

A deeper sense of life

Morya Wisdom 1

Geert Crevits



MAYIL
PUBLISHING HOUSE

Foreword

to the second edition

The secret to a happy life may hide in our actions. This first book by Master Morya has all the basics on how to take steps towards a more balanced and happy life. And as every one of us takes actions in life, so every one of us can use these same actions to develop our lives into a life of more goodness and joy.

Love, love, love is the essence of whatever Master Morya talks about in each of His books. Develop, nurture and express the Divine Love which is present in your heart. He will be standing at your side to help and guide you every step of the way in this challenging but rewarding task.

United with all of you in the one Divine Love,

Marie
*(daughter of Geert and Lydia Crevits
and publisher of Master Morya's books)*

22nd February 2012

Foreword

to the first edition

Master Morya is one of the Masters of Wisdom helping humanity in its struggle to progress. Through a telepathic contact, Geert Crevits has been receiving messages from Master Morya for some twenty years. In the past ten years, countless numbers of people have been able to experience the blessing of the Master through these messages.

Some people also had the opportunity to participate in the “Morya Wisdom Courses”, of which this is the first. These courses were each given over a period of three non-consecutive days. Each day included two hours of speech, in sessions lasting a half-hour to forty-five minutes (one side of an audio-cassette). No more than about ten people participated in the very first course that took place on April 30, May 21 and June 11, 1994, and the Master addressed their concerns and answered their questions. Out of the 28 “Morya Wisdom Courses” that have since taken place, this first course is the only one in which the Master speaks about sexuality.

I want to thank all my friends for their collaboration and encouragement, especially Tatiana who so perfectly understood the Master's meaning and was able, while translating, to grasp the subtleties of His practical, spiritual teachings. I want to thank Jacqueline who gave the first incentive for this translation, Lynne for her British touch and Jim for his grammatical expertise; also Malcolm and Lilian for reading, sweet Sue, Jerry and Christine for their loving support, Frederik for his enthusiasm and Marie, my jewel, for her efforts.

I also want to thank my husband, of course, for the giving of his whole life to this work with the Master, while at the same time caring for us in a way words cannot express.

The distribution work that awaits us is so extensive that we gratefully welcome all helping hands and hearts to help spread Master Morya's message, which is all about growing in consciousness, for a better world with better people.

In love and light

Lydia - Publisher and wife of Geert Crevits

September 2003



1 - Action and reflection

Think about what you are doing

You may be incessantly busy with your life and yet find that it has slipped through your fingers. This means that you need to delve more deeply into life itself, to give your life meaning and live it more truly and profoundly. Whatever you do with your life, it doesn't matter. You may do anything, go in any direction; it's all the same. That is to say, you may try anything, you may continually try new things that you have never done before but you must give careful thought to everything you do.

Actions are repeated

When you reflect upon your life, you will introduce certain structures into your life that you may not see but that are nevertheless present. It is about these structures that I want to talk. Structures are such that you accomplish

certain actions and that you have a whole series of actions that are continuously repeated in your life. Now take a moment to think about your actions.



A reaction is not an action

Actions are born out of a state of balance. When you are out of balance there can be no action. Then there is only a certain reaction but that is not a real action. An action can only take place when you are well balanced, when you are quiet, when you are reflecting on things, when you are in harmony with yourself. Then you are truly acting; you are carrying out a conscious deed.

Many people may well be living and yet they never really act. They are not really giving their attention to what they are doing. They live automatically and they react to things, but this is not real action. So you can see that there are various elements in you that clash with each other and so create chaos. The result is that you react to this and that but you never take a real action.

What you do makes your life

You should come to the point of being able to really act and also you should be able to overview the whole of your actions. Unless you become conscious of your life,

whatever you do is of no importance. The action is primordial. It is what you do in your life that makes your life – not what you think.

You might well object and say that what one thinks is important and I won't deny it, yet it remains a fact that what you do is much more important than your thoughts.

