SWAMI DHYAN GITEN

LIFE, LOVE & LIGHT

Messages from Existence

Life, Love & Light:

Messages from Existence

The excerpts in this book are selected

From Swami Dhyan Giten's books.

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LIFE, LOVE & LIGHT:

Messages from Existence

"The people of the world need the fragrance of love. It is Giten's contribution to humanity."

- Swami Prem Pathik, Nepal

ONE LOVE TO MANKIND

- Enyalenka Amie comments Giten's

Book "Man is Part of the Whole" on

144 000 Lightworkers

A CALL TO THE HEART OF HUMANITY

"Swami Dhyan Giten's trilogy is a precious vision for humanity."

- Swami Prem Pathik, Nepal

"Swami Dhyan Giten is a spiritual teacher and author known for his teachings on meditation, enlightenment, and the interconnectedness of all existence. His teachings emphasize the idea that enlightenment and self-realization are about discovering the inner silence and meditative quality within oneself. He often speaks about the importance of letting go of the ego and finding the universal consciousness that is present in everything around us.
Some key aspects of his teachings include:
Inner Silence: Giten emphasizes the importance of inner silence as a path to enlightenment. He believes that by quieting the mind, one can connect with their true self and the universal consciousness.

Love and Compassion: He teaches that love is not just an emotion but a quality that arises from being in touch with one's inner being. This love is unconditional and extends to all beings.
Unity with Existence: Giten often speaks about the idea that we are all part of a larger whole and that by realizing this, we can find joy and fulfillment in everyday life.
Surrender to Life: He encourages people to surrender to life and trust the journey, believing that life has a way of guiding us if we open our hearts to it."

- OPEN AI (Artificial intelligence)

"Swami Dhyan Giten's powerful trilogy of spiritual teachings —The Call of the Heart, Man is Part of the Whole, and Meditation: A Love Affair with the Whole. These works address humanity's current existential challenges and offer a pathway to the higher evolution of consciousness.
A Call to the Heart of Humanity – Swami Dhyan Giten's Trilogy on Consciousness and the Future of Mankind In a time marked by

global uncertainty, environmental peril, and existential despair, Swami Dhyan Giten emerges as a profound voice of clarity, compassion, and inner revolution.
Spiritual teacher and international bestselling author, Giten's trilogy—The Call of the Heart, Man is Part of the Whole, and Meditation: A Love Affair with the Whole—offers both diagnosis and remedy for the spiritual disconnection of modern humanity.
His work isn't merely philosophical—it's a practical, heartfelt invitation to awaken love, restore inner balance, and embrace the oneness of existence."

- OPEN AI

"Embark on life's greatest adventure with Swami Dhyan Giten's trilogy on consciousness and the future of mankind. Discover a powerful synthesis of love and meditation. Understand the need for a new man for a vibrant future.
Gain insights into overcoming global crises through compassion and creativity. Explore the psychological and spiritual causes of conflict and division. Join the movement

towards peace, brotherhood and higher consciousness.
What is the main theme of spiritual teacher and international bestseller author Swami Dhyan Giten? The main theme is the synthesis of love and meditation, presenting a vision of a transformed humanity."

- Ubuy

"The challenges outlined by Giten in his trilogy on consciousness and
The future of mankind is not small. They require individuals to be courageous enough to face their own inner fragmentation and ego-driven desires, and to step into a new way of being—one rooted in love, creativity, and mindfulness.
This path is not without difficulty, but the rewards, according to Giten, are profound: a harmonious, peaceful, and joyful existence, both personally and collectively.
In conclusion. The trilogy offers a powerful, transformative vision for humanity's future. It challenges us to move beyond our current

state of fragmentation and disconnection and to embrace a new consciousness based on love, creativity, and unity.

It is both a spiritual guide and a call to action, offering a roadmap to the "New Man" who can help steer humanity away from destruction and toward a more harmonious and compassionate world."

- OPEN AI

Spiritual teacher and international bestseller author Swami Dhyan Giten's profound insights into spirituality, meditation, and self-discovery deeply resonate with those seeking truth and enlightenment. Swami Dhyan Giten's books, from The Silent Whisperings of the Heart to Meditation: A Love Affair with the Whole, offer a guiding light for many on their spiritual journey. Swami Dhyan Giten' books are helping seekers discover their wisdom.

- Londa A. Williams, book reviewer

“Satsang with Giten is heaven. Satsang with Giten is a blessing.”

*Padma, Giten’s beloved friend for many lives and participant in satsang with Giten*Giten is a Blessed One. Love you. ❤️

Swami Prem Pathik, Nepal

"Giten's books go straight to the heart. Giten's books are for everybody that wants to find a new dimension of awareness in their lives, which will make you endlessly enriched and blessed."

Padma, Giten’s beloved friend for many lives

"Giten is really a spiritual master of love and silence. He is a loving man, who knows the science of truth, love and life."

