Conclusion
CHAPTER VI

Higher Consciousness Organisations

Management Science  Consciousness
CONCLUSION

This chapter focuses to build good to great organisations by moving from traditional set of approach to an approach with a view to serve and develop competency through consciousness. In the process, profit maximization and wealth maximization are by-products automatically. An effort was made to bring materialism with spiritual outlook and spirituality without losing an eye on down to earth attitude. The chapter ends with a hope to build higher consciousness organisations and an aspiration that this research should be a foundation for further Spirituo, Scientific and Management process because though outwardly they appear as different fields of specialization their underlying focus is to bring unity from the world of diversity.
HIGHER CONSCIOUSNESS ORGANIZATIONS

Path to our greatness comes when we see our life as an opportunity to serve. Since we spend most of our waking hours at work, it is important to see how we can spiritually serve others in our work. Appreciating the efforts of a co-worker or providing him encouragement may be just what he needs to handle the stress in his life. The ripple effect of a kind deed extends beyond what we realise. When work is seen as a way to serve others with love, we help ourselves and others grow towards spiritual greatness. Love has to be put into action and that action is service. Whatever form we are able or disabled, rich or poor, it is not how much we do, but how much love we put in the doing that matters. Ask if you are part of work that benefits people. If you are given it your best. In that spirit every beneficial job can be a spiritual offering.

Compassion and non violence help us to see the enemy’s point of view, to hear his questions, to know his assessment of ourselves, for from his view we may indeed see the basic weaknesses of our own condition, and if we are mature, we may learn and grow and profit from the wisdom of the brothers who are called the opposition. Trust is the centrepiece to all human relationships. Trust is built on being trustworthy. In order to be trustworthy you must have integrity and maturity (intellectual, moral, emotional, spiritual). We must be mindful of and ever present to our values and principles so that they guide our behaviour. Another key ingredient to building trust is personal honesty and authenticity. We must speak our truths from our authentic centre. Similarly, people must learn and practice being responsible for their actions and own their feelings. Another essential ingredient to building trust is courage. To be honest and have integrity, you must have courage to do what you believe is principled action. Even when there is not a trusting environment and despite possible reprisals, spiritually great people act because they have not only integrity but also courage. People on the path for greatness feel courageous when they have the skills and self-confidence to make change. Courage comes from a deep conviction in doing the right thing. The bedrock of this conviction and courage then is faith. Faith that your actions serve a greater purpose and faith in your moral and spiritual foundation. To make a leap of faith means you have
the courage to act even when you don't know the outcome of your actions but know it is something you must do.

The web of life is a metaphor that describes our interdependence with one another. No where do we feel that web more keenly than in small groups. Such as teams or families. We know that we are directly impacted by the actions of others in these small groups. We are shaped by them, and in turn we shape them. The web metaphor is helpful for seeing how teams work. We all have gifts that we can share, our unique reflection of light, whether it is in our knowledge, our experiences, our humour, our interpersonal skills etc. Teams that function best know when to use the various gifts available in the group and help each other grow in areas where members aren't strong. Effective study groups learn to draw from each other's strengths and help different members learn those areas where they are weaker.

While teaming with difficult people many times, really difficult people don't view themselves as worthwhile human beings and so treat every one else as inferior people not worthy of respect or caring. These difficult people have usually learned that to survive in the world they must compete and control others lest they be hurt, either physically or emotionally.

When you treat really difficult people as spiritual beings, by your spiritually loving response, you show them they don't need to control or be hurtful to work with you. Treating others as spiritual beings is a more constructive approach than writing them off as people you can't work with and possibly adding hostility to already tense group dynamics. Use your strength to be gentle and not judgmental. It is essential we look within ourselves to determine why our hot buttons are triggered so easily. "No one can make you feel inferior unless you let them" - (E.Roosevelt). According to various traditions, other people serve as a mirror to us. We draw those people to us who are not only teachers and instruments for our growth but who also show us a piece of ourselves as well. Sometimes a harmful action by others serves as a wakeup call for us to examine what actions we also take that are injurious. When we recognise we are all one, we understand that others actions and ours are interlinked and
interchangeable. When we act with understanding instead of anger we add more understanding to the world.

