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# WISDOM WAVE NEWSLETTER

Volume 10, Issue 1

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## Retreat planned again for Memorial Weekend:

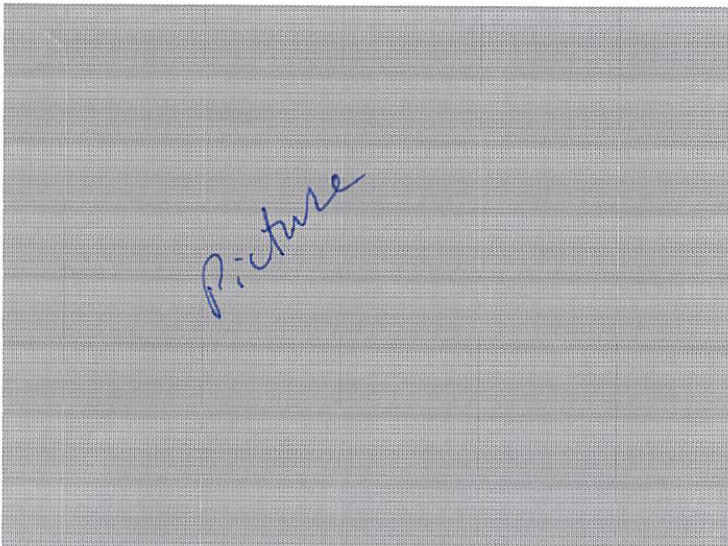
### Sangre de Cristo Center in Santa Fe

Thursday, May 27,<sup>th</sup> 5 PM through Sunday, May 30<sup>th</sup>, 2 PM

### Dr. Shyam returns to Santa Fe:

Dr. Shyam once again honors Santa Fe with a visit to help us focus and garner our energies for the work of sustaining our stature as full human beings. What is important to our times is to find the full human being in ourselves, not to try to become some idea of what is enlightened or angelic. He says, "Angels cause mischief," and "enlightenment is a concept which projects us away from ourselves." To reserve a space, a deposit of \$100 is due by May 10<sup>th</sup>.

David & Sandy Canzone, a founding board trustee, w/ Shyam, Photo by Camille Canzone:



## Psychiatry and Spirituality

October 1996, Brazil

The Universal Mind is a network, a cosmic web. We have come from nothing in the sense that nothing means no-thing, no particular object. Behind all the things is the Unmanifest, total cosmic energy. The whole system in our body and our brain is a network connected to God, an Internet! So we have put God in an Internet. The whole cosmic network: the stars, the nebulae, the galaxies are a cosmic web. We are connected to the cosmic web through our nervous system and all the tissue systems. Everything is so interconnected; we are not separate from the cosmos at all. With the physical body, the form, we don't see a connection, but every thought I think registers in anybody's mind. This is why you understand. We are interconnected in all thinking. In ancient times, there was a system of telepathy. Just a thought in one person would register in the mind of the other person; even a person thousands of miles away would know what that person was thinking. We've lost that connection. We became more grossly

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and more materially oriented. In ancient times, a system of Yoga was meant to establish a thought process that would bring a connection to the whole world, wherever you were. This system had no problem transcending time and space. The United States is trying to find out what connects us to the universe and whole cosmos. Ancient times had the answer. Indian scriptures mention the telepathic connection. Through meditation, when you concentrate on yourself, not on an object, the mind becomes totally empty. You find that the mind is just energy - nothing but energy. There are pathways in the brain. These are physical. Any kind of pattern we follow becomes a pathway in the brain. This is a subtle sense connected to the mind-substance. When the mind becomes energy, there is no single thought. You get that total energy-- total energy is a pure energy that cures everything and sets the order in the system into a great motion. The order is not a kind of discipline, but an order.

We start with one cell and that divides and multiplies. We are human beings with billions of cells, but it is the one cell that divides and multiplies. So the one cell has an energy called intelligence. It is not the intellect. That intelligence is in every atom of the cells. That intelligence is an extremely intricate order. We call it the universal order or the cosmic order. When the cells divide and multiply, there is intelligence. No body directs it to follow a

particular direction. The intelligence is already there. From one cell, the cells divide. Different cells of the body form different organs of the body. Cells differentiate to form the liver, the spleen, the brain. If there were no intelligence, or order, then the liver cells would go to the eye. But that doesn't happen. The order is so intricate, so pure. Intelligence separates all things and puts the order into motion. When we become a gross body and have the intellect, we forget the whole connection.

