

EARTH & SPIRIT-APRIL 2019: REAL KNOWLEDGE

Dear friends, dear interested people!

Spiritual knowledge cannot be passed on through words, nor can it really be grasped through the mind. Nevertheless, it is valuable to read spiritual books and above all to use one's mind through active reflection until the [spiritual awakening](#) has actually happened as direct recognition through you, the consciousness.

Basically: No spiritual truth can really be known through the mind.

All true spiritual knowledge cannot be grasped through the mind. The reason is that you-consciousness-are not of this world and you are also absolute, i.e. not opposing or dual. The mind and all objects seen through the mind, however, are objects of this dual world. The world is polar, i.e. opposite, and the mind can only think in opposites, e.g. hot and cold, or light and darkness, or great and small. If you want to define e.g. "great", you can only do it in relation to "small", it is not an absolute value, but only a relative one, so with the mind you can only grasp things of the polar creation-really, but not yourself, the seer.

spiritual truth, your being, is not dual, i.e. it is absolute.

it is above the world of polarity, the world of opposites, but it also contains them.

in the esoteric scene, mind and thinking are unpopular. Nevertheless, the mind is really important for the way. You need it, as long as there is still a perception of the ego, in order - guided by your intuition and your conscience - to distinguish between right and wrong or better said between real and unreal and thus also to unmask step by step your own ego or the non-self¹.

Spiritual book knowledge is important because it directs your attention to the absolute truth behind the relative words. Your true being reads along so to speak and can be concentrated on itself through the right scriptures and words.

In India, the Way of Wisdom is recognized as a spiritual path and is called [Jnana Yoga](#), and is often regarded as the highest of the four main paths².



Whoever does not meditate and does not implement the recognized in life, has no progress on the spiritual path. To grasp spiritual truths only intellectually is not recognition in the true sense!

¹ In India, this important function is known under the name Viveka (distinction). See also [here](#).

² The four main ways of yoga are: Jnana, Karma, Raja, Bhakti.

Intuition

"Yoga is the resting of the movements of the mind. Then man finds himself in his true being. Otherwise he believes to be identical with the particular mental state.". Patanjali Yoga Sutras I,2-4

Intuition is direct recognition of truth by you, the consciousness; this recognition is not always directly possible for many people, because the consciousness of an average person is involved in many deceptions, like a maze. Consciousness is identified with many mental contents and considers itself to be them, therefore one goes a spiritual way to see clearly again and thereby also to free oneself.

It is like with a lamp which is in a filled water basin. If the water is restless, you can hardly see the lamp and the objects in the water. If the water is calm, you can see to the bottom. This picture is a symbol for the recognition of the soul. The lamp is the self and the water is the mind. But this symbol image is also in a way not perfect because the mind does not exist separately from the self.

The Self is always non-dual, through the spiritual path the consciousness is gradually freed from the false identifications with the mind, or name and form, and the bliss of the Self can be experienced.

Jesus said: "Those who seek should not stop seeking until they find. When they find, they will be disturbed. When they are disturbed, they will marvel, and will reign over all. And after they have reigned they will rest".- Gospel of Thomas, 2. Logion.

All is one

"The ego is the cycle of life and death. The ego is always unreal. I alone am just consciousness. Apart from me there is nothing, nothing indeed."-Ribhu Gita, 17/35,p.308"-Ribhu Gita, 17/35,p.308 "

To really recognize "everything is one", to see it directly and to see it forever like this, is e.g. such a real intuition. You can read "Everything is One" in a book and learn it or just believe it. Nevertheless, there remains a separation until you have really experienced it directly yourself.

This direct recognition happens through the dissolving of the mental layers with which you are identified.

This dissolving does not happen through the indirect and therefore only apparent seeing of the mind, but only through as direct seeing as you the consciousness.

Regular meditation and the way of life of truth and love are the way to it.