One way to be open to higher wisdom in-group decision-making process is to take time during a meeting or discussion to be silent. During this time, remain open to seeing how another view may be valid or build on what others have said. Don't silently rehearse your position or rationalise why your view is right. Use the silence for reflection and openness to new ideas or insights to emerge. The point of silent meditation like this is to listen for the wisdom of deeper truth. It takes skill and practice to find this wisdom.

When we see each other as divine beings, seek the truth of the group and take responsibility for our actions, our work flows smoother. We can bring spirituality to our groups and work teams in such a way that better decisions are made and we grow from experience. The path to greatness will include working with others. We must learn to bring spirituality to groups and work spiritually as a collective. By doing so everyone is elevated to a higher level of being.

An organization’s culture is revealed by its symbols and stories, rituals and customs. Through stories and legends, the organisational history is told and members learn what is important in the organisation. Story telling occurs at annual meetings, in newsletters, and in annual reports. These stories make the value of the organisation real and known to organisation members. Customs and rituals are one way in which companies walk their talk. The symbolic ways people interact with one another in meetings and gatherings speak volumes for what is truly valued in organisations. Rituals that are carefully planned and intentional help build a sense of belonging to a larger group. Rites of passage can help connect people to one another and the larger organisation. In addition, rites also help organisations progress through change more smoothly. Through transition and significant events in our work life, we learn new ways of being and are provided opportunities for growth. Organisations that want to foster the growth of their members will be creative in developing meaningful rituals. Rituals become important time for people to grow spiritually together.

From 1980s OD practitioners began to use spiritual ideas to help organisations change. In the book ‘world waiting to be born’ - M. Scott peck describes his efforts to bring civility to work places and success an organisation
have when they do so. Peck is clear in his definition that civility involves connecting to higher power.

Table 1: Comparison between Traditional and Modern Organisations

<table>
<thead>
<tr>
<th>Traditional</th>
<th>New paradigm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Economic value of organising</td>
<td>Spiritual human value of organizing</td>
</tr>
<tr>
<td>Employee defined by job roles</td>
<td>Employee understood from the level of spiritual development</td>
</tr>
<tr>
<td>Scarcity mentality</td>
<td>Abundance mentality</td>
</tr>
<tr>
<td>Uncertainty is threat</td>
<td>Uncertainty is opportunity</td>
</tr>
<tr>
<td>Product and services based</td>
<td>Values and principles based</td>
</tr>
<tr>
<td>Organizations as functions</td>
<td>Organization as community</td>
</tr>
<tr>
<td>Command and control</td>
<td>Participation, involvement and trust</td>
</tr>
<tr>
<td>Fear based</td>
<td>Love based</td>
</tr>
<tr>
<td>Finite power</td>
<td>Infinite power</td>
</tr>
</tbody>
</table>

Government agencies, businesses, are faced with new challenges to be more responsive to their constituent or customer needs. Change and continual improvement is required of all organisations. Corporates and governments down sizing in early 2000 have taught people that the old social contract between individuals and organisations no longer applies. Hard work and loyalty no longer mean job security, if organizational members aren’t able to meet the changing demands. A natural reaction in such turbulent times is to look out for your own self-interest. But a democracy and free market system will not succeed based purely on individual self-interest. In such circumstances social interest is needed to ensure our growth both individually and collectively. Social unrest results when individual self-interest is the prime motivator. The organisations that see their future in a global economy know that they must be ready and able to handle change. Greater flexibility comes from replacing old
paradigms or traditions with new paradigms for organizations. Many organisations are currently moving in the direction of moving and becoming higher consciousness organisations in their efforts to empower people to see their staff as their greatest assets and to motivate them intrinsically to perform at a higher level. Companies are bringing consultants and yoga practitioners and spiritual leaders to talk about spirituality as a way to help them to be more creative. It is a way to help groups work more effectively and to bring out their inner potentialities through their work. Doing so enhances greater personal development and fosters greater organizational effectiveness in the ever changing and increasingly competitive global economy.

