



My Universe

We all live in this world. This is our planet called Earth. Our planet is a part of our solar system which is in our galaxy called the Milky Way which is located in our Universe. Broadly, this is what our parents and teachers taught us and continue to do so.

Going a little deeper into this subject, if we continue to ponder on our learning from our grandparents and sometimes our parents as well, we can recollect our learnings somewhat like this; this Universe and all that exists within this Universe was manifested by God. Well! How did God do it? He thought and it happened. That is the power of God.

As children, we all listened to stories depicting the power of God, sometimes as bedtime stories. As we grew up and went to school, some of these stories which remained in our memory reflected back, not that we would reflect upon them, rather see them as fairy tales which were mere bedtime stories. It seemed very un-scientific.

Science explains to us about the Universe and how everything came alive with a big bang several million years ago. In comparison to science, this story of the Universe coming alive from a thought seemed very childish and illogical. This was my thought too until I heard something very familiar from within which I am sharing with you today.

We are all born of God. And as children of God, we are all bestowed with the same powers that God has. The power as we know is that of the mind which corrupts us as well as others. The power of God is the power to love. Love is the most powerful aspect of creation. It is in love that we create. This is the power of God, the power to create in love.

We live in a Universe. This Universe consists of all that we seek, we earn, we love, enjoy, dislike, are passionate about and so on. This Universe was created by us. This is our Universe. Each one of us created a Universe for ourselves. This was the Universe we were being born into. This Universe we created was the platform on which we are going to learn the lessons of evolution. This is the place where we create our characters and experiences of trust, hope, love, pleasure, pain, sorrow, misery, lust, and all other such emotions.

It is only by creating our own Universe that we can generate our experiences and learn from them. Every part of the Universe we create within ourselves is through the power of thought. To experience life, we begin to align with the senses. When we align with the sense perceptions, we begin to believe in what we see, hear, feel, smell and taste rather than our inner feeling, our inner knowing, our inner vision and inner hearing. When we associate with the sense perceptions, we believe what we see is real, what we



Newsletter

May 2010

hear is real and in doing so we respond and react; the more the sense perceptions, the more the responses and reactions.

Emotions are direct derivatives of our attachment with our senses and sense perceptions. Our Universe is like a hall of mirrors. How you perceive your Universe is how the Universe will reflect and reveal itself to you.

Many of us suffer day to day in our lives with the kinds of relationships we hold within our family and outside. When we are experiencing many emotional upheavals, the thought that we are attracting these experiences does not occur to the mind. On the contrary, we are always looking outward pointing fingers and seeking solutions.

This leads us to get attached to ashrams, Swamijis or other personalities. We then attend their satsang, listen to their discourses, read their books, chant the name of the Lord, but continue to do all those things which we did which prevent us from transforming.

To transform, make our lives better, it is important for us to change the fuel and the gears that operate our Universe. The fuel is our thoughts and the gears are our habits and patterns. Without working on letting go of our thoughts and habit patterns, we cannot really transform no matter how many discourses we attend and how many temple deities we visit and offer our salutations. This does not mean going to temples or Ashrams must be stopped! They are there only to guide us, give us the strength to change. It is we who have to bring about that change.

By changing or replacing our thoughts with that of our God and breaking the habits and patterns, we can rest be assured that transformation is happening. The very thought of letting go is a process in the appropriate direction. Only then can we feel the glory of God.

The time has come for each one of us to look into our Universe and make necessary changes so we can manifest only those aspects which uplift us and take us towards our Self. It is only to journey inward to merge with the God within that we take on this physical form and if that objective, motive, inspiration is left unutilized, the life led is not led in God's light but in the darkness of our ignorant minds.

Wake up, realize your potential, grow out of your cocoon, spread your wings and fly.

- As received from the inner guide
- - Mahesh Krishnamurthy