

The highest form of prayer becomes a praise and a contemplation—a unifying, a communion, declaring and singing from the harmony with the Supreme. True prayer has never been so much about attaining personal desires or acquiring spiritual techniques. It is not soaked in duality. If duality has any meaning here, it is to venerate the Supreme, which in the highest sense is the Supreme in praise of itself. Ultimately, there are no dialogues in the world; it is a divine monologue, for in reality there are not two, but only the single reality in its appearance as many.

From the mind of a mystic and from that place of pure being, prayers and hymns to the Supreme are no different from non-dual contemplation. What I call a mystic is one whose behaviour defies the personal mind's understanding because they are functioning in the higher altitude of divine harmony. The personal mind does not understand the workings of the Self-mind; it cannot grasp it because it is steeped in duality.

A Self-realised being never feels apart from God, and therefore his prayers are spontaneous utterings arising inside the Boundless. The surrendered heart never feels abandoned. One has to become a separate 'I' or person to feel abandoned. But the true sense of 'I' is not separate, you see. It is the first-born, the son of God, the dynamic consciousness that is experiencing existence and the world but is at the same time totally absorbed in its source. It is like one facet of a divine gem, but the facet is not separate from the full gem. They are one.

In a way, it is a challenge to put aside our projections and fantasies about prayer. However, the sincere seeker must leave them aside and come empty, thereby invoking these prayers to arise in the heart and just sing themselves inside one's being. If there is within you the urge to discover the Truth, and the sense of intimacy or belief in God grips you, prayer arises spontaneously and you may find yourself saying, *'All that I conceive myself to be I leave here at Your Feet. Absorb me in You.'* This is where inquiry and prayer meet, and the power of such a request is undeniable. You will spontaneously come to understand and thus be transported into the presence of God.

When the intellect is present, then we speak of 'I' and God. But when the intellect is itself seen, the seeing itself arises from the place of the Unborn. Here, there is no you and there is no God in any way that the mind can truly fathom. There is not even any mind as such. Nothing is there at all and yet there is a total completeness. This is the place where nothing lives and nothing dies. Only the one who has met God in the heart has the recognition, the confidence, freedom and joy to be nothing. God imparts this freedom and joy to be nothing—empty of identity—the natural state. We talk about God while we still have this touch, this taste of duality. The feeling of 'I' creates the feeling of a separate God. But beyond that, when you have sieved yourself to nothing, 'I' shines as the seedless Truth. Meaning it is not a product, not secondary; but rather synonymous with the Absolute. Thus there remains no duality of you and God, only the perfect Harmony, the Unspeakable—the immaculate, unborn Awareness God-Self.

The highest prayer is like a mantra. These are not things that can be easily explained in a way that makes complete sense to the mind. It is like when you are dreaming, an alarm clock will wake you and so bring you out of the dream state. Both the clock and the ringing are inside the dream state itself, but they will still awaken you from sleep. Similarly, the true prayer has the power to

wake you up from the phenomenal waking state into timeless Awareness, a space where seeing, being and the ultimate are one.

This, the natural state, is the unmoving inside the moving, but it is also the moving. It is the moving and the unmoving. This is what I call the God-Self. It is the unmixed consciousness and alone is the face of the Real. It is the one who is called Allah and the one who is called Jehovah and the one who is called Ishvara and the one who is called Siva. It is all of these, and beyond these also. It is unborn, limitless and timeless Awareness. This is the ultimate Truth.