As we see work and organizations operating from a spiritual perspective, the following premises will be clear.

1. Organisations are arenas in which personal development occurs
2. People are capable of growing best in spiritually supportive environments
3. Work is considered as service
4. People work from their own level of spiritual development
5. Working spiritually taps deeper capacity and creates positive synergy
Table 2: Comparison between Traditional and Higher consciousness Organisations

<table>
<thead>
<tr>
<th>Traditional organisations</th>
<th>Higher consciousness organisations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Control by hierarchy</td>
<td>Involvement by connections and relationships</td>
</tr>
<tr>
<td>Efficiency focused</td>
<td>Growth focused</td>
</tr>
<tr>
<td>Accountability to others</td>
<td>Responsibility for self</td>
</tr>
<tr>
<td>Individualistic focus</td>
<td>Synergistic focus</td>
</tr>
<tr>
<td>Competitive relationships</td>
<td>Cooperative relationships</td>
</tr>
<tr>
<td>Differences = tension</td>
<td>Diversity = growth and opportunities</td>
</tr>
<tr>
<td>Hierarchy = separation and isolation</td>
<td>Inclusivity = acceptance</td>
</tr>
<tr>
<td>Corporate vision is bottom line</td>
<td>Corporate vision is holistic (people, profit, society)</td>
</tr>
<tr>
<td>Structure and rule focused</td>
<td>Learning and renewal focused</td>
</tr>
<tr>
<td>Norms to be nice and polite</td>
<td>Norms to have spiritual love and respect</td>
</tr>
<tr>
<td>Paternalistic management</td>
<td>Stewardship management</td>
</tr>
</tbody>
</table>

Higher consciousness organisations are a place where people find their wholeness, where they use their gifts and talents and live authentically. People are respected for who they are at whatever level of growth they are at and are asked to serve as best as they can. Organisational members are honored for their gifts however great or small and treated as divine loving beings. Higher consciousness organisations see that they stay in business to serve a larger purpose than making some people rich. A stewardship management approach recognizes the responsibility for serving a higher purpose. Leaders serve in tandem with those they serve. They share responsibility for their actions with their constituents. Employees throughout the organisation are involved in decision making and share responsibility for the outcomes and effects of the organisation. Leadership is shared by and assumed by everyone. In HCO
spiritually and emotionally mature people are formally recognized as leaders. Within their organisation spiritually developed leaders have as part of their job assignments the task of helping others grow and mature so that they can work better with others.

1. Give people freedom to be themselves.
2. Hire for attitude and train for skill
3. Provide a learning environment
4. Promote from within
5. Don't keep people who don't fit the culture
6. Communicate, communicate and communicate
7. Avoid elitism and kill bureaucracy
8. Be flexible, forgive mistakes
9. Give awards and celebrate every thing
10. Encourage people to act like owners

These are the ten commandments of southwest airlines of USA, which is highly successful in its relationships with its personnel, profits and its service to society.

When more people become committed to working spiritually more higher consciousness organisations will develop moving from fear to compassionate understanding, loving kindness and divine love in most organisations is a tough challenge and yet the pay off is immense. Ultimately organisations that pay attention to love build trust and foster personal growth. Compassionate understanding and forgiveness are essential for all healthy working relationships.

