

All is God



Swami Omkarananda

CONTENTS

- All is God
- The Cosmic Dreamer
- Need for Taking the Next Step in Growth and Development
- We are Related to Each Other in the Highest Consciousness
- All is in Each and Each is in All
- Experience of Oneness with God's Being of Perfection, the Grand Result of Meditation
- The Method of Meditation as Practised by a Man of Devotion
- Dependent upon His Cultural Background, the Saint Chooses His View of God
- All Life is Divine
- There is Nothing that is not God, to the Illuminated Consciousness of the Spiritually Great Man
- Every Act of Life is a Sacrament
- All His Daily Experience is Ruled by God's Love and Grace
- Such a Person's Meditation is Most Fruitful
- God Works through Man and Man Lives and Works from Intensive God-Consciousness
- In All He Beholds the Christ
- His Social Behaviour is Governed by His Grand Inner Spiritual Experience
- This Heart of Universal Love is Fulfilled in the Divine Illumination

All is God

Whether it is snow or ice, cloud or fog, river or sea, moisture or steam, - it is all water. Whether it is hot or cold, coloured or plain, saltish or sugared, distilled or muddy water, it is all water. Whether it is variegated Nature, or the multiplicity of mankind, or the diversity of Matter, - it is all God.

Penetrate into the Essence, and be not bound to the outer form, name, colour and limitation. Look into the Truth behind the appearances, and constantly affirm the truth, "All is God".

Billions are the waves, but all of them are the one sea. Waves are not important, but the sea. Billions are the noses, but all of them breathe the same air. Billions are the forms and shapes made of snow, but all of them are the same snow. Without snow, those shapes and forms have no substance. Billions are the objects and articles made of wood; all of them are but the one wood. Recognize the One in the many, and the many as being in the One. Countless are the beings and things, but the ensouling and sustaining Light in them all is the same. Therefore, perceive the One that counts, matters, is important. Let thy whole being affirm gently, "All is God".

Though poured into billions of bottles of different colours and all kinds of shapes, water is one and the same. Even so, God poured into all kinds of things, and all types of beings, is one and the same. Do not call the lake "ice" because the winter has rendered its surface icy. Let not your perceiving intelligence fail to see that God is God, though appearing as humanity, or Nature, or the universe. Here, there, everywhere, in this, in that, in all, behold the Essence, the Divine. Affirm gently, "All is God".

In appearance, each is different from the other, in temper one is not the same as the other, in outer psychological, social and other surface characteristics, one differs from the other, - but in the Soul they have, in the God that ensouls them, they all are one. Therefore, affirm the inner truth, the ultimate fact that "All is God".

Even in the same family, no two members are alike, no two persons of two cultures, or of two races, or of two religions, or of two nationalities, or of two societies, are alike, - yet all of them are absolutely alike in the Love their heart bears, in the Wisdom that shines through their mind, in the Faith their soul enshrines. They all are united in the one infinite inner divine Consciousness they bear. In that Consciousness all are one, all are God. Affirm the truth, "All is God".

The tape-recorders, the loudspeakers, the walls, the flowers on the tables, the chairs you are sitting on, the people around you, the earth, the air, the space, the refreshments, - all these, the materialist says, are Matter, the scientist says, are Energy, the philosopher says, are Thought, and the greatest of the saints, sages, prophets, know and experience as God. Therefore, affirm, "All is God".

Matter, Energy, Thought, are different statuses of the same infinite divine Consciousness. They are products, within itself, of the one, supreme, absolute Existence, Consciousness - God. Therefore, affirm, "All is God".

Everything that you can see, or touch, or sense, or experience, is God. Let this fact dominate your mental, emotional and conscious life. Constantly cultivate that vision, that understanding, that divine sensibility to which everything is God. Let this truth that all is God take possession of all your motive-forces, prompt your thoughts, govern your emotions, dictate your experiences. Let it rule your will and be uppermost in your feelings and in your inner reaction to the whole subjective and objective environment.

The metaphysical is larger than the material. While transcending the material, the metaphysical Principle includes, sustains and overpasses the material. God is greater than the world, while He includes and sustains the world.



The Cosmic Dreamer

How to recognize that all is God, that all is in, and of, God? A little wisdom will enable us to accept the truth. A little intelligent activity of the mind will help us to perceive the truth. A little faith will convince us of this truth.

