

Perfect Prayer

The magnificent spiritual revelation only occurs to someone capable of conducting a perfect prayer, a prayer that can be described as a powerful contact with the greatest forces in the universe. A divine experience only comes as an outcome of a successful prayer which captures more parameters than what we know as 'Meditation'. What we know as 'Meditation' in popular vocabulary may perhaps be true of certain forms of Yogic spiritual techniques, but it is the process of realizing the dynamics of unity of the individual and the Cosmos and is held in the highest of esteem. The individual is in dynamic contact with the Cosmos at all levels--physical, mental, and spiritual. This contact is of the nature of dynamic equilibrium, that is, it involves a two-way exchange. This principle of universal equilibrium or harmony which governs the physical, moral, and spiritual existence of all beings is known in the Vedic period as 'Ritam' or harmony and, in later ages, as 'Dharma' or the law of nature. We are continually receiving many things from the universe and are eager to get more out of it--more food, more money, and more pleasure. But to attain equilibrium we must refund to the universe in the same measure, if not more. The ancient Vedic sages discovered that even what we get is determined by what we give. They called this truth the law of 'Karma'. It is giving, returning, and refunding, that determines the way this law operates. The great sages understood that it was the failure to refund to the universal stream of consciousness that upsets the 'Harmony' or 'Ritam' and produces sorrows, conflicts, and worries in a person's life. So, the great sages made this principle of giving back a major spiritual discipline and called it 'Yajna'. They discovered that these three concepts of 'Ritam' (Cosmic Truth), 'Karma' (Work), and 'Yajna' (Surrender or Submission)– are closely interrelated. The cause of all bondage and suffering is the breaking of the fundamental law of spiritual discipline. 'Meditation' includes the idea of surrender and submission. Meditation is not remembering God amid work, but the work is just an extension of meditative awareness where meditation has become a self-oblation of the individual spirit into the Supreme Spirit. When copper and tin fuse we get bronze which is a new metal with different properties. Similarly, when work and meditation fuse, we get a new dimension of living. This fusion cannot be achieved at the physical or mental level, but only at the deepest level of the spirit. It is the result of an experience of the individual spirit being able to establish successful communication with a much higher and finer Consciousness. Every living entity is an epitome of submission and surrender of

the highest order imaginable. Once successfully we can surrender our unceasing flow of individual consciousness into Cosmic Consciousness, living contact with the Infinite is established like a spectacular truth, unknown to the lower levels of consciousness states. We need to realize the transience of all that is temporary, superficial, and shallow, be it the religious texts or the spiritual dogmas, and rise to the zone of absolute permanence.