1. In order to become Higher Consciousness Organisations the following methodology can be adopted. (Linda J. Ferguson, Path for greatness: Work as spiritual service, Trafford Publishing, 1987.)
### Table: 3 EXTERNAL ADAPTATION MECHANISMS IN ORGANISATIONS

<table>
<thead>
<tr>
<th>Coping Elements</th>
<th>Management System Components</th>
</tr>
</thead>
<tbody>
<tr>
<td>a) Mission &amp; Strategy</td>
<td>Setting Strategic Direction ( &amp; Policies)</td>
</tr>
<tr>
<td>b) Goals</td>
<td>Establishing Key &amp; Critical Objectives</td>
</tr>
<tr>
<td>c) Means</td>
<td>Organisational structure &amp; Empowering people</td>
</tr>
<tr>
<td>d) Measurement</td>
<td>Establishing Planning &amp; Controlling System</td>
</tr>
<tr>
<td>e) Correction</td>
<td></td>
</tr>
</tbody>
</table>

### Table: 4 INTERNAL ADAPTATION MECHANISMS IN ORGANISATIONS

<table>
<thead>
<tr>
<th>Coping Elements</th>
<th>Management System Components</th>
</tr>
</thead>
<tbody>
<tr>
<td>a) Common language</td>
<td>Common Vocabulary in communication</td>
</tr>
<tr>
<td>b) Inclusion Criteria</td>
<td>Delegation (Accountability, Authority, Responsibility)</td>
</tr>
<tr>
<td>c) Stratification</td>
<td>Organisation Structure</td>
</tr>
<tr>
<td>d) Peer Relationship</td>
<td>Teambuilding</td>
</tr>
<tr>
<td>e) Rewards Allocation</td>
<td>Performance Appraisal System</td>
</tr>
<tr>
<td>f) Ideology</td>
<td>Policies &amp; Procedures</td>
</tr>
</tbody>
</table>
Chart 1: CREATING ORGANISATIONAL EXCELLENCE

- Globalisation
- Green Biotechnology (Environmental Management)

- Ancestry Reduction
- Strong Organisational Culture
- Internal Integration
- External Adaptation

- Organisational Objectives

- Manage People
- Committed, Competent Management Leaders
- Manage Ideas Work & Results

- Organisational Excellence

- Create Empowered Individuals
- Visionary Leadership
- Create Value-added Opportunities
- Create Exciting Vision

- Customer Delight

- Competence
- Democratic Protocol

Source: Imaginary diagram
A comparison was drawn between employee, leader and organisation with consciousness of aspirant, Master and universe.

Table: 5 Comparisons Between Employee And Aspirant

<table>
<thead>
<tr>
<th>Organisational Angle</th>
<th>Consciousness Angle</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Employee (Follower)</strong></td>
<td><strong>Aspirant (Individual Consciousness)</strong></td>
</tr>
<tr>
<td>1. He should be Trust worthy. He should have discriminative capacity.</td>
<td>1. He should Discriminate between true and false and should have right aspiration to attain the goal.</td>
</tr>
<tr>
<td>2. Should not be influenced by the person of evil wishers. He should posses patience and tolerance.</td>
<td>2. Should have patience and persistence</td>
</tr>
<tr>
<td>3. Gain the confidence level with efficiency in work.</td>
<td>3. Should have moral courage and confidence</td>
</tr>
<tr>
<td>4. Should not indulge in idle talk and keep cheerful attitude.</td>
<td>4. He should be cheerful, enthusiastic and equipoise.</td>
</tr>
<tr>
<td>5. Should glorify the leader when the leader is steering the organization in right direction.</td>
<td>5. He should have one pointed ness</td>
</tr>
<tr>
<td>6. Should be active in every Assigned work.</td>
<td>6. He should be ready to serve.</td>
</tr>
<tr>
<td>7. Should make leader strong with his work. He should have the capacity to do his job well.</td>
<td>7. Should be obedient to the master. Should perform the task assigned to him to his best of ability and to the satisfaction of the master.</td>
</tr>
<tr>
<td>Organisational Angle</td>
<td>Consciousness Angle</td>
</tr>
<tr>
<td>------------------------------------------</td>
<td>--------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Leader</td>
<td>Master (Qutubiyat Consciousness)</td>
</tr>
<tr>
<td>1. A leader has Guiding vision</td>
<td>1. He is a Master of every situation and never at a loss.</td>
</tr>
<tr>
<td>2. He possess Quality of understanding</td>
<td>2. No one can be in his presence without realizing his serenity, command, balance, and immediacy.</td>
</tr>
<tr>
<td>3. He has Knowledge &amp; maturity</td>
<td>3. He appears to exert no power; instead, he shows defenselessness or a sort of helplessness yet he has an air of authority.</td>
</tr>
<tr>
<td>4. He is ready to take tough decisions</td>
<td>4. He never gives the slightest sign of being inflated with personal importance.</td>
</tr>
<tr>
<td>5. He has an Ability to do right thing.</td>
<td>5. He never poses or appears to be taking up an attitude; on the contrary, he is simple, even humble and unmistakable.</td>
</tr>
<tr>
<td>6. He is Obeyed by all &amp; he listen to the wise.</td>
<td>6. There flows from him warmth, understanding and humour.</td>
</tr>
<tr>
<td>7. He has an ability to get best from everyone</td>
<td>7. There is no spiritual pride. His actions are genuine, some times involve severe physical demands. And scrupulously carried out.</td>
</tr>
</tbody>
</table>
### Table: 7 Comparisons Between Organisation And Universe

