

The Integral Yoga - November 27, 2018

Whenever we see others with certain gifts or capabilities which seem out of our reach, or beyond us, one wonders as to how to achieve them? How do we get to this possibility? Although spirituality has no aim in terms of power attributes, it is also a fact that some special gifts come along with the spiritual development. We have available systems of Yoga and meditation that allow access to realms outside our own egoic way of being. For instance a clairvoyant in effect *merges* with his subject in a state beyond his own ego and beliefs. Unfortunately most people have beliefs, especially religious beliefs that give no room to exploring these higher realms while in this earthly life. While religions are to be respected, and do offer ethical approaches to alleviate the grip of sin and karma, they do not readily open us to the immediate possibilities of our higher consciousness, and to our escape from the wheel of reincarnation; rather we suffer much in this life because of the great wheel of Samsara; reincarnation, crushes us continually under the weight of our past actions and karma. It is worth noticing that the first sound a baby after birth is to cry!

Through meditation we endeavor to remove the layers of past actions, habits, emotions, etc., which is the make-up of our bubbles of consciousness to which constitute our life. These bubbles are a construction only of the mind, not the true self. Most people tend just to make these bubbles thicker as they go, instead of creating piercing openings and let them filled in with the penetrating of the divine light. Notice how some people are “thicker skin” than others, tougher to penetrate with logic, stuck into their own 'shell' or bubble! They may feel safer behind their own walls, their defense mechanisms, but they also prevent the light from entering. Spirituality holds that we have seven different bubbles, also called chakras, The lower chakras are very attached to this physical life, especially the muladhara or root chakra, which connects us to our sense of species, and powerfully influences and even controls us in areas such as sexuality and by extension to the survival of our species. It houses the fiery, powerful, kundalini force which can however, with guidance, be channeled spiritually upwards to advance to higher states, leading to the 'burning' love of God.

Thus, the bubbles of our mind are exceedingly hard to control. Each thought in effect bounces off the walls of our own bubble and comes back to provoke more similar thoughts, like a ping pong ball bouncing off the wall. These thoughts all result to form their own new causality, and so gaining stronger all the time.

The good news is that we are not condemned to live forever in the lower consciousness resulting from our past actions, although we surely will if we do nothing to change the causality of our previous lives and actions. The forces arising from our past beliefs and acts seem to form an apparent determinism which will carry us, like a river, in one direction forever. There is no free will seemingly in how this river just carries us along,

and such is the fate of most people. So, we must act to dilute the grip of attachment to our past, and bring the light to weaken and dissolve these 'forces'. Meditation calms the processes of the mind to allow our higher nature a chance to come in. Religions help. To a point, but we must work at it with diligence and commitment, and we must have an understanding that no one, no religion, no guru, nobody can do this for us. We cannot open the doors to the universe by merely attending church, or donating to the poor box (though they are good things to do). We need to deeply cleanse the layers of our unconscious and we must do it virtually alone. Further, dying does not relieve us of our suffering, as our state of mind follows us into the hereafter. So, it must be done here and now! Each of us has the necessary tools to climb the mountain of awareness. There is a path suited to each of us. At some point in this life, subtle questions will arise as to a higher the meaning of life...this is the call one must not miss.

The notion of an integral yoga, a union of ourself with all that is, implies the existence of higher supra-consciousness beyond and above our mental state. Some think of this as God, or a 'force'. From this supra-consciousness descends secret influences, which may seem to vary depending upon our own system of beliefs. These influences determine new planes of consciousness for us. They are based upon a latent knowledge, dormant in humanity for eons that is not yet part of or realized by the human intelligence. Thus, since not available directly to the mind, they must be gleaned in subtle, even subliminal, ways. An example is when one says "i know this, but I cant explain it", also known as the intelligence of the heart, the 'reason that the reason cant explain'. All these experiences from a state of 'earnest seeking' contribute to irrigate the divine and unlimited flow of grace to each individual, directly to the heart which is the center of divine Consciousness. Note how we like the 'good-hearted people, above even the intelligent. It is these influences, this latent knowledge, that constitute the 'light' we seek to pierce our bubbles and shed truth upon our system of beliefs. It is a knowledge which is not found outside, but only inside, one with you. The Absolute may seem at first to be outside and beyond, but it is within and in unity with you.

From that state of experience, "our life" is no longer a small ripple of water that rolls, bobbing like a nutshell, across the surface of the ocean of unconsciousness, but instead it dives, beaming with a great joy, into the center of the cosmic life and even blends, or unifies, totally with it. Our spirit, our real or true "I" rises to permanently identify with the total cosmic identity in its divine action, both as a creator and as a tool of creation, in the universe and the uncreated beyond.

The Yoga or total union starts to integrate our divided being, our many far flung sub and pseudo-personalities, under the symbolic representation of the Divine Shakti, or universal Mother, the liberator of the primordial cosmic energy (i.e. the Immaculate Conception). She assists into our liberation, our perfection, and our mastering of our new integration. So, we become master and liberator along with the Divine Mother,

This “cosmic force “breaks our current psychological assertion, which is drilled into us from our inception. It destroys the bubbles, the walls of ego, and liberates our power of vision. And more so, helps us to create a new “ideation” always larger. The basis of meditation is not an action of the will, which is only ego, but it is to create an identification, an image of realization, which will become filled out, growing larger and larger, transmuting to the pure self.

From the psychological point of view, it puts us in front of and facing all our imperfections (that which are not aligned) so as either to destroy or dilute them, and, in compensation, refills them with greater perfection and virtues. In other words, its action is expansive, and liberates our narrow consciousness from its imprisonment. The new consciousness spreads into the body and beyond the body realizing the new cosmic experience extended to the universe.

We begin then to perceive the action of the universal mental forces, (the universe being emotional at times and always in expansion), to create new and immense movement, and to replace the old and narrow systems of mental functions. We can also then perceive the origin and the causes of our sentiments, emotions, sensations, and our passions, and thereby understand the origination of our own Karma, across all lifetimes.