



Where do you go after death

By Pat Griffin

Pat Griffin, [26.08.16 12:43]

Ishwar Puri ji: "People have asked me, "I have to go to my job and have to put my attention there. Is it a distraction in meditation and in my spiritual life?" My answer is, "If, when you are doing your job, you are thinking of master, it's master's job, an opportunity given by your master, it's as good as meditation." These are not my words – Great Master's words. Everything you do should be done with the thought of the master and it becomes meditation. ...

We don't give up these things in the world just because we think they are a distraction and meditation is something separate. Meditation is not something separate from your life. Your entire life should be meditation. Everything you do should be with the thought of your master and spirituality and it becomes spiritual and meditation.. It's a natural law of karma that's creating these things. We have to go through them. You should take them as something that you are acting a role in a play and you are actors. That's not your reality. Your body is not your reality. Your body is an actor acting here. Whatever you are doing here is an act according to a play. Put your attention within and remember the master.. Therefore, don't think the activities of this life – of any kind – are supposed to be taking you away from the spiritual path. You can do all your work of any kind, anywhere, and so long as you think you are doing it as master's work, it's like meditation".

Transcribed and posted by Mn Lott on facebook 🍷

Pat Griffin, [26.08.16 12:49]

Baba Sawan Singh Ji: "Where would you go after death? You go to the place of the person on whom your thoughts have been dwelling all along". (Spiritual Gems, letter 13).

"Where thou keepest thy mind while living, to that abode shalt thou go after death. The soul finds lodging in a place wherein it has hitherto been immersed.. The lover is converted into the Beloved. That indeed is called True Love. Forgetting his own ego, he remains absorbed in the One" (Sant Mat Master, Dadu Dayal-1544–1603)