<table>
<thead>
<tr>
<th>Organisational Angle</th>
<th>Consciousness Angle</th>
</tr>
</thead>
<tbody>
<tr>
<td>Organisation</td>
<td>Universal Consciousness (Jagat)</td>
</tr>
<tr>
<td>1. Should be highly innovative</td>
<td>1. Unfoldment of human potential through awareness of consciousness.</td>
</tr>
<tr>
<td>2. Create an environment which is integrated and should satisfy personal and professional life</td>
<td>2. Ability to eliminate what is not useful and There by accelerate evolution.</td>
</tr>
<tr>
<td>3. Human Resource Program for creating Competencies</td>
<td>3. There will be growth in all spheres of life and sphere of influence will be a natural outcome.</td>
</tr>
<tr>
<td>4. Individual goal should be subjugated to the organisational goal.</td>
<td>4. Individual will should be aligned with divine will.</td>
</tr>
<tr>
<td>5. Ability to change according to the environment for bringing out human potential and wealth maximization.</td>
<td>5. Creation encompasses diverse interests of the living beings.</td>
</tr>
<tr>
<td>6. Spontaneity in creating and picking up opportunities.</td>
<td>6. All activity in nature follows the principal of least action.</td>
</tr>
<tr>
<td>7. Ability to accommodate to unexpected situation</td>
<td>7. The influence coherence and orderliness in creation will disallow negative trends and nourish all areas of universal life.</td>
</tr>
</tbody>
</table>

(K.P.V. Ramanakumar, Seminar, Mandapeta 2003)

### Logical Conclusion

<table>
<thead>
<tr>
<th>S.no</th>
<th>Objective</th>
<th>Logical Conclusion</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>To find out the influence of consciousness on the science of Management</td>
<td>Since Consciousness forms the basis for all our experiences, if consciousness forms the prime core while taking decisions in managing and leading organisations, the effect will be in the direction of bringing out the best in Human Beings thereby building higher</td>
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<tr>
<td></td>
<td></td>
<td>consciousness organisations with profit and wealth maximization as by-products.</td>
</tr>
<tr>
<td>2</td>
<td>To identify individual traits which clouds decisions</td>
<td>While scanning through the literature its evident that mental models in the form of ego, selfishness anger, greed, jealousy etc hamper a leader in taking a righteous decision.</td>
</tr>
<tr>
<td>3</td>
<td>To understand the concept of consciousness from the spiritual management angle</td>
<td>An attempt to understand the benefit of various spiritual practices in mastering the consciousness for the benefit of management of human beings and organisations there by bringing the well being of society was made.</td>
</tr>
<tr>
<td>4</td>
<td>To identify various paths for effective and rational management through conscious awareness</td>
<td>Various paths including, path of action, devotion, love, etc were studied and the importance of path of masters were emphasized in arriving at reality and mastering the consciousness.</td>
</tr>
</tbody>
</table>

