



Svaroopa® Vidya Ashram

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Multi-Dimensionality #10

## Intuition & Insight

By Gurudevi Nirmalananda

You must develop your intuition, but for different reasons than you suppose. Intuition is the inner knowing by which you know your own Self. It's called in-sight. However, using intuition for external things sabotages your spiritual progress.

The siddhis (subtle powers) are inner obstacles in the way of samadhi, though considered to be attainments by those with outward-turned minds.

Te samadhav-upasarga vyutthane siddhayah.<sup>1</sup> — Patanjali's Yoga Sutras 3.38

Siddhis are subtle powers, meaning they are the subtle level of your sensory abilities. When you see a tiger in a dream, you are having a visual experience while your eyes are closed. This happens through your inner power of seeing. Maybe you don't really see the tiger or other phenomena, but you have a sense of its presence. Similarly, you may say, "I see" when you mean you understand.

When you intuit something, it means you know it without having an external source for your knowledge. You just know. This knowing is the goal of spiritual practice, that you know your own Self without thinking, without theorizing, without belief or faith, without praying or repeating mantra. You just know.

This is the original meaning of the word "intuit." It comes from English in the 1400s, meaning spiritual insight or immediate spiritual communication. The earlier root from Latin, intuitio, means the act of contemplating. All this is very yogic. It's about insight, the ability to see inward.

There is another type of intuition. This is when you "just know" about external things, like what's going to happen next, or who is thinking of you, or the closest parking space, or which road to take to avoid traffic. It's called your "sixth sense." Don't do it. Just don't.

When you apply your subtle knowing to mundane things, you don't deepen spiritually. You won't get enlightened. And you'll create terrible karma for yourself. It is a double whammy.

Mediums are different from mystics. Mediums or seers use their subtle perceptions to gain information about outer things. Mystics, also called sages, use their subtle perceptions to explore the infinity of their own Beingness.

The sage Patanjali warned about siddhis in the sutra above. It's ironic that it comes after a long list of practices that develop your siddhis. Of course, you would need no warning unless you had the inner perceptions and were tempted to misuse them. Patanjali gives 29 sutras about how to develop siddhis, with two that warn against using them for worldly purposes.

*Svaroopa*® yoga and *Svaroopa*® Vidya meditation give you these subtle powers, unfortunately. It is a great boon if you are spiritually oriented, as siddhis boost your progress toward Self-Realization. You don't need the 29 different practices because your inner perceptions are being refined and empowered, beginning with your very first Guided Awareness in Shavasana. Mantra upgrades your mind even more powerfully.

One of our cornerstone practices is chanting Shree Guru Gita. This Sanskrit text also warns about misusing your siddhis:

Certainly, all living beings, by chanting the Guru Gita,  
gain all subtle powers, worldly pleasures and freedom, there's no doubt.

Anena praninah sarve guru-gita-japena tu,  
sarva-siddhim prapnuvanti bhuktim muktim na samshayah.<sup>2</sup> — Guru Gita 166

While the Guru Gita gives you worldly pleasures, if they are your goal, you won't gain yogic freedom. It's an important choice, a choice you are making moment-by-moment, day-by-day. While tantra is the interweaving of the spiritual and mundane, if you are trapped in the mundane, you don't have enough grasp of the spiritual to weave it in. The decades you have been focused on pleasures get in the way of genuine spiritual deepening.

<sup>1</sup> Te samaadhaav-upasargaa vyutthaane siddhaya.h.

<sup>2</sup> Anena praa.nina.h sarve guru-giitaa-japena tu, sarva-siddhi.m praapnuvanti bhukti.m mukti.m na sa.m"saya.h.

This is why I ask you to get up early in the morning for your meditation and other practices. It's a simple thing, yet I know it can be hard to get going. One yogi asked me how to do it. I responded, "If you were catching a flight to an international destination, would you get up early?" Enthusiastically, she responded, "Oh, yes!" I added, "You're headed toward cosmic Consciousness. It's time to get up."

When you arise early, the dominoes begin to fall. You go to bed earlier, to make it easier to get up. The practices you do between 3:00-5:00 am give you triple the benefit compared to any other time of day. Dominoes still falling, the bliss you access in the early morning makes life's other pleasures much less compelling. You may even discover that some pleasures undermine your capacity to delve inward. Your life gradually becomes yogified. You become happier and much more effective in the world, running on Vitamin S (Self).

The sage Patanjali explains that siddhis come from several possible sources:

Siddhis are the result of birth, drugs, mantras, austerities or samadhi.

Janmaushadhi-mantra-tapah-samadhi-jah siddhayah.<sup>3</sup> — Yoga Sutras 4.1

The iconic yogis in the Himalayan caves live in extreme poverty, doing austerities and practices dedicated to attaining siddhis. Why? These subtle perceptions will fuel their exploration of the expansive realms within. Drugs can give you the same perceptions, even while they undermine your intelligence and will power.

I was born with siddhis. They come from spiritual practices in prior lifetimes. Now I realize that I was not unique. Most babies perceive things about which the adults around them have no clue. If their environment is less than optimal, children may use their siddhis to deal with their vulnerability.

Svaroopis gain their siddhis from mantra and from samadhi. In Shavasana, you may be experiencing samadhi when you don't hear the teacher's words anymore. In meditation, our mantra<sup>4</sup> can give you samadhi, a deep inner immersion into Consciousness. In the midst of life, repeating mantra keeps your mind from mucking around in the swamp. The words of our mantra, honoring your own inherent Divinity, are vitalized by the flow of Grace it triggers within.

Your deepening inner experience makes you able to perceive the infinity within, using your subtle senses. When you turn your attention to the world, you see and know things about the world which can be tempting. Avoid manipulating others! Avoid manipulating circumstances!

In a Teacher Training class, I mentioned that you must not manipulate the weather for your own purposes. How did I learn this? Well, I confess, I did it. Only once. When I realized I had the power to do it, I knew enough to stop doing it. But a student in that class asked me about it, describing how she frequently changed the weather to manage delayed flights in her business travel. Don't. Just don't!

Miracles do occur around great beings. We saw it again and again with Baba. He described the same with his Guru, saying that the siddhis danced attendance on Bhagavan Nityananda. This means that a great Master doesn't have to say or do anything special. They don't have to wave their hands in the air or say any magic words. You simply turn your mind and heart toward them and blessings flow to you. It is you who precipitates this flow, like you open the curtains to let the sun shine in.

The point is to develop siddhis, but not use them in the world. You need them to look inward, to feel or sense your way into the deeper dimensions of your own being. Along the way, you will see lights, colors and visions of Divine beings and Gurus. You will have expansive inner experiences and grow into a deeper inner knowing. Shaktipat opens this up for you.

However far your ability to see inward expands, you see outward to that same extent. Yet you understand the world and respect the process. Out of love and compassion, you are there to care and to help, not to manipulate. And not to prioritize your own worldly benefits. You are a yogi. Or you are on your way by doing more yoga.

THIS IS AN ARTICLE IN A YEAR-LONG SERIES, "MULTI-DIMENSIONALITY"

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<sup>3</sup> Janmaushadhi-mantra-tapa-h-samaadhi-jah siddhaya.h.

<sup>4</sup> To receive the mantra from Gurudev, attend one of her programs or request a mantra card at <https://svaroop.org/mantra-card>.