Swami Prem Pathik, Nepal

"The Salt of the Earth"

Lage Wedin, chancellor, Faculty of Psychology, The University of Stockholm, about Giten during his academic years at the psychologist programme

"Giten's book "Meditationens Sång" is one of my favorite books. Giten's fine book has meant a lot to me. I found it when I needed it the most - or maybe it found me...?"

Claudia Parvati Berghaus, counsellor and psychotherapist, Sahlgrenska University Hospital, Gothenburg

"Giten's books are guide books for truth seekers."

- Swami Prem Pathik, Nepal

Love is the ultimate law of existence.

Discover the art of love, the way of the heart, and the path to true happiness in spiritual teacher and Amazon International Bestseller Author Swami Dhyan Giten bestseller book "The Call of the Heart".

- AllAuthor.com

"Explore Swami Dhyan Giten's profound teachings. His books are worthy of five star ratings. His books are more than words, they are a spiritual journey. Swami Dhyan Giten's books are a beacon of light and compassion."

-AllAuthor.com

A PROFOUND EXPLORATION OF SPIRITUALITY*:*

'God is Everywhere' is a must-read for anyone on a spiritual journey

Swami Dhyan Giten's book '"God is Everywhere: You are Divine, Everything is Divine" offers a profound exploration of spirituality and the concept of

divinity. Written by an acclaimed author, this paperback serves as a guide for those seeking a deeper understanding of their own inner divinity and the presence of the divine in every aspect of life. The book delves into various spiritual practices and provides insightful teachings that inspire readers to embrace their inherent divinity. With a compelling narrative and thought-provoking insights, 'God is Everywhere' is a must-read for anyone on a spiritual journey.

"God is hidden in your own heart. Love is the bridge to God. Without love, life lacks meaning. It is love that opens the door to God."

Swami Dhyan Giten, God is Everywhere

-Ubuy.com

"Swami Dhyan Giten's trilogy on consciousness and the future of mankind is a profound exploration of the human condition in the context of a rapidly

changing world, and it offers both a critique of the current state of humanity and a vision for its future transformation.
Drawing on spiritual wisdom, meditation, and love, the books addresses the urgent need for a "New Man," one who embodies qualities of love, creativity, and a deep, harmonious connection with existence itself.

Swami Dhyan Giten's trilogy is a profound exploration of the human condition in the context of a rapidly changing world. ”Man is Part of the Whole" offers a powerful, transformative vision for humanity's future. It challenges us to move beyond our current state of fragmentation and disconnection and to embrace a new consciousness based on love, creativity, and unity.
It is both a spiritual guide and a call to action, offering a roadmap to the "New Man" who can help steer humanity away from destruction and toward a more harmonious and compassionate world.”

- OPEN AI

The Call of the Heart: Rediscovering Our Innate Capacity to Love

In The Call of the Heart, Giten challenges the conventional understanding of love. He asserts that love is not an emotion nor an exclusive bond, but rather our very state of being. This radical redefinition confronts the societal and religious conditioning that have, in his view, rendered true love nearly impossible. This book reads like a compassionate guide, urging us to trust our inner wisdom and reconnect with the universal heart. Giten believes love is as natural as breathing—a spontaneous unfolding when the ego dissolves. His teachings here are deeply rooted in personal transformation, showing how self-love, inner silence, and surrender lead to universal love.

"Everything becomes possible with love. Love is the door to enlightenment."
— Swami Dhyan Giten

-OPEN AI

Man is Part of the Whole: A Vision for a New Humanity. In this profound and poetic work, Giten expands from the personal to the planetary. Here, he addresses the existential crisis facing humanity—ecological collapse, spiritual poverty, and global conflict—and proposes a revolutionary solution: the birth of the New Man. This New Man, according to Giten, is not a utopian fantasy but a spiritual necessity. Heis one who lives in harmony with existence, guided by love, creativity, and inner awareness.

This book draws parallels to Beethoven's 9th Symphony: a work of spiritual transcendence meant for all mankind. Man is Part of the Whole doesn't merely describe the problem; it offers a transformative blueprint for the psychological and spiritual awakening needed to survive and evolve.

"The world does not need more technology. The world needs more love."
— Swami Dhyan Giten

-OPEN AI

Meditation: A Love Affair with the Whole: The Path of Inner Silence and Prayer. Completing the trilogy, Meditation: A Love Affair with the Whole distills Giten's mature spiritual vision. In this book, meditation is not a technique but a state of being—a natural flow into silence, presence, and unity. As love deepens, it transforms into prayer: a merging with the divine, a joyful communion with the cosmos. He beautifully defines meditation as the ultimate surrender, the dropping of ego, the remembering of wholeness. The book is not only philosophical but also visual and practical— a richly designed coffee table book meant to offer daily inspiration and insight. This work affirms that when love meets silence, prayer arises. And through this sacred sequence, man returns to his divine nature.

