



The Indweller of Your Heart

Guru Purnima Message
by Swami Jyotirmayananda

ON GURU PURNIMA, we give our reverence and adorations to all of the Gurus and to the Guru of all Gurus, the Divine Self—God. What does Guru Purnima mean? Guru comes from the Sanskrit “*guha*,” which means cave, and “*ru*,” to bring light or to enlighten the cave. “*Purnima*” means full moon. The moon is the symbol of the mind, and the two are mystically related. During the full moon, the moon, which doesn’t have its own light, reflects the light of the sun in the fullest. Much in the same way, your mind does not have light of its own. It reflects the Light of God and, like the moon, continuously fluctuates as it reflects. When the mind becomes perfectly purified, it reflects the Light of God in its fullest measure.

When the mind is neither hampered by ego, nor dominated by attachment and hatred, nor tarnished by impurities or complexes, it becomes the fullest reflector of the Divine Self. And when that happens, one becomes enlightened. You desire nothing from this world.

Although everything that you desire from life to life changes, yet you sustain the illusion that if only you could fulfill a particular desire, you would be happy. If you were to roll back the time cycle of thousands of lives, you would find the same predicament: You regret some things that have happened in the past and expect happiness from things that might develop when certain desires are fulfilled in the future. However, through so

many lives, all of your prosperity, power, recognition, friends, great glitter and glamour of the world have passed on without fulfilling your desires.

Deeper and serious thinking is very difficult for those whose thoughts are confined to the realm of senses. As long as the mind is cluttered by sense impressions, it does not reflect the fullness of light. Only when the mind becomes calm, relaxed and free of the pressure of ego does it reflect the light. An enlightened mind becomes like the moon, radiating nectarine vibrations and nourishing all that is good in human beings. That is the significance of *purnima* or fullness, the Full Moon.



Guru Illumines the Heart Cave

Your physical body or sheath is the outer gate leading to the mystical cave of the heart. Underlying the body and making that body alive are the *pranas* or vital forces. This *pranic* sheath operates under the control and command of the mind or mental sheath, which causes the vital energy to fluctuate. When the mind is happy, there is more *prana* and your face lights up. If it is unhappy, *prana* is withdrawn and the face becomes pale.

So, within the physical sheath is the *pranic* sheath. Within the *pranic* sheath is the mind or mental sheath. Within the mental sheath is the intellect sheath, containing both intellect and ego. This sheath is important

for it is through purity of intellect that one can attain Enlightenment.

Within the intellect sheath is the causal sheath—a mysterious veil of ignorance that is indistinct and nonmanifest. Within that veil lies the innermost cave of your heart, the Divine Self. In order to reach that innermost depth, you need an illuminer, someone to guide you. It is Guru who illumines the cave on your path to Enlightenment.



Out of the Quagmire of the World

When you attain Enlightenment, the ultimate goal of your existence, you will not enter the cycle of birth and death or the world of time and space again. Whatever is within the world of time and space is transient and changes like waves that rise and fall. That world is a projection of *Maya* or Cosmic Illusion onto the screen of the Divine Self.

When you look within yourself, there are two types of awareness. One is an awareness of “I am” that is simple, spontaneous, ever the same through many lives. It never changes. That unalterable “I am” in you is the Absolute Self, your essential nature.

The mind, however, projects on the unalterable “I am” an awareness that is ever forming and unforming itself on the basis of karmas. If karmas are of a *satwic* nature, your mind expands. If they are *rajasic* or *tamasic*, the mind contracts with agitation, anger, hate and cruelty. So, due to ignorance you become trapped in a world projected by the mind.

When *vairagya* or dispassion increases, spiritual sensitivity develops and you reflect on “Who am I? How can I escape being trapped by *Maya*? From a world of shifting “I am” where I have been trapped in a world of illusion, how can I be guided to that real “I am?”



The Grace of Guru

What would this world be like if there were no Guru or guides leading you to break the illusions of the world? On the spiritual path, spiritual teaching requires profound insight. Scriptures contain the revelations of the Sages, however those revelations cannot be studied by simple reasoning. You may be very clever or intellectual, but your intellect has to be guided. Without such guidance you would not attain true insight. Only when the intellect is tempered by intuitive authority can it explore the mystery and spiritual secrets that lie

within the scriptures. If the illumined intellect is not there, the scriptures become mere books.

It is necessary to understand that disciple and Guru both are wonders in this world. If you consider a Guru to be a wonder, the disciple is equally a wonder. If there was no disciple, there would be no Guru.

Your evolution has two components: a Divine pull from within and a Divine push from without. By your good karma, you create a positive environment for success in your practical life. In addition, you gain deeper insight and a greater form of integration.

As a result of many lives in which you have reached a higher level of integration and a greater depth of perception, there comes a hunger to be guided. God arranges that your guidance comes in different ways. Your mother becomes your first Guru, then father, followed by school teachers, etc. Eventually, you become deeply involved in reflection and inquire, “How am I to wake up and attain Enlightenment?” Even if you do not know what Enlightenment is, something draws you to *satsanga* (good association), to some personality who has studied or attained Enlightenment.

Both components in your evolution have been created by God. God prepares both you and your circumstances. God within you is pulling you from within, and God, assuming the role of spiritual teacher, pushes you from without. There is a Divine push and pull to take you out of the quagmire of the world.

In this process, it is important that you continue to purify your mind and become more and more receptive to the teachings of Guru. The greater the receptivity, the greater the effectiveness of the teaching. If that receptivity is not promoted, then the teaching is dull in its effect.

The whole world should become your Guru. You learn forbearance from the earth; detachment from the air; expansion from the sky; depth from the ocean. You learn from all of this creation, from your own daily experiences. Your painful situations are eye-openers, teachers of philosophy. Your enemies are your friends. As Lord Krishna says in the *Gita*, the whole world is a great mystical tree, and all the leaves of that tree are the verses of the scriptures, the poetry of God.

As the cave within your heart becomes perfectly illumined, you wake up from all illusions, breaking all fetters, becoming liberated, never to return to the state of bondage. That is the message of Guru Purnima.

