



Svaroopa® Vidya Ashram

December 2019 Teachings Article:
Quick Fixes #12

It's All Divine

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When you can see God's hand at work in your life, you're lifted out of your pain and filled with gratitude. Yet the One Divine Reality was never absent. It's only your perception that has changed, which changes everything. That's yoga in a nutshell.

The sages of India describe that Shiva is not only pervading all, but being all. This includes you. Even in the dark of the night, and especially in the dark night of the soul, you exist. Your very suffering proves your existence. Your own existence is the One Existence, being you. You are never lost. You are never alone. You only think you are. It's just your mind.

Ahhh! Yoga's been working on your mind all along. Every practice is for your mind, including yoga poses. It's very straightforward: move your body and breath in certain ways and your mind calms down. Move your body and breath in other ways and your mind speeds up, even goes crazy.

Yet yogic technology offers even more sophisticated tools, for a quicker, easier and more powerful result. That's what this year's quick fixes have been about, leading us now to the most powerful one of all:

See it All as Shiva

While some meditative traditions describe the world as illusion or as unreal, tantra says this is all very real. All the beauty, along with all the pain, really do exist. You exist. I exist. The sun and moon exist. The earth and sky exist. The people and situations in your life exist.

What we all have in common is that each of us exists. Your existence is proof that you are Shiva, that which exists. To experience your own existence is to know your own Self, to know your Shivaness. Yoga gives you the tools to know that which you already are and always have been.

Our yogic quick fixes have run the gamut from body through breath, using your memory and learning to cultivate a yogic state. Each has prepared you to go deeper. This quick fix is to see all as Shiva, both outside and inside. It's easy to see the divine in the sky, in nature, in beauty, kindness and pleasure. It's harder to see the landfill as Shiva or to see Shiva in the challenging people in your life. I agree, they're not angels. Probably you are not either. But they and you are all forms of Shiva, the One Divine Reality being everything and everyone.

Many times, yogis have told me, "I just wish the world was at peace." When I ask why, it always turns out that they want to world to be peaceful so they can be. They are asking everyone else to change so they don't have to do their own inner work. Instead, yoga gives you the ability to rest in an inner depth and openness, welcoming even difficult circumstances and people. It's your inner state that matters.

Cultivate a yogic state by seeing the Divine in all, even the hard stuff. When you look back at the tough times of your life, you may be able to see that you benefitted from them. You grew in unexpected yet needed ways. The darkest nights yield to the most brilliant sunrises. Blessings sometimes come in strange packages. Can you learn how to welcome them? It's all Shiva.

Inside, too, see the divine in all, even in the way you talk to yourself. I once had a heart-to-heart chat with my mind. I asked, 'Why are you always putting me down?' My mind replied, 'I do it to make you try harder, so you'll accomplish all that you came to do.' I was shocked that my mind was being my friend! A tough friend, to be sure, for my mind didn't pull any punches. Yet my mind had truly motivated me to accomplish many things important to me.

Continuing this internal conversation, I told my mind, 'I don't need that kind of motivation any more. I'm committed and capable. I know how to roll up my sleeves and do the work needed, so you can encourage me instead.' Our relationship improved after that. I had to keep my end of the bargain, which meant I had to work for what I wanted. And my mind has helped me. It is the primary tool I use to manifest my life's purpose, making spirituality real for you and everyone I reach.

This is inner work, yet it is supported by you seeing the universe for what it is: Shiva is masquerading as being merely mundane.

Na shivam vidyate kvachit – Svachchandra Tantra

There is nowhere there is not Shiva.

This sutra has a double negative, confusing to native English speakers. It is used to create a strong affirmation: Shiva is everywhere, being all! Think of it this way, where can you go that Shiva is not present. Nowhere. No matter where you go, Shiva is there, simply because Shiva is being every "where." Even more important, you are Shiva, so wherever you go, Shiva is there because you are there. This is true even in your mind. Wherever your mind can take you, you are there, thus Shiva is there. Even your mind is a form of Shiva, so everything it conjures up for you is another form of Shiva.

However, not all of Shiva's magnificent multiplicity is pretty, sweet, happy and nice. Some of Shiva's forms help you discover your own Self, but some of them hide your Self from yourself. Your mind's purpose is to hide your divinity, just like you can use your thumb to block the sun. This can make it hard to see your mind as Divine, yet my Guru emphasized, it's all Shiva.

All [the meditator's] thoughts are Siva, his fancies are Siva, his agitation and even its consequences are also Siva. Regarding everything as the glory of his own Self, [the yogi] remains tranquil.¹ — Swami Muktananda

The tantric sages tell us that everything that exists, exists – and everything that doesn't exist, also exists. For example, if you imagine something terrible that might happen in the future, even if it never comes to fruition, it exists in your mind, thus it exists. You create realities with your mind, both outside and inside. Then you get entangled in those realities, losing your awareness of your own essential Divinity.

Thus the practice is to place yourself, again, in the Divinity that pervades all and is being all. See Shiva in all. See Shiva being all. When seeing all as Shiva, include you as being Shiva. Can you see it all as divine? Because it is, whether you can see it or not.

Do more yoga.

THIS IS AN ARTICLE IN A YEAR-LONG SERIES ON "QUICK FIXES"

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¹ Swami Muktananda Paramahansa, Nothing Exists That Is Not "Siva", Chitshakti Publications, Chennai, 1997, page 69