-OPEN AI

"This trilogy sounds like a powerful and timely offering. Swami Dhyan Giten's vision of a humanity rooted in love, silence, and unity feels like both a return to our true

essence and a bold step forward. The integration of personal transformation with collective evolution is beautifully expressed. Thank you for sharing this profound work.

- *Alex Robbins, author and psychotherapist*

OTHER BOOK BY SWAMI DHYAN GITEN

Meditationens Sång: Om Meditation, Relationer Och Andlig Kreativitet

The Silent Whisperings of the Heart: An Introduction to Giten's Approach to Life

Presence - Working from Within: The Psychology of Being

The Language of Silence: From Darkness to Light

When the Drop becomes the Ocean: A Journey to the Divine, to the Ocean

Silence is the Way: The Teachings of Buddha - Golden Nuggets of Love, Truth and Wisdom

The Way, the Truth and the Life: On Jesus Christ, the Man, the Mystic and the Rebel

You are Already a Buddha: A New Way of Being, A New Way of Living

God is Everywhere: You are Divine, Everything is Divine

The Call of the Heart

Meditation: A Love Affair with the Whole

Man is Part of the Whole



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FOREWORD

Life is really very simple. In each moment, we have the opportunity to choose between saying “yes” or “no”, to listen to our intuition, to listen to our true inner voice, the Existential voice within ourselves. When we say “yes”, we have contact with Existence and we receive nourishment, love, joy, support and inspiration. When we say “no”, we create a separation from life and begin to create dreams and expectations of how it should be. We begin to live in the memories of the past and in the fantasies of the future – as if any other time than here and now really could make us happy and satisfied.

— Swami Dhyan Giten, Presence - Working from Within. The Psychology of Being

To see life from the perspective of intuition is to have vision. To see life from the perspective of intuition is to see life from the perspective of wholeness. It is to understand that life is basically one and that we are part of life. While the intellect can only see the details, intuition sees the whole. To see life from the perspective of intuition is like looking at life from the summit of the mountain, whereas seeing life only from the perspective of intellect is like looking at life from the foot of the mountain. Through learning to listen to our intuition, we learn to be in contact with the Whole.

— Swami Dhyan Giten

Intuition is the language of silence, the Existential language. The word "in-tuition" means to listen within yourself. Intuition is

the silent voice within, which is already in contact with the Existence. Intuition is the voice of God.

The more you come in contact with the inner silence, the inner emptiness, the more you have access to your intuition. Silence is the nourishment for intuition.

If something increases your love, joy and silence, it is the criterion that it is the right path for you. If something decreases your love, joy and silence, it is a sign that you are on the wrong path.

Do not compare yourself with others when it comes to taking a decision about what you should do, follow the love, joy and silence of your heart and inner being. When you are in contact with your inner silence, you just know what you should do - you do not have to think about it, and you do not need to compare the pros and cons - you just know. You can listen to the advice of others, but always listen to your intuition, to your inner teacher and guide in life, when you take the

final decision. The intuition, the language of silence, will always lead you right.

— Swami Dhyan Giten

Man can either exist as an island isolated from existence, thinking himself separate from existence, or man can live in harmony with existence. The first way is the way of the ego. It is like trying to swim upstream in opposition to the stream of life. You may succeed for a while, but sooner or later you will become tired and exhausted. The river is not fighting you. It is just your own idea of being separated that has created the whole problem. You tried to fight with life, and you got defeated.

The river is not responsible. If you had taken a different approach to life, if you had accepted to go with the river of life, there would have been no fight, no struggle, no frustration and no defeat. You would not have felt that existence was against you. You would not have felt that existence is your enemy.

Going with the river, floating with the river, you would have felt that the river was giving

you strength. That is the way of the religious person. The first way, the way of the ego, is the way of the irreligious person. The second way, the way of the heart is to be in harmony with existence.
And the moment that you let go and merge with existence, God becomes your strength. Then there is great rejoicement in your heart. Then each moment becomes a joy without any fight, without any struggle. That is the joy of being religious.

– Swami Dhyan Giten, The Way of the Heart

Existence loves us. Otherwise we would not be here. Life is a gift of God. It is not our choice to be here, we have been chosen to be here by existence. It is a decision by the whole.
Existence goes on giving us gifts on all levels: physical, psychological and spiritual. A meditator has to remember that existence goes on pouring so many gifts, and that he has not thanked it by contributed anything

in return. Real gratitude to existence is expressed by creativity. When we create something in return to enhance existence, we start being creative by showing gratitude. In our own way we are participating with God. It can be a song, a painting or to make people happy and creating more happy and smiling faces. It is to make a little change in the world, and create a better and more beautiful world. If we can create something out of gratitude to existence it brings joy. Creativity is the way of prayer.

