

**Practical advice**

Last week we ended with this advice from His Holiness.

H.H. Natural samadhi (deep stillness) is provided by nature itself. Common man experiences it every day but doesn't know that he is experiencing it. But this is the source through which he gets some sort of steadiness, energy and happiness and it is automatic.

The wise have understood the importance of this samadhi provided by nature and by understanding that this, which is available all the time, can also be put to further use, so they try to increase the extent of this samadhi.

In this samadhi the idea is that after a desire has been fulfilled, there is a little gap before the start of the next desire. Let us extend this time, which is natural, free time. If we can extend it, nature will certainly provide the necessary further extra energy. Nature has made this automatic, so that everybody is recharged every time they have completed their desire.

And we agreed to look out for the gaps between desires and observe them, using the moments of stillness we practice every day. Dattatreya, a famous sage, said, *'Every moment of the waking state is iridescent with fleeting samadhis . . . and know that if one can become aware of these broken samadhis no other samadhi need attract one.'*

Every time there is a major change of consciousness, from waking to dreaming, from sleeping to waking, in the moment of that transition, for a fleeting moment there exists this deep stillness.

Something to look out for during the day, is to be fully aware at *the moment of focusing upon a distant object*, that moment where, Dattatreya says, *'the mind, holding the body at one end, projects itself into space until it holds the object at the other end, just as a worm prolongs itself at the time of leaving one hold to catch another hold.'*

*'Carefully watch the state of mind in the interval.'*

At other times we may quite often be momentarily unaware of being either 'in' or 'out' for a short interval and yet not overpowered by sleep. And being 'besides one-self' with joy, or grief or fear — all these raptures possess this quality of deep stillness.