Take your environment into consideration

Every action, every power in you – for this is what an action is based upon – has to take its environment into consideration. An action is good when it is adapted to its environment. A certain action may be correct and beneficial in one situation but that does not mean that it will necessarily be good in another situation. So you have to acquaint yourself with your environment and get to know what you can and cannot do. This is why it is so important for you to explore your environment, so that you know, 'yes, here, in this situation I can do this and somewhere else at another time I can do something else.' It is in this way that you must try to become conscious.

Consider the person who is with you now. If it is a child he or she will need to be handled differently from an adult. You will need to behave differently with a member of your family, for instance, than with someone you have just met for the first time. So you can see that a certain

action or way of being is not always suitable for every situation. Sometimes it can even be offensive.

An action can become important

An action should achieve something. By trying to act consciously you will come to understand that by your actions you accomplish something. Therefore, it is important for you to have a goal, to know where you want to go, to know what you want to achieve in your life and it is important that you adapt your actions accordingly.

If you are someone without a goal, then your actions are of little importance, they are futile. If you have a goal in life, a very worthwhile goal, then every action, even the smallest, is saturated with this energy.

So it is that a single action of one person may be great and profound, even symbolic, his or her action may even be of great importance for the world, whereas another person indulges in a thousand and one actions that have little or no importance at all because his or her goal has little or no power.

Reflect upon your goal

You should take the time to look at yourself and your life's goal. If you can perceive this goal, you will realize

that taking actions, taking conscious actions that serve your goal, becomes easier and easier. For this you need a clear mind. You have to think, but your thoughts should be in relation to your goal.

First, think carefully about what it is that you really want to do with your life. By doing this, certain ideas about your life will become clear in your mind. One idea is different from the other and in this sense, what you think is important. Nevertheless, in the end, the action always remains the most important thing. By acting you express the idea and you create your own reality.

Don't get stuck in ideas

There are many people who get stuck in their ideas and never proceed to action. And here they are making a mistake because they are wasting energy, energy which we should see as something awaiting birth. It is a power trying to manifest itself here on Earth.

You should look upon life as a gift from God. This Earth is a palace. The Earth is a dream. It is the dream palace of God. It is this aspect that we must dare to touch, literally, because with our hands and feet and whatever other part of our body, we touch this Earth. And this is important, for then we are truly participating in the play of this world.

Do you sometimes ask yourself questions?

What have been your actions up until now? What have you been busy with and what has your life's goal been so far? I know that these are very difficult questions. They are not questions that can be answered quickly and I don't expect you to answer them. They are questions that I am asking now so that you can reflect on them. Take some time to reflect on your life. Close your eyes and take five minutes, in silence, to reflect on what you have just read and what you have understood of it. Reflect, not in order to find the answers, nor to assimilate the questions so that you might find the answers, but simply to ask yourself what you have understood about all that has been said so far. Now take five minutes to reflect.



Be aware of your inner world

By doing this, by delving into yourself, into your inner world, and asking yourself questions and reflecting on them, you will come to a rest. Rest is an essential element in your life, in gaining profound insight into it. You should do this several times a day. To stop, to be silent and to reflect on what you have seen, felt and heard and to reflect on what you are actually doing is a very special exercise. It is in this way that you become aware of the

things happening around you and, especially, it is in this way that you become aware of your inner world.

Reflect regularly upon your actions

If four times a day, after every morning, afternoon, evening and night, you take five minutes to contemplate the period just passed, you would soon realize that you are noticing much more and that the following quarter-day goes by much more easily. This is because you will become immediately aware of what is important. But this contemplation requires concentration on your part. ‘What have I done this morning? What have I done this afternoon?’ And so forth. If you do this, you will experience that your actions have become better, because you will discover that you have been doing many things that are, in fact, not actions at all, but only reactions, as I would call them.

So it is important that you try to act consciously, try to come to an awareness of those things that have a certain importance in your life – in other words, those things that are leading you towards a certain point.

Automatic actions and purposeful actions

Subsequently, you will be able to distinguish between those things you do out of habit, and which have little or no real meaning, and the things that you should do

and that could have great importance, assuming that you are aware of your goal and have a purpose in mind. And this is precisely where you should learn to make the distinction.

