



Search for the Light of Lights

By Swami Jyotirmayananda

To the enlightened mind, the Divine Self is known as Chit: Pure Consciousness, Supreme Knowledge, Eternal Effulgence that permeates all planes of existence. You must seek glimpses of this Light of lights in your meditation, reaching out with both your intellect and purified emotions to grasp rays of its dazzling and transforming radiance.

The following meditations are designed to assist you in this most sublime search for the Light of all lights:

The Miracle of Sunrise

Focus your mind gently at the Ajna Chakra. Visualize the most enchanting sunrise. See the round, luminous orb of the sun gently rising above the horizon

and allow your mind to be charmed and captivated by its golden radiance.

Consider the magnificent sun as a symbol of the Divine Self, and its rays as mystic effulgence with which the Divine Presence is illuminating your mind, filling it with the warmth of knowledge.

Think of the transition between the dark night and the golden dawn. Allow your mind to vividly recall the dramatic changes that take place so simply and spontaneously in nature, and think of similar changes that can take place in your personality as the dark night of ignorance is transformed into the golden dawn of illumination.

The terrifying atmosphere of intense darkness spontaneously becomes an atmosphere filled with vibrations of joy. Similarly, when the mind moves toward wisdom, the atmosphere in your consciousness changes from a state of misery and affliction to a state of fulfillment and joyousness.

Reflect on the significance of the ancient Vedic prayer “*Tamaso Ma Jyotir Gamaya*”— “Lead me from darkness to light.” Darkness is the state of ignorance, the state in which you are not aware of your essential Divine Nature. That state of delusion is the cause of all miseries in life. The highest prayer is to be led into light, to possess an intellect which is illumined by the light of knowledge. Guided by that light you learn, “The real Me is *Brahman*, the Divine Self. The ego

is illusory in nature. It is not the real Me!” The moment you understand that ego is not your real identity, your mind becomes free of a great burden.

Continue to reflect on the miracle of the rising sun. Feel how the whole atmosphere wakes up with a new vitality as it is blessed by the shimmering rays of light. Try to visualize the tall Himalayan mountains covered with snow. When those mountains receive the early rays of the sun, they shine like mountains of gold. Feel your mind is like those mountains. As wisdom unfolds, the mountains of thought become golden, illuminated by the light of the Self. Crude thoughts of anger, hate, jealousy, greed and fear are rendered into pure golden thoughts of universal love, compassion, fearlessness and contentment as the nonduality of the Self is understood.

Recall the Vedic prayer, Gayatri Mantra:

***Om Bhur Bhuvah Swah
Tat Savitur Varenyam
Bhargo Devasya Dheemahi
Dhiyo Yo Nah Prachodayat.***

As you mentally repeat the Sanskrit, deeply recall its meaning.

God is effulgent like the sun, permeating the three worlds. The entire universe is illumined by the Light of that Divine Self. May that self-effulgent Divinity enlighten my intellect.

As you reflect upon the meaning, affirm: “Just as the snowy mountains turn into molten gold when illumined by the rays of the sun, let my intellect become golden and transformed in the illumination of the light of the Self.”

The Mystic Fire at the Ajna Chakra

Feel that there is a dazzling radiation of effulgent light at your Ajna Chakra—a radiation that resembles golden flames



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of a unique mystic fire. As you focus your mind on these flames, recall the Old Testament story of Moses and the Burning Bush. Moses saw a golden blaze that seemed to engulf the bush, but the bush did not burn.

In the same way, view your unconscious mind and all its impressions as that bush that is on fire—fire preceding from the Ajna Chakra. Allow yourself to be absorbed in those purifying golden flames of knowledge that are removing all illusions of your mind. Feel that as your mind is engulfed in the purifying fire it is becoming transformed and rendered free of all impurities.

The Supreme Light of Consciousness

Try to understand how your thoughts, all your mental processes, are illumined by the Light of the Self, the mystic Light of Consciousness. Without that Awareness, that Light of the Self, a thought will have no meaning. That Supreme Light is closer than your thought.

It is the Light of the Self mingling with thoughts that becomes the cause of the projection of the world of time and space. The entire universe arises like a cinema show out of this Light. Names and forms come and go like projections in a cinema, but the Light of the Self is unflinching, eternal. In meditation, become more and more immersed in the effulgent Light of the Self. Feel that time has stopped and space has vanished. Assert, “I am that un-

failing Light that illumines all names and forms. The whole universe has become Myself. I am the Eternal Effulgence that envelops the entire universe.”

Consciousness and Bliss— Inseparable Companions

Think of the beauty of Divine Light. The rising sun transforms the darkness into a multi-colored splendor, charging the entire atmosphere with joy. So too, the Divine Effulgence makes your mind glow with the colors of supreme beauty. As knowledge unfolds, your mind enjoys a heavenly experience of transformation and incomparable joy. In the mind that is immersed in Divine Light, Bliss reveals itself spontaneously. Light and joy are inseparable mystic companions.

The mystic Light of the Self is a symbol of Consciousness. Pure Consciousness, known as *Chit*, is the Light of lights. That Light of lights is supremely blissful. Consciousness and Bliss, *Chit* and *Ananda*, go together inseparably.

In Hindu mysticism, *Chit* and *Ananda* are personified in Krishna and Radha. Krishna is the Light of lights, Pure Consciousness. Radha is Bliss. They are inseparable companions.

Imagine that within the Divine temple of your heart there unfolds the mystic forest of Vrindaban. Allow your feeling to flow like the Yamuna River. See Krishna and Radha—the personifications of Consciousness and Bliss of the Self—perform their mystic dance. The entire atmosphere

is filled with a heavenly charm that cannot be normally understood by the human mind.

As Krishna and Radha perform their dance, all the gods, Sages and Saints of the universe have come together to delight in that wondrous scene. You have also become part of that Divine congregation. You no longer belong to the world of mortals, the world of misery and suffering. You belong to a world that is Divine—where Krishna dances constantly and there is eternal festivity, eternal rejoicing.



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