream is shattered and awakened by the removal of diversity.

## 3rd Mantra: Unchanging Screen

The Real is ever-present, like the screen on which all the cinematographic pictures move. While the pictures appear on it, it remains invisible. Stop the pictures, and the screen, which has all along been present, in fact the only object that has existed throughout, will become clear.

All these universes, humans, objects, thoughts and events are merely pictures moving on the screen of Pure Consciousness, which alone is real. Shapes and phenomena pass away, but Consciousness remains ever.

## 4th Mantra: Eternal Existence

Thirst for life is inherent in the very nature of life, which is Absolute Existence – Sat. Although indestructible by nature, by false identification with its destructible instrument, the body, consciousness imbibes a false apprehension of its destructibility, hence it tries to perpetuate that instrument, which results in a succession of births. But however long these bodies may last, they eventually come to an end and yield to the Self, which alone eternally exists.

## 6th Mantra: Heart - Centre Point

Heart is synonymous with the Self, Chit, or pure Mind. Being absolute, it is ever changeless, formless, single and inactive. But as the word connotes Centre, it seems to imply a connection with a phenomenon, of which it is the source or point of contact.

It is the point at which the formless Spirit appears to take a form, i.e. to manifest itself in, and as, the world of forms.

## 5th: Enquiry into the nature of I

Enquire into the nature of that consciousness which knows itself as 'I' and it will inevitably lead you to its source, the Heart, where you will unmistakably perceive the distinction between the insentient body and the mind. The latter will then appear in its utter purity as the ever-present, self-supporting intelligence, which creates, pervades its creation, as well as remains beyond it, unaffected and uncontaminated. Also, finding the Heart will be experienced as being the Heart. When this experience becomes permanent through constant practice, the much-desired Self-Realisation or Mukti is said at long last to have been achieved – the 'I-am-the-body' illusion has broken for ever.

## 7th Mantra: Real Mantra - SELF

The Self is the greatest of all mantras and goes on automatically and eternally. If you are not aware of this internal mantra, you should take to do it consciously as japam, which is attended with effort, to ward off all other thoughts. By constant attention to it, you will eventually become aware of the internal mantra, which is the state of Realisation and is effortless.

Firmness in this awareness will keep you continually and effortlessly in the current, however much you may be engaged on other activities.

## 8th Mantra: Eliminating the EGO

Do you not now feel that you exist? Your doubt is whether you will ever continue to exist. Why should you have any doubt? A little thinking will convince you that the destructible part of your being, the body, is a mere machine, a tool in the service of the indestructible, the mind, which is the all-in-all, the knower and the master – you yourself. Your doubts and difficulties arise from your thoughts, which perceive the body and mistake it for yourself. Stop the thoughts, which are your enemy (the ego), and the mind will remain as your pure being, the immortal 'I'. That is the best way of eliminating the ego.

## 9th Mantra: Look Within

God is said to reside in the Heart in the same way as you are said to reside in your body. Yet Heart is not a place. Some place must be named as the dwelling of God for those who take their bodies for themselves and who comprehend only relative knowledge. The fact is neither God nor we occupy any space.

We are bodiless and spaceless in deep sleep, yet in the waking state we appear to be the opposite. Atman or Paramatman is that from which the body is born, in which it lives, and into which it finally resolves.

LOOK WITHIN IS THE MESSAGE.