You need not concentrate on all the things you do in connection with your habitual work, for these are things you do automatically. These things simply have to be done. You do not need to reflect upon them.

You can either look at your actions that have no importance or look at your actions that contribute to the achievement of your goal. In this way you should discriminate between the two extremes in your action. Ordinary everyday actions tend to take care of themselves; you needn't interfere. They are not really important. Most of our time is spent in doing things out of tradition, cloaked in habitual actions, and this is fine. If you began analyzing your every habitual action you would soon become stressed. So don't spend your day trying to be aware of every single action, for this is absurd. Just go on doing the ordinary things at your own pace, as you are used to doing. But from time to time you should take stock. This is very important. From time to time, reflect on your goal, look at where you are heading and dare to look at the things you are doing wrong and at the things that were of no interest to you, or, as I would even say, not to your self-interest.

What are you doing for others?

When you do things for others you should always measure your actions. I would even go as far as to say that you should use your ruler. You must ask yourself, “What am I doing for this person and is it justifiable? Am I perhaps doing too much? Or too little?” In this way you should weigh your actions, for this is also something that is very important. Most people try to take advantage of others. They want others to do things for them. That is always the first thing most people will try to do – to get others to do something for them.

This is because everything we do, every action we take, takes energy. And people who lack this energy will ask it from another.

Whatever you do requires energy

An action is never neutral. Whatever you do requires energy, requires an effort, and you always become entangled in this energy, so to speak. It is a little as if the action begins to encroach upon your thinking. This is because the action results in a reaction.

You will find that if you perform good actions they will result in good habits. If you perform bad actions they will result in bad habits. So it is that each act either takes you forward in life or holds you back.

Action is karma

In this way you can see that an act is never neutral. An act is never so simple that it produces no consequence whatsoever. In itself each action is karma – good or bad. You can have good karma or bad karma – good consequences or bad consequences. Most actions, however, are a mixture of both. They are neither good nor bad, they have no special importance, they are ordinary. Don't dwell upon these ordinary actions. Just go ahead and act without unduly thinking or worrying about it. Try to get into the habit of not worrying. Such actions have no significant karma, they simply come and go.

Introduce new things into your life

Little by little, however, you should become aware of the fact that some of your actions do have great importance and can have very great consequences in your life. For instance, all the things you do in regard to your personal evolution, your life's goal, the things you want to change in your life – all these are crucial actions that are constantly introducing new aspects into your life and are thus very important indeed. They are important because they push you in a certain direction, they are constantly urging you on your way. This is because an action has no end, it is never finished. It may seem to be finished but since it always has a consequence it is always connected

to something else. If I go from here to there, then I still have to come back. Do you see? An action is only half of the journey or not even half; one step demands another until you can come to rest – until you are lying in bed, for instance. Then of course you needn't go further because you are in a state of rest. So it is that each action reaches out to a following action until it comes to a state of rest.

Rest is a different kind of action

When you are at rest you should understand what rest really means. You should realize that rest is simply an action of a different nature, that when at rest you are experiencing another kind of life. When you are at rest you notice that life goes on. It is not that you suddenly step out of life. No. It might even be that you find yourself experiencing a much more intense kind of life. So don't be confused. There are different kinds of action. If you can come to a state of rest in your life, it can very well be that you accomplish much more than when you are constantly busy. Your action is then one of a different nature; it is one that is more akin to life itself.

That is why I want you to think about what you have done today. Were your actions real ones, meaningful to you or were many of them habitual actions? If so, don't blame yourself. Simply ask yourself, "What am I doing in my life? How am I dealing with myself, the things that

belong to me, the people around me?” Ask yourself these things so that you may see whether your actions are conscious ones or merely habits, whether you are doing the wrong things or things that in fact have little or no purpose. Take a while to reflect on these questions.



Discovering your inner power

Any action resulting from reflection is unlike an ordinary action. This is because reflection will help you make contact with the power of your inner self. Power itself has two aspects. One is external. It is at your disposal to enable you to take action in this world. But there is another power at your disposal, an inner power that enables you to delve deeply into your life and travel a certain path. This path is eternal. It has no end. That is to say, the first step has been taken but the journey will never end. Never will there come a moment when you can say, “This is the last thing I will ever do,” for there will always be more.