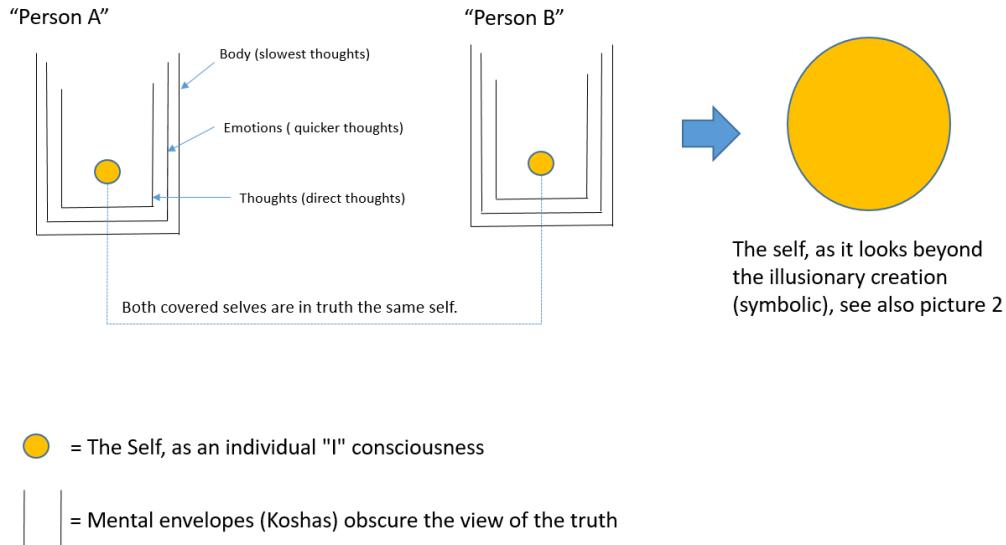
I would like to show you in a simplified symbolic way what exactly that means "All is one" by means of a total of three diagrams.

The diagrams are perhaps a little small in this document. You can view an enlarged version of all the slides on the Earth & Spirit homepage by clicking directly on the respective slides in this document.

Picture 1: The Illusion of the Individual Ego "

„When a man realises that all beings are but the Self, what delusion is there, what grief, to that perceiver of oneness?“-*Ishavashya Upanishad 1:73*³

All is one. Picture 1.



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The illusion of individuality arises through cosmic deception. Individuality is the feeling that I am something different from you and that "I", "this individual," am "my" individualizing qualities in space and time, but on closer inspection and deep mediation this turns out to be wrong. There is only one life, you, which extends over all living beings and objects and is also their basis. All impressions that I am different from you and that I am and you are you and we are separated come from the identification with mental contents that are there: Depending on the degree of crystallization of the thoughts, I differentiate in my diagram between faster and slower, i.e. more condensed thoughts.

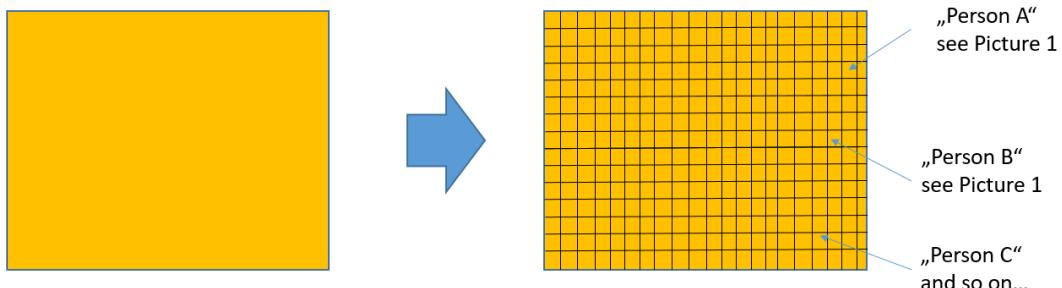
Picture 2: The Illusion of Relativity and Diversity

"The different peoples of the world, the diversity of cause and effect -all other than the Self is unreal; it is only His Consciousness Happiness"-Ribhu Gita, 23/2, p.388

In the next figure I will use a rectangle to symbolize the Self. This is intention to train your mind. For the Self has no form that you could grasp with your mind.