Here is Kaufmann. He dreams that he is walking through the heart of a great city. There is a beautiful lake close-by. He swims in that lake. A kilometre away from the lake, there is a great playground. He witnesses a big international football match. Of what is the city, the lake, the air he inhales, the space he moves in, the people he sees, made? Of consciousness in the dream-state, and with its own substance.

In the head of that dreaming Kaufmann, there is nothing but the one consciousness. It has created the city, and everything therein. Therefore, it is a mere statement of fact to say that all these are nothing but consciousness. So the entire creation, the earth, the space, the world, and all the objects and persons therein, are creations of the supreme divine Consciousness. They are formed of, and in, that God, and with His own substance, in His Own Image. Affirm, therefore, that "All is God".

Once more, reflect on that dream of Kaufmann, wherein everything that he experienced, - the city, the lake, the people, - were formed by his own consciousness, and one would be absolutely right in saying with regard to all that he experienced, "All is Consciousness". Was the earth he was treading, and the sunshine he was enjoying, different in substance from the air he was inhaling and exhaling, and the city-buildings? Certainly not. It is the same consciousness, expressing itself here as sunshine, and there as the city-buildings. The whole field of the experience of Kaufmann, and himself included, is constituted of consciousness. Everything that he sees, feels, touches, knows, thinks of, is nothing but consciousness. The one consciousness has become the many things that he is experiencing. There is no difference in the material with which the water he swims in is made, and the substance with which the air he breathes in is formed. All are the self-formulations of the Consciousness, in Consciousness. Even so, in the world everywhere, you find by inner perception, God alone. "All is God".

Even while dreaming, should Kaufmann suddenly grow aware that he is dreaming, he would at once see that all the field of his experience is nothing but the appearance of his own dreaming consciousness. Even so, the pure in heart, the awakened in intelligence, the wise sages, the great saints, find everywhere God, or the one divine Consciousness, appearing here as earth, there as sky, here as wood, there as metal, here as mankind, there as Nature. "All is God". Let this truth become a part of your daily inner experience in life. Practise this discipline of constantly affirming with all your heart, "All is God!"

Let this perception of God everywhere, in all beings and things, silently ensoul the entire programme of your life, determine the aims of your conscious growth, development, evolution, and illuminate all the uplifting and inspiring actions of your daily living.



Need for Taking the Next Step in Growth and Development

The evolutionary process spans a long path. We have to add new dimensions to our growth and development. All of our life has to become all-embracing love. All our emotional energies must be gathered together and focused upon the infinite, all-seeing Divinity. All the rays of our conscious intelligence should be gathered together, directed

and focused upon that Light of Lights that God is. Let us gain more fully the Light of an ecstatic God-Consciousness, and with that Light shining brightly in our eyes, live here in the busy and difficult world, pouring on all creation the radiance of our pure divine Love.

Every cell of our blood and body must proclaim God-Consciousness. Every part and portion of our being must be charged, pervaded, intensified, with the divine Consciousness.



We are Related to Each Other in the Highest Consciousness

Let us not forget that we have organic relations with each other in the inner divine Consciousness; not only with each other, but also with the supreme divine Consciousness. It is impossible for anyone to turn upon his bed in Australia without, at the same time, affecting us here in some manner or the other. It is impossible for any animal to attack another without, at the same time, announcing it, and projecting its picture right here amidst us. It is impossible for celestial entities and beings to conduct their conversations without, at the same time, disclosing themselves here, in our inner Consciousness. In God, we are all one. All are one and the same, in Truth, in ultimate Reality, in that Being which alone is everything and counts, and without which nothing is. The Omnipresent is here. The Timeless is the eternal Now.



All is in Each and Each is in All

This is so because there is but only one infinite, endless, absolute Consciousness. All in me is everywhere, and everything that is anywhere, is here with me. I am not myself - there is a Power in your heart which is ruling me, guiding me, is Myself, my God and my All. The light that sustains that twinkling of the stars beyond, is the same light that is here in my eyes. Even so, this light is in each of you, and each of you is an integral part of the infinite God. As human beings, you are the supreme darlings of the all-merciful Heart of God. In your inner Essence, you are inseparable from His Being and His Heart. You are heirs to God's Omniscience and Omnipotence.

The Heart of the Divinity is constantly and deeply interested in your welfare and in your happiness. God is the Ocean of Light, Love. You are in Him. He is in you. This is the truth. Higher experience will disclose to you this truth. That experience will come to you through meditation, on the ultimate foundation of all life, God. And tomorrow, you will speak words of wisdom that are also words of love and light.



