

The Inner Self

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The other day I was talking of inner responses. Generally, you try to adapt to your environment, and then mostly project yourself to it. Your being is influenced by such an attitude, which in fact provides an avenue for a self-development governed to the adaptation-projection pattern. The level that regulates such projection shapes the standard of your inner being.

You are composed of two beings: one is the actor doing circumstantially and reaping the effects of the doings, the other is the *Inner Self*.

Actions are the effects of thinking. Doing is thinking in a manifested way so thus available to other people. Your thought is your own property and you are bound to it. This is the state of our existence and therefore we exist, functioning consciously while the other, the Inner Self, is generally overlooked.

In this consciousness we collect materials, but the ultimate shape of those materials does not depend on our consciousness or willing. Things are shaped to a great extent which is unknown to us.

The source of trouble is in ordinary lifestyle thinking, when one's thinking is not rational or if one is living a life without any model. But if you have built up some ideal, and if you are genuine, and if you take that ideal as model for your life, and then seriously try to model your life on it, then you will find, that here you are going to be modelled accordingly. This does not happen, though, exclusively by thinking. If we could do in that simple way we would be really happy. However, anyone who is sensible and have built up an ideal will hardly think otherwise.

We are getting what we by willing have succeeded to built up. You should be careful in selecting your ideal: if your model is artificial and even though our ideal may be very good, moral or spiritual, it may still may remain artificial. In any case you will get whatever you really wish, if you are seriously motivated but so long as your ideal is artificial, it will be very difficult to discover the primary cause, "That" because the mind does not like to discover It.

The mind is pride! Mixing up oneself with the desires of the mind occurs at different levels. If there is a tendency to ignore others, the Inner Self which is You will not tolerate it and if you persist and go on in that way, the action will pull you to a stratum which is lower than it actually should be, even if you think you are faithful to your ideal. Anyway, your Inner Being stands at a higher level.

Our life appears to be a permanent conflict between those two beings. We are not clearly aware of it in our conscious existence. There is therefore the need for such consciousness to be mentally purified. It is not possible to go deeper within, to see and catch That unless one is fit. To work it supposes purity. One can always imagine or deceive oneself, but not That one which you do not know.

You do not know about the mind that acts and projects at a particular level, nor do you know to what level it is going to pull you. The result you wish to obtain is not necessarily accepted by rational thinking or the Inner Being, which will refuse to be satisfied at that low level. Often, whatever one obtains at that particular level not only proves to be of secondary value, it may even been unsatisfying, real satisfaction does not come through the mind.

So long it is not possible to sense the Inner Aspect, purification is necessary. The mind uses to be selfish and powerful in demanding things it wants and therefore purification is very necessary.

What I have said now is not merely theory. Reasoning alone will not bring forth success. Success is to come from something else, not just through the intellect. The process for it occurs within oneself. Through purification you will be more and more refined and then one day you may hear the Voice*, a sign that one is ready to be in contact with the inner aspect of mind. More and more, then, you will want to avoid what is coming from without.

At the beginning, it is advisable to be instructed by someone else such as a guru, who will impart an ideal onto you. But at a certain stage of your development, you may not need so much external guidance because more and more, under certain conditions, you will find guidance from within in absolute calmness.

First, the physical calmness is intended to gradually help you. At the beginning, your thoughts are difficult to get rid of but with practice they gradually vanish and thus allow your strength to grow.

We are sex-beings. As long as you have the sex notion, your thinking and activity will be moulded accordingly. I find that every individual cell has sex. It is nothing "bad" or "good", it is a natural law and if one can transform and utilize it, it will release tremendous power. Sex cannot be ignored, but if the sex-notion is not eliminated it will be difficult to penetrate deeper into oneself. It will push up and surface! So sex cannot be overcome by merely ignoring it. As a very potent power sex can easily turn destructive.

Working on sex successfully brings forth remarkable results, but being awkward and trying to ignore sex leads to failure. Are you able to ignore gross sex? If you have *râga* (attraction for) or *dvesha* (rejection) of sex, you will not succeed! It has to be transformed so that you can reach deeper to a higher stratum.

Calmness is necessary. You cannot be calm if you have too much irritation within you. You have to overcome irritation whether it is physical, mental or both. One also needs a strong determination or pray for help of God. Help may come from outside or from within from one's own higher Self.

So, you may get help in two ways: either by your own inner determination or by some outer help. The choice is really individual. However, as long as help is not coming from within you are not in touch with that inner I. There, things stand still at a superficial level but when one is touched with that inner being, the Guide or Voice or whatever you may call It, does appear. Before that you may have to suffer a lot, I'm afraid.

Look inwards! No one knows when it will come - you may at once be successful and one day you may know and be really happy. It requires much more strength and "fortune" to be able to touch That with one's own determination. But help will come if your intent is serious; there is something else beyond your mind, something much greater, and mind will obey It, because It is stronger than anything else.

If you are not ready this talk will not appeal to you.

** Cf. Plato's Symposium and particularly Socrate's interior benevolent advising god (Editor's note).*