³ The Upanishads, Writings of Wisdom of India: <https://en.wikipedia.org/wiki/Upanishads>

All is one. Picture 2.



The self, as it really is,
beyond all deception. It
is always unchanged and
it is always completely
undivided ONE

The cosmic illusion (Maya), consists
only of thoughts and creates
seemingly individual egos. The
separation is purely mentally
"dreamed" and therefore not real.
The drawn lines correspond to the
mental layers (Koshas) in Figure 1
and create the illusion of an
individual ego.

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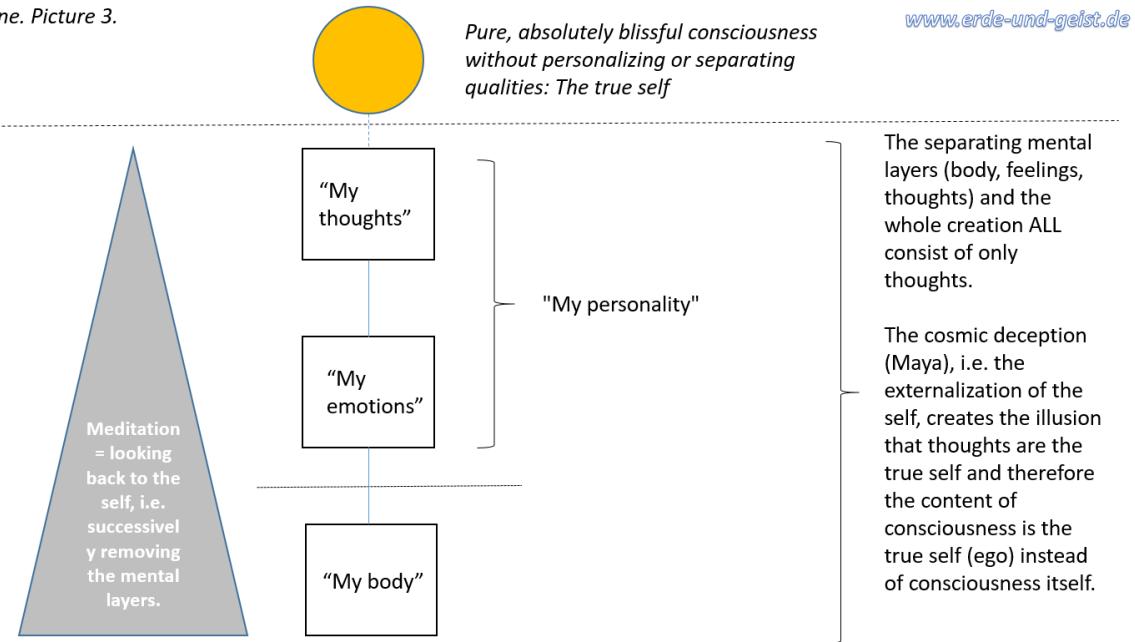
All square boxes in the diagram symbolically correspond to a single person in Picture 1. The mental layers (Koshas) in Picture 1 create the illusion of a boundary and an individual "I" definable in space and time.

All creation you see, including your own personal ego, is only dreamed. In reality there is only God or your Self. God is pure, blissful, everlasting consciousness. It is not subject to any change in its essence and is always an undivided whole. Your self is the basis of the visible world, through dreamlike self-oblivion you seemingly project creation from yourself into yourself, like a screen shining from itself or like a dreamer in his dream.

Just as a cinema screen remains completely free and white from any film, so your true self is always detached and completely free, blissful and unchanged from all dream films. If you confess yourself full of your true self in the course of the spiritual path, the relative creation in its sorrowful effects no longer concerns you and you remain blissful as yourself.