**Some important points that bring both fields together**

1. To take rational and crucial decisions mind must be calm. One can be balanced in his attitude only when mind is silent. This is possible through meditation and maintaining silence. (Mahatma Gandhi - *My experiences with truth*, 1975)

2. One of the qualities that distinguish a leader is the quality of intuition. By virtue of this advantage, an expert may decide in a flash on an issue. This can be explained by the fact that the expert has sharpened his awareness over a long time, and can draw from his judgment. This experience has built-in the flexibility to isolate significant patterns in a flash. He can grasp the implications of the data quickly. In this process he has developed the courage to rely on his deciding powers. So he
would not have had this intuition at the beginning. Intuitive people do not have any magical powers. It is a blend of various qualities like awareness etc., which bestow the power on them. They do not dispense with other analytical tools, but intuition is the sum total of all these qualities. – (Aditya Vikram Birla – Biography, 2000)

3. But the key to awareness is keeping one’s brain alert and when brain is alert the cells in the brain will be active. When cells are active the horizon of thinking will be broader. When broad thinking comes narrowness comes down. When narrowness is not there it encompasses universality and when universality is the basis for decisions leader will be impartial and impartial decisions will evoke divinity and divinity leads to pure consciousness. – (Stanley Krippner – Para Psychologist, USA)

4. When ignorance goes, knowledge must be gained. Truth remains hidden from man until he actually arrives upon the path. Obedience makes an individual eligible for learning and imbibing the required knowledge for him to progress not only in his vocation but also in his spiritual endeavors. - (Robin Sharma, A monk who sold his Ferrari, 2003)

5. Professional management talks about Vision, Mission, Goal, Commitment, Efficiency, Effectiveness and strategies. Approach usually is scientific and it is reasonable, replicable and reliable.

6. Spirituality talks about approaches, which often are indefinable but it equally aims at perfect results, some times astonishingly more reliable than scientific approach. Interestingly the language used in spiritual field may not appear scientific but yields excellent results.

7. Scientists and management experts with spiritual bent of mind and spiritualists with modern scientific attitude along with their spiritual experience should come together to bring out the real essence for the benefit of both the approaches. This conclusion may not be the ultimate
finding but definitely a step in the right direction for the coming
generations to look into these aspects for bringing both science and
spirituality with an integrated and holistic vision.

ANCIENT WISDOM TO BRING BEST RESULTS OUT OF INDIVIDUALS

Benefit of *Naamsmaran* in understanding consciousness

1. From ages together experienced Masters are emphasizing the importance
   of Naamsmaran, chanting the name of the divine beloved or personal God.
2. The process is as follows.
   a) During initial stages the chanting should be with audible sound. If
      saadhak continue to practice slowly he will be on the path of progress.
   b) As he progress Masters say the very first benefit one gets is
      *Vakhsuddhi* or perfection in talk. That means he will not talk what he ought not
      to talk and whatever he talks will have its effect on happenings around.
   c) As one progress further *Naamsmaran* takes place internally with out
      any external sound .The benefit one get as he progress is Indriyasuddhi. That
      means purification of senses .The benefit he derive is he will not perform any
      act, which he ought not to perform. In other words whatever he performs will
      have its benefit towards his surroundings and people.
   d) As one progress further he start chanting only with mind and no
      sound will emerge out .He gets *Manahsuddhi* - Purification of mind. The benefit
      one derive out of it is he will not think any other thing, which he ought not to
      think. In, other words he will have only those thoughts, which will benefit him
      and his society.
   e) As one progress further he performs to do *Naamsmaran* with his
      heart. The benefit one get out of this is his imprisoned consciousness gets
      purified. This results him in behaving as a human being with pure
      consciousness with out any duality. Thus by following only one small path one
      can derive so many benefits. He will not think what he ought not to think, he will
      not do what he ought not to do, and he will not speak what ought not to be
      spoken by him. That means there is perfect co-ordination between what one
      think, speak and act. *Thrikarana Suddhi* as per our Vedanta, if a leader in an
      organisation has the above attributes the organisation progress not only
materialistically but also stand as a role model for others to follow. Such sorts of organisations are known as Higher Consciousness Organisations.