— Swami Dhyan Giten, Meditation: A Love Affair with the Whole - Thousand and One Flowers of Silence, Love, Joy, Truth, Freedom, Beauty and the Divine

Man's basic search is for love. He wants to love and he wants to be loved. He wants to be loved unconditionally, and he can be fulfilled only when that happens.
But it does not happen, because he never loves unconditionally. All lovers expect unconditional love from the other person,

but nobody is ready to give it. There is something missing in both you and the other person. One has to begin with oneself. One has to work upon oneself to be able to love unconditionally. One has to love unconditionally not only people, but trees, birds, animals, stone and the wind. You have to spread your love to the whole.
The day you can love the whole, without expecting anything in return, you have known the fundamental secret of life. You have known prayer, the ultimate love. Then the whole will pour its love on you. And that is what we have been searching for many lives.

— Swami Dhyan Giten, Man is Part of the Whole: Silence, Love, Joy, Truth, Compassion, Freedom and Grace

God is all that exists. Every stone, flower, tree, animal and human being is on a spiritual journey to recognize their true self, their divine essence.

We have been living lives as stones, flowers, trees and animals in order to develop our consciousness. Stones, flowers and animals also have consciousness. The more matter, the less consciousness. The more consciousness, the less matter. God is not a person; God is the underlying thread of consciousness in existence.

Real love means to realize that we are one with the other person, one with nature, and one with the trees, the stones, the earth and the blue sky. It means to realize that all of life is God.

I was 9 years old when I had my first spiritual awakening, my first glimpse of wholeness with existence. This created a deep thirst and longing in my heart and being to return to this natural and effortless experience of being one with the Whole.

I have always had the capacity to go within myself and to discover the silence within, the inner meditative quality, the inner source of love and truth, the inner language of silence. Now I notice that this silence is going deeper

and that I go beyond the ego and disappear into the silence.

— Swami Dhyan Giten, Man is Part of the Whole

LIFE, LOVE & LIGHT:

Messages from Existence

Our heart is the door to allow existence to guide us.

— Swami Dhyan Giten, The Silent Whisperings of the Heart - An Introduction to Giten's Approach to Life

Love is the highest law of existence.

— Swami Dhyan Giten, The Call of the Heart

Love never ends.

— Swami Dhyan Gite**n**

The Way of the heart is the path of love. It is allowing that which wants to happen. Don't do it, allow it to happen. That is the way of the heart. Can you really "do" love? It is impossible to "do" love. You can be in love, but you cannot do it. When love is there, you are not there. When love is there, the manipulator, the "doer", the ego, is not there. Love does not allow any manipulation of the ego of the past. Love simply happens. It happens suddenly out of the clear sky. Love is a gift. Just as life is a gift, love is a gift.

— Swami Dhyan Giten, The Call of the Heart

The way of the heart, the path of love, means doing without doing. It is allowing love to happen. It insists that the "doer" has to be dropped. You have to live your life as a flow. Don't try to move up current and don't try to push the river of life. Flow with the river. The river is already going to the ocean. You just be one with the river, and it will take you to the ocean of love. There is no need to even swim. Relax - and let the river take you. Relax - and let God possess you. Relax - and let the whole take the part. Doing means that the part is trying to do something against the whole, the part is trying to have its own will against the whole.

— Swami Dhyan Giten, The Call of the Heart

The way of the heart means that the part has understood that it is only the part and has dropped all struggles. Now the whole is

doing and the part is happy. The whole is dancing and the part is dancing with it. To be in tune with the whole, to be in a deep harmony with the whole, is the meaning of The way of the heart, and that is the meaning of love. Love is always a happening. Suddenly from nowhere it comes to you. You are always taken unaware. Suddenly one day, you feel a new glow, a new energy. God has knocked on your door. Suddenly you are no longer the same. Suddenly you're singing with joy. Love still remains in the hands of God. It is a happening through grace. Nobody can command love. If it happens, it happens. If you are available to love, you will also be available to God. God and love are the same.

The way of the heart, the path of love, simply means that nothing is in your hands. The whole will take care. You allow the whole to take over.

— Swami Dhyan Giten, The Call of the Heart

Deep within ourselves, we find the inner being, the inner source of love, which is our true nature. Love is the only reality, because only love works.

— Swami Dhyan Giten

Love is not an exclusive relationship with another person; love is the quality that arises when we are in contact with our inner being, with our authentic self, with the meditative quality within, with the inner silence and emptiness. This inner emptiness is experienced by others and is expressed on the outside as love. This love is not addressed to a specific person; it is a presence and quality that surrounds a person like a fragrance.

— Swami Dhyan Giten, The Call of the Heart

The human heart is a healer, which heals both others and ourselves.

- Swami Dhyan Giten, Presence - Working from Within. The Psychology of Being

Healing is pure love.

- Swami Dhyan Giten

When we stop judging others and ourselves, our heart begins to open.

- Swami Dhyan Giten, The Silent Whisperings of the Heart - An Introduction to Giten's Approach to Life

The human heart is a healer, which heals both other people and ourselves. The open heart is like a fountain, which no longer makes any distinction between: I like you - I do not like you." The open heart does not make any difference between friends and enemies. The open heart is open both for ourselves and for other people. The open heart is unconditional love.

