



## Loving You is sufficient

12/11  
Many of the modern Gurus like ECKHART  
TOOLE have given people an idea that  
all that is required is to abandon the  
past & future and to remain in the  
present in the Pure Consciousness. They  
say you may try this method for thou-  
sands of years & you won't succeed in  
quelling the thoughts relating to past or  
future. ~~For~~ The thoughts have a  
deep base of conditioning not only due to  
involvement in worldly life in this birth  
but all the births in past. Unless Sadhana  
is done and life is modelled to a  
somewhat austere basis leaving sex,  
money & all desires, you can't wish off  
all the thoughts in a trice and focus  
on the consciousness alone, except in respect  
of very very rare people (one in several  
thousands) who might have reached a  
higher stage of evolution in past births.  
It is essential for one to have constant

remembrance of the Lord by Japa or by  
 just remembering him constantly, by  
 prayers, by developing LOVE & Devotion  
 to the Lord, ~~and~~ by seeking Satsang and  
 reading Standard books of teachings by  
 saints. We have to work for the  
 Realization but ultimately the Grace  
 descends on us, envelopes us & uplifts  
 us to the final ecstasy.  
 Lord, Give me ~~Love~~ intense LOVE  
 towards you & detachment from all worldly  
 objects and reveal yourself to me as a  
 when & if it pleases you. As for myself,  
 LOVING you & you ALONE is sufficient.

Many of the modern gurus like ECKHART TOLLE have given people an idea that all that is required is to abandon the past and the future and to remain in the present i.e. the Pure Consciousness. You may try this method for thousands of years and you won't succeed in quelling the thoughts relating to past or future. The thoughts have a deep base of conditioning not only due to the involvement in worldly life in this birth but all the births in the past. Unless sadhana is done and life is modelled to a somewhat austere basis leaving sex, money and all desires, you can't wish off all the thoughts in a trice and focus on the Consciousness alone, except in respect of very very rare people (one in several thousands) who might have reached a higher state of evolution in past births. It is essential for one to have constant remembrance of the Lord by japa, or by just remembering Him constantly, by prayers, by developing LOVE and devotion to the Lord, by seeking Satsang and reading standard books of

teachings by saints. We have to work for the Realization but ultimately the Grace descends upon us, envelopes us and uplifts us to the final ecstasy.

Lord, give me intense LOVE towards you, detachment from all worldly objects and reveal yourself to me as and when and if it pleases you. As for myself, LOVING YOU AND YOU ALONE is sufficient.