**Benefit of observation in awareness of consciousness**

Experienced masters say that by observing your thoughts you can be efficient in all your dealings. The following procedure to be followed at the initial stages.

1. Sit calmly at one place and start observing your thought process. Mind experiences itself as thoughts, feelings and perceptions. The primary function of the mind is thinking.

2. Initial stages you get umpteen number of thoughts and it appears that there is no end to it. By sitting silently and closing the eyes one can keep watch over the thoughts. Awareness serves as a watchdog. You should not restrict the thoughts that are emanating from your mind.

3. When you try to understand the type of thoughts or impressions that are emerging from the mind then the intensity of the influence of the thoughts or impressions automatically gets reduced. If you observe carefully you will be in a position to identify there is a small gap between one thought and the other. As thoughts occur so fast, the intervening gaps cannot be perceived and gives a feeling that the mind functions uninterruptedly. By constant practice and close observation if you can widen the gap between thoughts you will be in a position to identify that the intervals between the thoughts are more than the thoughts themselves, and you clearly aware about consciousness.

4. While observing the thoughts you will be in a position to categorize them because any thought that is emanating belongs to one of the 6 *arishadvargas* that is lust, anger, infatuation, greed, pride, jealousy.

5. Once you identify the type of thought that is emerging you will be in a position to contain without much effort as you aware about its effect consciously.

6. The next step in the progressive path is to master the consciousness.
Benefit of meditation in experiencing consciousness

1. Meditation means systematic thinking process about divine truths,
2. Mind is a component of mental body. It is a channel of desires and thoughts. Mind moves in multifarious directions and to streamline its movement is a Herculean task
3. One such process is meditation.
4. The nature of mind is to think constantly. So you should give such a work to the mind which brings greatest benefit to the individual
5. By constantly engaging it in divine truths, the very nature of mind transforms. According to our Upanishads “Yatbhavamtatbhavathi”.
6. The process of meditation says experienced people will be in two different ways.
   1. Dissociative meditation
   2. Associative meditation.

In Dissociative meditation you consciously understand that you are not this body, energy or pran, mind. All these are instruments in making you to progress in your onward journey.

Associative meditation says that if you are not this body, energy or mind then who you are. I am that. So ham. I am that infinite knowledge, infinite power and infinite bliss. Once you establish in that state what remains is absolute consciousness. Consciousness appears before us as consciousness. This is known as awareness of consciousness. In this state there are no impressions and hence it is purified consciousness. In that awareness of consciousness you will be awakened as soul. This gives us an opportunity to live as we desire by mastering the consciousness. It happens by the grace of the master. That state gives us the experience of reality. You experience it consciously with awareness. This state is referred in our Vedanta as satyanubhava.
Benefit of silence in mastering consciousness

Experienced masters say that silence is not keeping your mouth shut when you are reading a book, watching a TV, or sleeping. They say that being silent is doing nothing while doing everything. According to them silence comprises of different steps.

1. External silence.
2. Internal silence.
3. Inner silence

External silence comprises of silencing the senses.

Internal silence is silencing of mind.

Inner silence is silencing of consciousness.

When you attain all the above you will establish in “Divine silence or Eswariya mouna”

When you attain this status you master the consciousness automatically and be in a position to utilise your three bodies consciously.