— Swami Dhyan Giten, The Call of the Heart

Love is not an exclusive relationship with another person; love is the quality that arises when we are in contact with our inner being, with our authentic self, with the meditative quality within, with the inner silence and emptiness. This inner emptiness is experienced by others and is expressed on the outside as love. This love is not addressed to a specific person; it is a

presence and quality that surrounds a person like a fragrance.

— Swami Dhyan Giten, The Silent Whisperings of the Heart - An Introduction to Giten's Approach to Life

When our heart is closed, it can create a lonely and isolated feeling together with the attitude: “Nobody loves me” or “Nobody cares about me”, which can make it hard for other people to love us.

— Swami Dhyan Giten, The Call of the Heart

If you love another person, you have to become a no-self, a nothing. When you love, you have to become a nobody. When you are

a nobody, love happens. If you remain somebody, love never happens. One becomes afraid of love, because love opens the inner emptiness. Love is not an effort. If love is an effort, it is not love.
It is the same case with the ultimate experience, it happens when you do not make an effort. Then you can simply float with the river to the Ocean.

– Swami Dhyan Giten

Love starts with loving and accepting yourself as you are. Loving yourself and selfishness are two different things. To love and accept yourself does not mean to be narcissistic and obsessive with yourself. A basic love and acceptance for yourself are a basic phenomenon to learn to love other people. It is only then that you can really love somebody else.
Accept yourself, love yourself, because you

are God's creation. There has never been anybody like you, and there will never be anybody like you. You are a unique creation of God, and without you God's symphony would be less.

Acceptance creates the climate and atmosphere out of which love grows. Love is only possible when there is a deep acceptance of yourself, a deep acceptance of others and a deep acceptance of existence. Then for the first time, life is happening in your life and God is happening in your life. That is what life is all about.

The moment you love and accept yourself as you are, you begin to trust yourself, you begin to trust others and you begin to rust existence.

When you accept yourself, you begin to accept life. When you reject and condemn yourself, you also reject life. If you reject yourself, you are also rejecting God. If you accept, yourself, you also accept God. Then whatsoever happens is God. Then life is good and death is good, then love is good and aloneness is good.

But you have been conditioned to not love and accept yourself. Your mind has been poisoned not to love and accept yourself, which creates a tension in you between who you are and how you should be. This creates a tension and anguish in people.
Humanity has lived in this tension, anxiety and worry for centuries. All societies and cultures have socialized and taught you an ideal of how to be, which has to be fulfilled. Nobody has ever told you that you are valuable, loveable and a beautiful being as you are. To love and accept yourself as you are is the most difficult thing in the world, because it goes against your socialization, your education and your culture. You have been told how to be by your parents, teachers, politicians and priests. You have been programmed to never love and accept yourself as you are and always strive to get better and improve yourself.
When you stop trying to improve yourself to fulfill the ideal of how you should be, in that acceptance life starts flowing through you. When you don't judge and condemn

yourself, you flower and life starts caressing you. The whole existence starts pouring its energy into you when you are open. Accepting yourself is prayer. Accepting yourself is gratitude to life. Accepting yourself is to relax into your being, which is how God wants you to be. Accepting yourself is to be who you are. Then life showers its gifts on you abundantly, which we could not receive before because we felt that we were not worthy to receive them. Acceptance is the door to God, to live God in your life.

— Swami Dhyan Giten, Man is Part of the Whole

The basic problem with the world is that there is too much hate and too little love.

— Swami Dhyan Giten, The Call of the Heart

The fourth level of consciousness is placed in the middle of the heart. The fourth level of consciousness is the human heart. The heart relates to unconditional love and acceptance both for ourselves and for other people. The heart relates to qualities such as empathy, joy, acceptance, trust, intuition, understanding, compassion, playfulness, healing, friendship, sincerity and a sense of oneness in love.

— Swami Dhyan Giten, The Call of the Heart

A silent revolution of the heart happens when we begin to care about another person and it is a joy to put the needs of the other person before our own needs. It is on the consciousness level of the heart that we begin to develop the awareness and sensitivity, which makes us begin to care about another person.

— Swami Dhyan Giten, The Call of the Heart

When our heart is closed, it creates a lonely and isolated feeling. It prevents us from seeing the love that surrounds us all the time. It is when we begin to open our heart that we discover a feeling of oneness in love with other people, with nature, with the trees, with the stones, with the ocean and with the blue sky.

— Swami Dhyan Giten, The Call of the Heart

I remember when I had a painful relationship with a woman and did not know what I wanted to do with the relationship. Then I closed my eyes and asked my own

intuition, my inner source of love and truth, Existence within myself, what I should do with the relationship. The answer that came in a silent whisper was: “Focus on love, not on a specific person.

