

## EXTRACTS FROM "FEEDING THE SOUL"

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### **First meeting with a seeker**

It was around Christmas 1988, in the English countryside, that I met Swami Ji, a tall man, with light brown skin, smiling and wearing a cap. His conversation was punctuated with surprising expressions and unexpected word play that elicited involuntary laughter. A caring, generous man, anxious to know if the variety of dishes on the table would satisfy you; a man of deep intensity, whose eyes gazed deep into yours and were fixed steadily while at the same time looking beyond ... A fervent man whose being, penetrating look, manner of speech and modulations of voice in delivering these words radiated intense Love, the Love of God....

### **On the spiritual path**

*"The language that comes from the heart is the most powerful since it guides the mind and awakens the soul. "*

Swami Ji's spiritual development was the result of direct experience and intimate communion with the divine, in the tradition of bhakti yoga, or yoga of devotion and love, as well as the study of Christian mystics.....

He did not establish his own particular belief system; rather he was an "awakener" who reminds us of the true goal of our fleeting time on earth. He spoke about the confrontation with the Reality deep inside each of us that leads us to engage, through our personal experience, on our own inner journey. The goal is to allow Divinity to be born, to grow and to manifest itself in us. He infuses us with the foundations of a spirituality to be lived day in day out and he encourages the pursuit of meditation in all of life's activities....

### **I About the Holy man who passes on Knowledge:**

The holy man, in communion with God is a fountain of bliss.  
He distributes to those who come to him, empty and hungry.

You see his physical frame but not the Reality.  
He is a ray and if you follow that ray, you will encounter the sun, the effulgent sun.

Truth is one; Sages interpret it according to their own Realisation.  
They are the seeds of peace in this world.

He sees with the light of love.  
He works from the intuition of love, not from acquired knowledge.  
If there is no experience of Reality in the heart, all philosophy is dry.

His mission is to illumine the mind and the heart.

He is a generator of divine light.

Open the heart, awaken the soul and let God be liberated in you.

The light divine is within you, but do we allow it to manifest itself? Our conditioning must be removed just as the wind drives away the clouds from the shining sun.

## **II About His words and spiritual rebirth:**

You must sow love in the field of the heart, cultivate it by removing desires, protect it by removing the thorns which are surrounding this love and could suffocate it. Once it has blossomed, it must be offered.

Every word is a lotus, a flower. All the words must be received in the vase of the heart. If you want to get the essence, you have to go through a process, to extract it.

Burn the ego consciousness and let the new ego of realisation sprout in yourself. Find out who you are and you will discover you are He. Without Realisation, you always exist. With Realisation, you don't exist. It is not I but Thou, like the drop and the ocean.

When you don't identify with your body, you get a spark of divine consciousness. The body is like a candle. For he who has expanded his consciousness the flame is eternal, if not he burns himself instead of shedding light

When man is nothing or has nothing, he can become everything. A man's life is limited but his soul is limitless. He is here to cultivate a strong mind and a heart full of love.

## **III The awakening to the manifestation of the Divine**

God is love. The quickest way to approach Him is through love.

Climb up the ladder of the sky with the invisible thread of love.

Approach Him with the language of the heart. It all comes back to loving Him.

There exists an inner sun, the sun of grace, which lights the consciousness of the devotee. It is the reflection of Brahman. Its ray is the ink of God. Look beneath the appearance and dive into the light.

God is everywhere. Who is seeing Him? Trees are like God's fingers, the leaves are His nails. Love and compassion are the fruits He gives you, when you take shelter under its shade. The tree is here for you to benefit, get close to it.

He lives in us but we do not live in Him.

We live far from Him. He must be born in us. Grow to live in His communion and accompany Him every minute.

God is existence, but He is invisible. He is invisible in us, visible in all that exists.

The colours of all the flowers of the creation manifest the presence of this hidden God of love.

He has become the food of the soul. He feeds the consciousness and leads us along the path of Reality.

A human being is like a glass. God is the content to refresh his thirst and search. His spiritual thirst will be quenched whenever he drinks and shares this glass, which brings joy and contentment.

#### **IV The need for regular spiritual practice**

Spiritual life is like a honey dripping from your heart to God .

With practice, your thirst is quenched as you absorb what is in affinity with your soul.

Practice is the rain of our spiritual growth.

With no practice there is no knowledge.

Your daily life is the proof of spirituality.

Your thoughts are your constant companions.

The mind must be detached and not deviate from the compass.

Transpose God in your daily life.

Every time you breathe in divine consciousness, you accumulate the energy, which dispels ignorance.

Breathe fully in God and your life will become colourful

Sanctify the lungs. Holy breath combined with holy thought makes a river of divine love and the heart is the lotus floating on it.

Man is like a shooting star in that river.

His thought is glittering.

God is a devotee's company through his breath, thought and heart.

Practice continuously the repetition of the mantra with your breath. This helps you to develop love for God, so that the ever hungry and ever thirsty soul may be nourished.

In meditation you receive the light. Expose your heart to the light and bathe it with the mantra.

By meditating constantly in this way, you will awaken and slowly come out of the darkness.

Meditation consists in extinguishing the lights of the world in order to find the inner light, the light of Love, the light of Reality