Real Awakening

In fact the existence of all of us is “Real existence” (Akshara Purusha) but owing to attachment of “I”, “My” and “Mine” we are undergoing “False existence” (Kshara Purusha). As long as we are in false existence we are in ignorance and said to be in the state of sleep and when we transcend all our falsity by the grace of masters and realise our original state and when we become one with that original state then there won’t be any duality and we are in real awakened state of sat chit Ananda (See Annexure – Real Awakening). When we say sat chit Ananda it means infinite knowledge, infinite power and infinite bliss. In other words it is an oceanic state of infinite treasure. From this oceanic state one can draw as much as he can depending upon the level of consciousness in which is he is stationed. His state become oceanic once he transcends the imprisoned consciousness by the grace of divine authorities or Perfect Masters and such state is called real awakened state because there is no ignorance except illumination.
Conscious Awareness

When you are in a position to utilise your three bodies for the benefit of humanity by conscious utilisation of infinite knowledge, power and bliss, you are said to be in conscious awareness. To reach this state of consciousness is the ultimate goal of humanity, which is a certainty of all certainties.

(Showers of Consciousness, Sadguru SriMeher Chaitanyaji, 2001)
Chart 3: Modern Manager / Leader – Individual Dimension

Individual Dimension (Modern Man)

AVATARIC CONSCIOUSNESS AVATARIC CONSCIOUSNESS

EGO

DISHONESTY

BREACH
OF
TRUST

MIND

BODY

INTELLECT

FRAUD

SELFISH

ABUSE
OF
POWER

Chart 4: Modern Manager/ Leader – Individual Dimension (Pure)

AVATARIC CONSCIOUSNESS AVATARIC CONSCIOUSNESS

U.MIND

U.BODY

I.INTELLECT
Chart 5: Modern Manager / Leader – Self Management

Modern Man should rely on

- Self management
- Art of managing ones life, family & society

Chart 6: Modern Manager / Leader - Relationship Dimension

Relationship Dimensions

Individual should relate oneself to other constitutes of human society

- INTERNAL
  - Family

- EXTERNAL
  - Education and Organisation

By class or occupation

- Brahmana
  - (A Person endowed with strong thinking faculty).

- Vaisya
  - (A Person who is well versed in trade, commerce & business).

- Kshatriya
  - (A Person who is patriotic, valiant, powerful & selfless).

- Sudra
  - (A Person who is highly service oriented with a social perspective).

Source: Imaginary Diagrams
Chart 7: Modern Manager/ Leader – Cosmic Dimension

Cosmic Dimension

Cosmic Equilibrium

Gross Level

Subtle Level

Ecology & Environment Management. Representing Primordial forces

ॐ Model environment needs protection & purity

Chart 8: Pathways To Reality

Spiritual dimension

PATH WAYS TO REALITY

Path of yoga

Path of masters

Path of action

Path of knowledge

Path of love

REALITY

INFINITE POWER KNOWLEDGE & BLISS

Source: imaginary diagrams
God is in our hearts. If we can remove the dust the God in us gets manifested. We should not disturb our mind with unnecessary attachments and wasteful thoughts. We should get rid of falsehood. We should not spend time as hypocrites. Should get relieved from arishadvargas. Owing to tact in our words and actions we can deceive our neighbors, our villagers and the entire world but we cannot deceive the omniscient God. Now our body is ready for saadhana. We should not miss this opportunity. Our inner nature should change because of saadhana. Otherwise there is no use of it. In reality God is in our hearts. It is illusion to say that He is separate. This illusion will deceive us and is not useful. It does not make us to experience God.

There is God in whatever we see. There is God in the words we talk. There is God in every action we do. Every thing is divine. We should awake that divinity in us.(Sadguru Meher Chaitanyaji Maharaj)
“Eim gurudevaya vidmahe
Thrana kartrecha dheemahi
Tannoh guruh prachodayath”
(Guru gayathri)

“Sarvesham Swastir Bhavatu
Sarvesham Santir Bhavatu
Sarvesham Purnam Bhavatu
Sarvesham Mangalam Bhavatu
Sarve Bhavantu Sukhinaha
Sarve Santu Niramaya
Sarve Bhadrani Paschantu
Ma Kaschit Dukha Bhaghavet
Asatoma Sadgamaya
Tamasoma Jyotirgamaya
Mrutyorma Amrutangamaya
Om Shanti Shanti Shanthi”
(Swasthi vaachakam)
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