Figure 3: The Illusion of the Mind

"The whole world is always nonexistent. Thought alone is the whole world. Thought alone is the world in full. Thought alone is the cause of the body." -Ribhu Gita, 19/9, p.330



Meditation is a looking back to the original state. Through this looking back your false, i.e. not real, mental identifications with your only imagined individuality gradually dissolve and the sorrowful imprisonment of yourself in space and time gradually dissolves.

The new creation, the ego and the oneness with God

" And I saw a new heaven and a new earth: for the first heaven and the first earth were passed away; and there was no more sea"- *Christian Bible, Revelation 21:1* "

There is a higher individuality, completely free from the body, which also permits an illusionary play of creation, but which is lightful and God-given, and which is completely free from the egocentrically created limitations of space and time.

This is the state of the Creator God. The goal and meaning of the spiritual path is to reverse the fall of man and to consciously realize unity with God again, even to become completely one with the Creator.

Man is actually a spiritual being, is soul, and endowed with divine creative power of mighty power. The power to create all dreams and to fulfill a divine creation in harmony with God with joy. But through egoism an accident has happened in the course of the soul's history, the so-called "fall of man". The case of sin is a forgetting or no longer wanting to see that we are all One in God. This forgetting was caused by following ideas which are not true in the essence, e.g. that "I" really am and I can be greater than others. Such a trip only goes in a self-delusion, because you and I are in reality completely one.

Because the separation is not the truth and never will be, no matter how much one may insist on it, through one's own willpower,

like the narcissism of Greek mythology, the egoist only sees himself, or the mental contents with which he is identified. This egocentric self-love lets him fall out of the divine harmony and he loses a large part of his divine power as now apparently and by his own hand (egoism) separated being.

He falls back on his own egocentric creation, the mortal body, and is held captive, by his own egoism, within the limits of this body and time or transience. The joyful divine creation "as in heaven so on earth", as the true immortal self, gets out of sight.

The path to freedom is quite simply the truth

"the truth will make you free" -Jesus Christ⁴

"Dismantle this whole ego! And by taking the ego apart, you will discover your true being. This discovery is the greatest discovery of all, and with it begins a completely new pilgrimage - to the highest bliss, to eternal life". –Osho

The only way that leads out of deception and painful imprisonment in the limitations of transitoriness and identification with the mortal physical body is to orient oneself again to the truth and to put an end to the many incarnations of the egocentric aberration.

One must again create in harmony with all that is - in harmony with God or the whole and generally surrender, i.e. let go of the ego. Since one has long since fallen into the pond like narcissus when looking at one's own reflection in the pond and has forgotten oneself, the first way to seek the truth again is to ask sincerely: who I really am.

This is the spiritual search. I am then a spiritual seeker when I want to know who I really am-and only then!

spirituality is abused for many things, especially to gain money and influence-but its own purpose is only to uncover the truth. The truth about your being!

Love

Adjust your own behavior in worldly life to your belief in love and above all to your own highest realizations. Often it will not be easy, because many other people around you do not follow love for the most part, but egocentric ideas of themselves and also egocentric ideas of happiness. However, they do not find what they are looking for and instead become entangled in the illusion of separateness and individual suffering.

Only the path of truth and love, that is, applied truth, leads out of the shackles of space and time, reincarnation and death, to your true eternal blissful being, your divinity.

Do not be put off and follow your innermost truth, your deepest voice and your conscience. Do not be bribed by money, by sensual pleasures, by recognition, by security, by intimidation, but always trust in your own innermost knowledge. In this way you can reach the crown of life and fulfil the true highest meaning of human existence. Love in its liberated form is -in creation- the lived truth that we are all one, and the complete surrender to your true, eternal being, always liberated from space and time.

"For whosoever will save his life [i.e. his false ego] shall lose it: and whosoever will lose his life for my sake [i.e. for God's sake, or for the sake of one's own deepest reality/love] shall find it - Christian Bible, Matthew 16:25.

⁴ Christian Bible, John, 8,32

Your Bernhard Goller (Damodar)

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