

## Reading Material from selected portion of the book— ‘Science of Oneness’

‘Science of Oneness’ is the compilation of a series of divine discourses *Prajnanpurush* Sri Sri Babathakur delivered at Shillong (Meghalaya) on the Science of Oneness.

‘This Science of Oneness is known by various names— ‘*Adhyatma Vidya*’, ‘Knowledge of Oneness’, ‘Oneness of Knowledge’ or the ‘Science of the Absolute.’

‘Science of Oneness provides us with the Realization of Self-Knowledge. It is not only for the hermits or the sages dwelling in caves, but also for all without exception. It is the birthright of all. Only that one should desire it, culture and develop it side by side with the modern science. A scientific mind is essential for the culture of the ‘Science of Oneness’, in order to achieve the highest end or goal of life. If Science of Oneness manifests a little in the heart of a man, he will be able to conquer anger, fear and desire; and acquire inner spiritual power and knowledge with the fullness of its quality and quantity; and thereby be fully reestablished in peace. With the perfect manifestation of this Science, human nature is totally transformed into divine nature; and perfection, liberation and the realization of True Nature becomes spontaneous. The Divine Self ever shines in life. A man of Self-Knowledge knows that ‘atomic energy’ forms the outer nature and ‘*Atmic energy*’ (Self- energy) forms the inner nature which is all-Conscious Energy, designated as *Cit-Tattva* (Knowledge-Reality), *Bodh-Tattva* (Consciousness- Reality) and *Atma-Tattva* (Self-Reality).’

‘We experience the world of matter in and through our sense-organs; the world of thought in and through our mind; in and through our concentrated intellect we experience our True Nature, the Witness Consciousness. Beyond that is the Absolute.’

‘The spiritual perfection is already there in all of us, only that we have somehow or other forgotten it. We have become hypnotized by our self-generated lower nature. We are to dehypnotize ourselves. A perfect Master (Guru) makes us absolutely conscious of it, and that he does only by the spontaneous light of His own Realization of the Science of Oneness.’

‘The word Guru is said to be the king of all *mantras*. The word Guru consists of two syllables— *Gu* & *Ru*. The first syllable *Gu* means darkness; the second *Ru* means light. The Guru is doubtless *Brahman* who dispels all darkness of ignorance. Differently expressed, the syllable *Gu* denotes that which transcends qualities (*gunas*); while *Ru* denotes that which transcends form (*rupa*). The Guru is one that makes one realize That which is beyond attribute and form. Guru is the most disinterested friend of all and He is the embodiment of infinite ocean of mercy and love.’

‘How can a man learn something which is not known to him? Only the text book without the help and support of Preceptor or Guru cannot reveal the Truth in your heart. Though the scriptures are records of experiences and the realization of the saints and sages as well as the means for such realization, yet they are to be studied under the guidance of a perfectly realized Master. Only learned opinion of one is not enough. Direct experience of Truth and Reality is the sine qua non of a true Guru.’

‘Ignorance cannot exist without the Divine Existence. Ignorance (*ajnana*) is the outer fold of your nature. Knowledge (*jnana*) is the inner fold of your nature. Wisdom or True Knowledge (*vijnana*) is the central fold of

your nature; and Knowledge Absolute or Transcendental Knowledge (*prajna*) is the Absolute or the Transcendental Divine Self, your True Nature which is all-pervading, that means, ever-present in everything for all time as it is.'

'It is the 'individual I' called *jiva* which is the 'false I' or the 'finite I' that experiences the diversity and relativity outwardly; duality inwardly; and temporarily unity in the centre with transitory result. It cannot experience the True Unitary Consciousness, the Oneness with the Infinite Divine Self— the Real Existence of all.'

'You are eternally one with the Almighty God, though you cannot always realize it due to some causes; and all such causes are not fully known to you. Lord in the nature of Guru appears before you and makes you conscious of all such causes. Then you can easily get over the effect of your actions. You can easily become free from the reactionary effect of your thought, action and behavior or treatment.'

'Now I will define the technique that Guru unfolds before you, the seekers for the attainment of Truth, Perfection, Liberation and Self-Realization— and that is the secret of actions. What sorts of action make you bound and compel you to experience the reactionary effects; what sorts make you free forever and how the reactionary effects of your actions and thoughts become fruitless, ineffective in your life. So, if you can learn that divine action from *Sadguru*, you can apply that in your life and become free. What is that divine action? It is a spontaneous one, free from desire and the sense of doership. It is verily the spirit of action to be inaction, and inaction to be action. That means action and result are not for agent but for the Lord Himself; and that action becomes inaction. And if otherwise, then by doing even the best work with selfish motive, you cannot experience the best result permanently. You get the result as you desire or you expect, but you cannot make it permanent. Your joy becomes impermanent. You again become unhappy.'

'Science of Oneness is not a difficult thing to culture. It is the essence of all. A man everyday thinks for a while, works for some hours and takes rest for a period, but there is no link in between them. In deep-sleep state, your senses, mind, intellect and the rest cease functioning. You enter into the realm of total ignorance. That is why you cannot know anything. With the break of sleep you say you could not know anything in deep-sleep state. That is the not-knowing state. That means Self-Consciousness witnesses the absence of both the experiencer and the experience of inner and outer nature. In waking state your senses with the help of the mind perceive some of the objectives, not all at a time. In your dream state as dreamer you experience some subtle objects but not all. Guru makes you conscious all through. That means He leads you to Witness Consciousness which is ever present in the waking state, dream state and the deep-sleep state as well. And that Witness Consciousness is the Transcendental Consciousness which is the all-pervading One.'

'So, if you can think of this Reality everyday for some hours at your convenience, you will regain your forgotten and lost paradise. Paradise is nowhere but within you, with you ever-present. Through ignorance you have false identification with the imaginary conception, other than the True Self. This sense of otherness is responsible for the forgetfulness of your Divine Nature which is One, eternal and immortal.'