— Swami Dhyan Giten, The Call of the Heart

It is on the consciousness level of the heart that we begin to understand that we are not separated from life. We begin to understand that we are not small separate islands in a great ocean, but that life is one and that we all are small parts of the Whole. We begin to understand what is really important and meaningful in life. It is on the consciousness level of the heart that we begin to understand that life is about sharing, rather than hoarding. We begin to understand that life is about giving, rather than taking. Above the consciousness level of the heart,

we need a teacher and a guide. It is somebody who “knows”, who has walked further on the path than us and who can guide, encourage and inspire us. There is an Indian saying: “When the disciple is ready, the teacher occurs.

— Swami Dhyan Giten, The Call of the Heart

A loving and authentic man allows others to be themselves. When you are judging others, you are trying to interfere in their life. Nobody has the right to judge anybody. These are ways to control and dominate people. It is not your business to judge others as good or bad. Everybody has to be conscious of his own qualities.
If you want to help others, you cannot help by judging. You can only help others by making them more conscious. There is a great joy and beauty in helping people, then the first is a total acceptance of the person.

Whatever the person is, it is the way existence has brought him. But we have been told that people have to be in a certain way. We have been told things which are good and bad, and that people should be condemned and rejected by society.
Don't judge people, Rather love people as they are. We have been taught not to love people, but rather we are taught to judge people. Love knows no judgment; it simply loves, as you are.

— Swami Dhyan Giten, The Call of the Heart

Love is perfect as it is. Love is enough unto itself. Love is the fragrance of a silent and meditative heart. Love is the flight of your consciousness to higher realms. Love is the fragrance of a rising consciousness. Love is like the fragrance of a flower. The moment

you are overflowing with joy, a longing arises to share it. This sharing is love.

— Swami Dhyan Giten, The Call of the Heart

Love is not something that you can get from somebody else, who has not attained to a state of joy. Everybody is asking to be loved, and pretending to love. You cannot love, because you do not know what consciousness is. You do not know the truth; you do not know the experience of the divine. You do not know what love is, because you have not yet gone deeper in your consciousness. In this ignorance and blindness, love does not grow. If you really want to know love, forget about love and remember meditation.

— Swami Dhyan Giten, The Call of the Heart

Real love knows nothing of the ego.

Real love starts as self-love. Self-love knows nothing of comparison with others. You simply love yourself as you are. Ego comes with comparison with others. In real love, there is no division. The lovers melt into each other. In egoistic love, there is great division.

— Swami Dhyan Giten, The Call of the Heart

Love is the fragrance of the eternal. It is the experience of conscious people, not of the unconscious people that the world is full of. Only a few people have really known what love is. Love is a rose of your own inner being Love is a spiritual experience, which has to do with your own being. The first step is to know yourself, and love will come as a reward. Love is a shadow of your

consciousness. Be more conscious and love will be there.

You and love cannot exist together. If you are ready to disappear, to disappear as an ego, leaving only a pure being, a pure consciousness, love will blossom. Disappearing you will be able to give so much love, because it is not something exhaustible. And the more you give, the more you become capable of giving love. The greatest experience in life is when you simply give without any conditions, without any expectations. Then you can give love with a deep sense of gratitude to all that accept it. You can go on giving to everybody, not only to human beings, but to birds, animals and trees. From all over existence love starts showering on you. The more you give the more you receive. Life becomes a dance of love.

— Swami Dhyan Giten, The Call of the Heart

Ordinary love is demand and expectations, real love is sharing. Real love knows nothing of demands and expectations; real love is the joy of sharing. Love knows only giving and never asks for anything in return. Ordinary love is greed hoarding. Greed only wants and never gives. Ordinary love pretends, real love is real and authentic. Real love is nourishment, it strengthens your soul. Ordinary love strengthens your ego. Ordinary love is conditional love, real love is unconditional love.

— Swami Dhyan Giten, The Call of the Heart

Become a servant of real love, and that means becoming a servant of love in its ultimate purity. Give, share, whatever you have to share. Enjoy sharing, do not do it as a duty, because then the joy disappears. And do not feel that you are obliged to others.

Love never obliges. When somebody receives your love, you feel obliged. Love is thankful that it has been received.
To become a servant of love does not mean to become a servant of somebody you love. Your love is only pure love and the whole existence consists of pure love. A flower is an expression of the pure love of existence, the trees are another expression of the pure love of existence and your beloved is also a pure expression of the pure love of existence.

— Swami Dhyan Giten, The Call of the Heart

You cannot frustrate real love, because there are no expectations. You cannot fulfill ordinary love, because it is rooted in expectations. Unreal love always brings frustration and real love always brings joy and fulfillment. The American psychologist Abraham Maslow divides love into two parts: need-love and being-love. Need-love

is ordinary love and being-love is real love. Need-love is based on expectations. Being-love is to share your love from your inner being. Serve love through your beloved, so that you never become attached to love. Unreal love shows much worry and concern, but real love inconsiderate.