All the systems in the body and all the systems in the cosmos are completely interconnected. We are not only the human body, but in a sense we are also the cosmos. You see a picture and enjoy it. While you are in that picture, you don't see it. We are in this whole cosmos, and therefore we don't see it. This idea comes from the ancient times some five thousand years ago. The sages and great thinkers, those who went inside themselves and studied the whole thing, found from individual study that they could stand outside themselves and see the whole thing, the functioning of all the systems in the body itself.

You'll be able to see these things also, because you are part of the cosmos. You can see the cosmic condition. You'll be able to understand the cosmic connection. People are becoming aware all over the world and they are trying to find out this connection, not just theoretically but really. There is an old saying, if

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you pluck a flower in the garden, you disturb a star in the heavens. We are so interconnected. The experiments in ancient times were made individually in the body itself and through the medium of meditation. That gives the real connectedness. It is not intellectual but it is an individual connection to the vast intelligence behind the order. This order is in us, in nature, in the cosmos. In the United States, people thought God was outside somewhere in the sky, looking over us. The evangelists thought Gods stands somewhere in the corner and looks over us. They thought He had a great establishment with all the consequent paraphernalia. He would ask his clerks or the department to write down everybody's movements and then judge everybody accordingly! But it's not like that. We are our own judges, our own saviors. Each individual is a savior to himself or herself.

Once upon a time, I happened to be a priest. My priesthood was not just to follow but it was about inquiry, not just to follow what was said or what we were asked to follow. Even if God stood before me and said I am God, I would have questioned that. If God says "I am God" then He is not God. He would be like us, and that is the ego. In the world, what is our reference point from the point of the individual? The ego is the reference point, not the intelligence. When the intelligence becomes the reference point then everything is harmonious. Everyone has the same thing, everyone has that intelligence. We are not

different from anything else. Whatever profession you represent, it is the ego reference, therefore not complete. You have doubt about everything. We have cures to our ills. If I analyze myself, I am not different from the analyzer and the analyzed. So the analyzer and the analyzed are the same person. I cannot be truthful to myself because both are the same. That's the problem. When you observe a certain person, the observer and the observed are the same. But there is a process called simple observation which is not the one who is observed nor the observer. This brings about the real truth. Thought is limited. When you think through thought process, then everything is limited. When you go beyond thought there is no thought, but a thinking process.

Occidentals and Orientals had no differences in ancient times. They were one human race. We have a linear thinking process. The sun rises somewhere and then the west becomes east when the sun sets in the evening. Where is East and West? These are arbitrary divisions of the intellect. We don't see the bigger picture and the small picture is so limited. The enormous energy you have inside is put into a limit. The life process is not mine or yours. Life is everywhere. We try to say my life or your life. We are all connected to life. It is the greatest harmony the creator has created. Life is the harmonious expanse of intelligence.

Growing up I didn't know about consciousness. I was brought up in an Orthodox

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religion, but I had an inquiring mind . I didn't take anything at face value. My father said you must believe in God and I said I'll believe what God is but I must know what I am. As students, we'd go to talk about the unconscious and the conscious mind. Someone asked do you know what consciousness is? I said I am consciousness. After 10 years I realized I had uttered the truth. Everyone of us is consciousness and what we don't know is unconscious. We don't know ourselves and therefore we are unconscious. Psychology should ultimately lead to a spiritual understanding of oneself. If you just use what is in the books, you get caught up in a kind of fix. Every human being is supposed to know what is beyond oneself. Our birthright is to know what is beyond ourselves that brings about the real truth. The ego is not there, not mine nor yours. We are connected by the intelligence, the basic principle of creation reflecting everything. Then the mind becomes so sharp, so intelligent, it goes beyond its boundary, what is called its material boundary. When you go beyond yourself you stand out and look at yourself and yourself is not what you think nor what you thought.

In layman's terms if you ask anyone whose hand is this, whose leg is this, whose brain is this and they say this is mine, then who are you? We have not understood how to cure ourselves. We don't know who I am. Therefore we need external help. In the course of evolution, our bodies have grown, our technology has grown, our

brain's capacity has grown, but our psychological system of education is 40,000 years behind.

Intelligence has an infinite capacity. We have a finite body, mind, and understand only so much, and not beyond that. A stressed out mind cannot think clearly. Mental symptoms relate to the fact that everything takes place in the brain, and is transferred to the body. Everything that takes place in the body is transferred to the brain. If you don't see the connection between the body and the brain, then you have the problem. We don't know the connection, and that is the problem that creates all other problems. Meditation brings everyone into the universal intelligence.