Experience of Oneness with God's Being of Perfection, the Grand Result of Meditation

As we progress in the rich contemplative states of the luminous inner being, as we achieve higher states of consciousness, our little personal, impotent will shall disappear, and the Will of the infinite God will begin to operate in our life. Our small, reasoning, doubting mind will disappear, and His Mind, His Knowledge, and His Omniscience, will take possession of us. Our small, imperfect, troubled, worried existence will be swallowed up by His all-perfect Living and Being. All that will be a matter of your experience, a matter of your seeing, a part of your knowledge and wisdom.



The Method of Meditation as Practised by a Man of Devotion

There are many methods. Meditation is the leading method by which you could attain, and arrive at, this stage of Consciousness while living here on earth. Greatest saints have also meditated. How did they meditate? What was happening to them in the higher states of their contemplative consciousness?

It belongs to the characteristics of a saint that he is all through the day conscious of the divine Presence. During his daily life, among the many emotions that visit his heart, the leading emotion is God's love. If there is any special wish or desire that visits him constantly during the day, or during the working hours, it is the wish or desire for full God-experience. Among the many thoughts that visit him during the day, the leading thought, the dominating thought, the overruling thought, is concerning God Himself and His Presence.

Therefore, a saint is a person who is in ecstatic love of God. He is a lover of God. All through the day, all through his conscious life, the dominating feelings and thoughts centre around the image, that name of God. As he walks the streets, he is conscious of the Divine Presence.



Dependent upon His Cultural Background, the Saint Chooses His View of God

Here is a heart of devotion which knows, feels, experiences the Divinity of Jesus, and finds no difference between Jesus and God, God and Jesus, - which is even for others, when metaphysically and spiritually seen, a fact. Let us take Jesus as God of the saint. All through the day, in all his works, this saint is conscious intensively, with all his mind and heart and spirit, of Jesus' Presence inside him, around him, by him, in others. Hundred other thoughts may seek to assail, attack, take possession of his mind, but unfortunately for these assailing groups of thoughts, his mind is blocked up with only one thought concerning Jesus.



All Life is Divine

And, if he has to attend to a number of things which necessitate the entertainment of other thoughts, he entertains them, but mechanically; and, with all his heart, mind and inner soul, he is attached to everything pertaining to Jesus Christ. It may be that he has gone to Epa or the Migros (the local supermarkets), - he is conscious, in the people who are serving there, of the same Jesus. He is conscious of Jesus' Presence within him, and in other persons, and also in all the business that he does. Though that work of buying something may be for his employer, yet he conducts it with the feeling and consciousness that it is for Jesus.



There is Nothing that is not God, to the Illuminated Consciousness of the Spiritually Great Man

The driver in the taxi is Jesus. The flowers there, on the street, are Jesus. The clouds above are Jesus. The falling snowflakes are Jesus. The rain is Jesus. Thus, he is constantly being governed, all through the day, in all activities, by consciousness of Jesus.

Back home, if he takes a bath, that bath is for his inner spiritual understanding, love and attitude, a baptism, a sacrament, a transforming and uplifting act. The water is holy water. His own hands are dedicated to Jesus. When he renders service to anyone or to himself, it is to Jesus that he is rendering the service. Even a service to his own body such as bathing it, is a service rendered in spirit and in truth, to Jesus.



Every Act of Life is a Sacrament

If he is at the dining table, it is the Lord's Supper for him. Jesus is in him. Jesus is in others that are around the table. He is offering the food, in his thoughts, feelings and inner experience, to Jesus. And he takes food as a duty he owes to that Jesus who is inside him.

His house and apartment are themselves the church. The place for worship and the place for God-experience is just where he is, whatever place that be. The time and place for feeling God-consciousness, the time for experiencing Jesus' Presence, and Light, and Love, is just then, and just where he is.



All His Daily Experience is Ruled by God's Love and Grace

If he is engaged in conversation with someone, that conversation is ruled and impelled by his intensive internal consciousness of Jesus. Some portion of his mind and heart is completely on Jesus. Some portion of his consciousness is fully aware of the Light, the Power, the Presence, the Grace of Jesus while, with the other portion, he is mechanically conversing with that someone.

Thus, all through the day, in all circumstances, in all conditions, in all situations, in all types of social experience, he is drawn and enveloped by the central, dominating thought of the Presence, the Power, the Love of Jesus Christ.



