

Sat Chit Anand

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Whatever there is changeful in this ephemeral world – all that must be enveloped by the Lord. [Isa Upanishad]

There is only one consciousness that is all pervasive. This consciousness manifests as all names and forms. These infinite names and forms look like other realities but they are not. For example, $4 = 1+1+1+1$, but 4 looks different to 1. There is no other number than 1. All numbers come from the number 1. In the same way, everything is a different manifestation of one consciousness. You are part of that manifestation – call it consciousness, Truth, Brahman, God, the Absolute, Totality – because there is no other. From fullness, fullness comes. Nothing is added and nothing is taken away. All names and forms are included. If you think you are separate, then you feel isolated, and there is fear. In reality you are not separate – you are always in the embrace of the Totality.

A cell in your body won't be able to understand that it is part of your body. A cellular mind that sees itself as separate won't be able to see that it is part of the universe. The mind of the wave can't understand the oceanic dimension. The wave knows it is a wave. But a wave is made of water. The wave doesn't exist independently of water, of the ocean. The elements that make up your body do not exist independently from the elements that make up the universe. The physical body is part of the physical universe. It is made of the same elements: space, air, earth, fire and water.

Essentially everything is made of the same consciousness. By habit we associate one name with one form. For most people, God is one name with one form. But God is not one name for one form, but the name for all forms. God is a collective word. People think that some God sitting in heaven created the earth. Heaven is up there and earth is down here. They don't understand that the universe has no up and down. You cannot represent the name God with anything. It is at once with everything and with nothing; it is at once immanent and transcendent. God includes everything. You are part of God, like a wave is part of the ocean. But instead of divinizing the local, we have localized the Divine. In reality we belong to one God. Consciousness is the light of light that illuminates everything. Everything is Divine. You can worship God in anything and everything. God is Jesus, Buddha, Krishna, man, monkey, mountain. When you see God as being a separate name and form, this makes you feel separate. When you see God in yourself, then you see God in everybody and everything.

Your primary relationship is with God / Truth / Consciousness. But our secondary relationships have become more important. First you are Divine, everybody is Divine, and then you are human. But we have got it the wrong way around. Indian names start with Shri, which means God. First you are part of God and then you are Jane, Susan, Michael,

John. But we have forgotten this – we have forgotten our eternal identity, and we only see our historical identity. We have forgotten our oneness, and we get lost in the divisions. In every country's national flag, there should be a representation of the globe to remind us that all countries are part of one earth. First earth, then America. In the same way, first God, then Jane, Susan, Michael, John. Everything that exists is part of God, the Totality: *In God we live and move and have our being. [Acts 17:28]*

Based on teachings by Swami Suddhananda, Tiruvannamalai, India, December 2010
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