— Swami Dhyan Giten, The Call of the Heart

If you really love a man or a woman, you will be considerate of his or her real needs, but you will not show unnecessary concern for his or her ego desires. You will not fulfill his or her ego, although his or her ego will be demanding. Consideration means that you will see that this is not a real need, but an ego need, and you will not fulfill it. Love knows compassion, but no concern. Whatever the need, love will be considerate, not concerned. It will not fulfill any unreal

need. It will not fulfill any poisonous ideas and desires that will harm the other.

— Swami Dhyan Giten, The Call of the Heart

Search and meditate into love. Love is the greatest experiment in life, and those who have never experimented with love in their lives, will never know what life really is. Life without love becomes meaningless. Life with love creates a deep joy and meaning. Those who know love are bound to know God. Love is the highest value in life.

— Swami Dhyan Giten, The Call of the Heart

In love, you can sometimes feel a melting and merging with the other person, and the two become one. The physical bodies are still separate, but something beyond the bodies creates an oneness. It opens a spiritual dimension.

— Swami Dhyan Giten

Love is the most divine experience on earth. Love proves that existence is not without meaning. Except for love there is no proof for the significance of life. If one has not experienced love one will feel meaninglessness in life. If one has not experience love one will feel an emptiness in life. One will feel at the mercy of unknown and material forces. That is how materialists look at life. Life is just a combination of matter and love is a combination of

hormones and chemical reactions in the body. But then there is no significance in life, and without significance in life one can only drag through life. There is no song, no dance in life.
The existentialist philosophers says that life is meaningless, but they still go on clinging to life. They talk about anguish, fear, anxiety, despair, struggle and death. But nobody becomes convinced that life is really meaningless, because life is not meaningless. Life has intrinsic value, but it has to be discovered. We are intuitively aware that life is not meaningless. Love gives us proof of it. A lover has no doubts about life's meaning. It is only through love that people have slowly discovered the ultimate meaning, which is God, the divine.
It is only through love that people have discovered the whole science of meditation, because in loving moment the mind stops. When you are really in love, in those moments the past and the future disappears, and the present moment becomes all. That is what meditation is. Love

gives you a glimpse of meditation. And through meditation a window opens into the existence of God. That is why love is the most divine phenomenon on earth.
A seeker of truth has to be both a lover and a meditator, because both these qualities support each other. If you love, you will be able to meditate more deeply. If you meditate, you will be able to love more deeply. If you meditate, you will be able to love more totally.
Love and meditation help each other. They support each other.
The whole man knows both love and meditation. He lives on the earth, but he is part of the sky. And to be whole is to be holy.

—Swami Dhyan Giten

Silence is the source of healing. When we bring things from within ourselves out into

the light of awareness, a healing process happens. In the silence, we can let go of all anger, sadness, fear, loneliness and frustration.

— Swami Dhyan Giten, Presence - Working from Within. The Psychology of Being

When our heart is closed, it can create a lonely and isolated feeling together with the attitude: "Nobody loves me" or "Nobody cares about me", which can make it hard for other people to love us.

— Swami Dhyan Giten, The Silent Whisperings of the Heart - An Introduction to Giten's Approach to Life

When our heart is closed, it creates a lonely and isolated feeling. It prevents us from seeing the love that surrounds us all the time. It is when we begin to open our heart that we discover a feeling of oneness in love with other people, with nature, with the trees, with the stones, with the ocean and with the blue sky.

— Swami Dhyan Giten, The Silent Whisperings of the Heart - An Introduction to Giten's Approach to Life

Our heart is actually already open, but it is our judgments about others and ourselves that keep it closed. When we stop judging others and ourselves, our heart begins to open. The way to healing is to learn to love and accept ourselves unconditionally. It means to embrace both our positive and negative sides with love. It means to love everything that we find inside ourselves.

Healing happens when we bring everything that we find inside ourselves out into the light.

— Swami Dhyan Giten, The Silent Whisperings of the Heart - An Introduction to Giten's Approach to Life

Fear and hate create separation, love and joy creates belongingness and wholeness.

— Swami Dhyan Giten, Presence- Working from Within. The Psychology of Being

The hardest time in this world is for the sensitive and intelligent people.

— Swami Dhyan Giten

When we develop the heart chakra, we begin to influence the surroundings with our spiritual presence. When we develop the communication chakra, we begin to influence the country with our spiritual presence. When we develop the seventh chakra, we begin to influence the world with our spiritual presence without doing anything.

— Swami Dhyan Giten, Presence - Working from Within. The Psychology of Being

During the summer I meditated outside in nature. Listening to the wind with the ears are like listening to mere noise, but listening to the wind blowing through the trees from the inner silence and being one with the wind is like listening to the celestial music.

— Swami Dhyan Giten, The Silent Whisperings of the Heart - An Introduction to Giten's Approach to Life

A spiritual man is happy with the whole existence. He says "yes" to the whole existence.