Such a Person's Meditation is Most Fruitful

If such a person sits down, at the end of his daily activities, for meditation, what happens? The moment he closes his eyes, Jesus stands by his friend. There is a beautiful form of Jesus standing before him. Jesus, whom he had adored, loved. Jesus, whose Presence, Power and Love he has felt all through the day, Jesus, who is the object of his ecstasy, Jesus, who is the goal of his life, Jesus who is the centre and subject of all his knowing and being, Jesus the infinite love, Jesus the Father Himself, Jesus, who is the Divinity which is supporting all that is made manifest everywhere, Jesus, who is ever present wherever any Christian or anyone of any religion is in communion with Him, through prayer and meditation, - this Jesus stands before him the moment he closes his eyes for meditation.

If this saint, in meditation, takes a look within himself, he sees Jesus. If he were to look outside, yet he sees Jesus. If, by chance, some thought, or some image, of some person seeks to emerge and disturb this vision of Jesus, again he gets back to the central form of Jesus, and, for lack of attention, the other form which sought to come and attract his attention falls down.

In all his inner consciousness, he is now face to face with Jesus. Therefore, there is no consciousness of the outer world. Full of light, Jesus is standing. His Presence itself is a continued inspiration, all in the heart of this praying saint is longing for a deeper communion with that Love and Light that Jesus is. In this condition of meditation with eyes closed, he is seeing, feeling, knowing, experiencing, Jesus alone. If he continues to be in this state of consciousness for half an hour, the whole inner being becomes warm, - warm on account of the psychic energy generated by the continuity of radiant and uplifting thought concerning Jesus alone. All in him is now subjected to the light that is streaming forth from the living, responding, all-blessing form of Jesus Christ. All in him is exposed to, and is being charged with, the Love and the Power of the omnipotent Jesus.

In this condition, where is any other thought? In this state of meditation, where is any other feeling? In this state and condition of consciousness, where is time, and where is

any awareness of the space and environment? Externally, physically, the time is passing by, but he is absolutely unconscious of time or space, or environment, or thoughts, or images.

In this condition, wherein he is face to face with Jesus, should he open his eyes, he is still face to face with the Lord on whom he is meditating, the energies of the love in his heart are rising up in an intensive form; he is conscious of Jesus as one who is all-aware, all-conscient, all-powerful. He is conscious of Jesus as being one in his immortal divine Heart, with that infinite Love which is sustaining all forms of existence around the universe.

If he is preserving himself in this state of experience, all the psychological dross, and all that dross and dirt in the subconscious mind, is being automatically, without his knowledge, burnt out. His breath is becoming holy. His life is being turned into a point of the divine Power. His presence is a blessing to the world. Everything in him constantly turns round the Light and the Love of the Father in Heaven, who for him is in, and as, Jesus Christ. This Jesus Christ is no more different and distinguished from the Father in Heaven. Jesus Christ is all-sufficient. He is all-perfect. He is here, there, everywhere.

Now, this saint is communing and conversing with Jesus Christ. When this state continues, day after day, during the specific hours of meditation, his internal nature is so radiant, so purified, so illuminated, that higher powers find their self-activity and spontaneous expression in his conscious being. While these higher powers are rendered operative in his uplifted and purified nature, he begins to hear the voice of Jesus, he begins to be powerfully guided in his further evolution and unfoldment by the Grace of Jesus. The mysteries of man and the inner soul's relations with God, are completely revealed.

In this state of meditation, this condition of meditation, where our soul, our inner being, is swimming in the infinite Light of Jesus alone, when our whole inner heart is charged with indescribable joy, when the internal mind is given over to endless serenity, calmness, stillness, - experience after higher experience visit us, intuition above intuition come close to us. We are given a revelation above revelation. We are also given the assurance directly from Jesus, "I am with you, I am in you, I am by you."

When this meditation at the specific hour, day after day, continues for several years, when, in meditation, this intimate relationship with Jesus is maintained, day after day, for some years, - as the result of this, all that is animal, or human, or not divine in us is, completely transformed, transfigured into a perfect divine Consciousness. Jesus Himself will disclose Himself as the saint himself. Jesus will say, "You are mine, I am always with you."



God Works through Man and Man Lives and Works from Intensive God-Consciousness

And from that day, Jesus Himself will work through that person. From that day, that person is no more himself. A Light other than his little self has displaced him. A Power and a Grace not his own are at work in him. The Lord lives in him, and the Lord's qualities work through him. To the unenlightened, to the other individuals, he is apparently just the same individual that he was earlier; to the one grown in reason and wisdom, he is undeniably a wondrous light.

A proof of this fact will consist in the inner experience of that saint. The testimony of