People are always entangled in external actions

Life is eternal. It was, is and always will be. By that I mean that your life is eternal. So there are an infinite number of actions. The internal and the external must

merge. This is a difficult thing to do, for more often than not, people are not aware of their inner power, this energy that inspires them. And then it simply is not there. For when one has no inner awareness, there is no inner power. It is there, but not for that particular individual. And that makes all the difference. And yet it is there in the unconscious. But when someone is unaware of their inner power they cannot use it, they cannot deal with it, they cannot embrace it, grasp it. In fact, they can do nothing with it. For this reason the individual always stays entangled in external actions.

And this applies as much to the smallest child as to the biggest man. People are always entangled in external actions but this too has its purpose – it keeps people moving, keeps them busy.

Bringing your actions into alignment

In order to keep busy you should try, if you can, to alternate between the inner and outer world. If you can come to a state of rest, you will see that the inner world acts of itself. But if you can come to a state of rest consciously, you will find this state of rest withdrawing itself and you will be able to act consciously.

This explains the difference between the actions of one person and those of another: one has an inner life, the

other not. An action based on the outer world is transient. One action now, another later and the totality ends up like a puzzle without any cohesion. One action does not flow out of the other. They don't have much importance. Therefore you should try to look at the inner relation of your actions.

The danger of the split between inner and outer

Persons who are mentally unstable lack this cohesion, this connection between the various things they do, because their inner world has split from the outer world. Their inner life may be fuller yet they have no outer life, or vice versa. Thus they wander about in one world or the other but have lost the connection between the two, either because of sickness, because of the use of drugs or their use of a certain energy that causes this split in their being. This is the danger – that a person who fails to achieve this unity splits into duality, triplicity and so on.

This lack of unity is totally due to the fact that they have never searched for it and consequently find themselves in this extreme condition. They have pursued a certain course in one direction and have abandoned the other. This letting go of one or the other and thus losing this sense of unity is always dangerous and inevitably leads to one becoming unbalanced.

Search for balance

Therefore, if you are searching for balance you must begin by looking at what you do as a human being, as a person. Then, once you see all the different things you do, you should always try a little to search for their counterparts and try to come into contact with these counterparts and understand them.

If you want to understand yourself then you must find the contradictions in yourself. This is very important. If you are a good person then you will discover that in some ways you are bad. If you are devout you are bound to discover that in some ways you are powerless, which is the opposite of devout. While in some ways you look after yourself well, in other ways you neglect yourself. These are all examples of contradictions. By observing one characteristic in yourself you will also be confronted with its opposite. This is important to remember.

When something goes wrong

So, don't ever try to find a solution within yourself without looking at both sides. In that way you will attain a broader view of your own reality and reality in general. Look at the contradictions in yourself. By learning to deal with these opposites in yourself, you will also be learning to deal with the world, with the person you are,

with this reality, and this is especially important. For when something goes wrong in someone's life it is because they have lost sight of the opposites in themselves and have chosen either for one or the other and thus are out of balance. Both sides, both opposites are necessary. Both elements of the antithesis are essential. It is a kind of polarity and polarity is always necessary, at any level. Therefore, when you have an idea you should always look for its antithesis. And from these two opposites you can form a synthesis. Then you can again find the opposite of this synthesis, join them and make another synthesis and so on and so forth. It is like a game.

You've just made a discovery and before you know it you are already confronted with its antithesis. Someone tells you something and the very same day you hear its opposite. And like this you progress, the purpose of all this being that you learn to look at opposites, which are characteristic of this world.

Some people refuse to look at these polarities and so become unbalanced. That is why their actions emphasize only one element or facet of themselves. It doesn't matter if someone searching for beauty, for instance, has a dislike for ugliness. But were he to flee from ugliness, that is another matter, for then he would be looking for a solution in only one polarity and that is not right.



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