— Swami Dhyan Giten

Love is not an exclusive relationship with another person; love is the quality that arises when we are in contact with our inner being.

— Swami Dhyan Giten, The Silent Whisperings of the Heart - An Introduction to Giten's Approach to Life

Love is the radiance, the fragrance of knowing oneself, of being oneself. Love is overflowing joy.
Love is when you have seen that you are not separate from Existence.

Love is not a relationship; love is a state of being.
Fear is the opposite of love. In love, one expands. In fear, one shrinks. In fear, one becomes closed. In love, one opens.
In fear, one doubts. In love, one trusts.
Do not be afraid, this Existence is not your enemy. This existence loves you; this existence is ready to support you in any way.

Trust and you will feel a new overflowing energy. That energy is love. That energy wants to bless the whole existence. Because of this energy, one feels blessed.
Love is a deep desire to bless the whole Existence.

— Swami Dhyan Giten

Acceptance is to love and embrace everything that we find within ourselves like a mother embraces her child.

— Swami Dhyan Giten, Presence - Working from Within. The Psychology of Being

The basic fear with love is that love is larger than ourselves.

— Swami Dhyan Giten, The Silent Whisperings of the Heart - An Introduction to Giten's Approach to Life

The human heart operates from two premises: "I Am Responsible" and "Only Love Works.

— Swami Dhyan Giten, The Silent Whisperings of the Heart - An Introduction to Giten's Approach to Life

Love is what creates the freedom and relaxation to be who we really are.

Swami Dhyan Giten, Presence - Working from Within. The Psychology of Being

When something happens to you that are beyond words, life is happening to you. When the ultimate is happening to you, you are beyond words.

— Swami Dhyan Giten

Love is the most valuable gift we can give to another person. What we need to do is to open our heart and release our love to the world, to the people, to nature, to the animals, to the trees and to the sky – and this love will be returned a thousand times to us.

– Swami Dhyan Giten, The Silent Whisperings of the Heart - An Introduction to Giten's Approach to Life

Love accepts a human being as she is. Love creates the freedom for a human being to be who she is. Love creates the relaxation, which helps a person to relax into her own inner being, into her own authentic self. Love allows us to appreciate the beautiful being we already are.

— Swami Dhyan Giten, The Silent Whisperings of the Heart - An Introduction to Giten's Approach to Life

Love is the strongest force there is. There is no stronger healing power than love. Love is pure magic. Love transforms people without really does anything? The mere presence of love transforms people. There is nothing more holy than love since love makes people whole.

— Swami Dhyan Giten, The Silent Whisperings of the Heart - An Introduction to Giten's Approach to Life

Love is not an exclusive relationship with another person; love is the quality that arises

when we are in contact with our inner being, with our authentic self, with the meditative quality within, with the inner silence and emptiness. This inner emptiness is experienced by others and is expressed on the outside as love. This love is not addressed to a specific person; it is a presence and quality that surrounds a person like a fragrance.

— Swami Dhyan Giten, The Silent Whisperings of the Heart - An Introduction to Giten's Approach to Life

Love is not an exclusive relationship with another person; love is the quality that arises when we are in contact with our inner being.

— Swami Dhyan Giten, The Silent Whisperings of the Heart - An Introduction to Giten's Approach to Life

When we stop judging others and ourselves, our heart begins to open.

— Swami Dhyan Giten, The Silent Whisperings of the Heart - An Introduction to Giten's Approach to Life

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— Swami Dhyan Giten, The Silent Whisperings of the Heart - An Introduction to Giten's Approach to Life

Love means to realize that we are one with life. Real love means to realize that we are one with the other person, one with nature, and one with the trees, the stones, the earth and the blue sky. It means to realize that all of life is God.

— Swami Dhyan Giten, The Silent Whisperings of the Heart - An Introduction to Giten's Approach to Life

When we are, love is not. When we are not, love is.

— Swami Dhyan Giten

In the depth of our heart, we already know that we are perfect as we are. In the depth of our inner being, we already know that life is perfect as it is.

— Swami Dhyan Giten, The Silent Whisperings of the Heart - An Introduction to Giten's Approach to Life

Every loving word and action creates a far reaching ripple effect - like the waves of the ocean.

— Swami Dhyan Giten

Healing is the way of the heart. Healing is an invitation to open our heart. Healing is a love affair with life. Healing is pure love. Love is what creates healing. Spiritual healing is to be one with ourselves. And to be one with ourselves is to be in joy. Healing is to develop our inner being. Healing is to discover that which is already perfect within ourselves. It is to rediscover our inner life source. Spiritual healing is to be one with life. We are never really alone, it is our idea of a separate "I" that creates the feeling of being separate from life, from the Whole. In reality there is only one heart, a pulsating Existential heart. Our own heart pulsates in unity with the Existential heartbeats. We are all notes in the Existential music, and without our unique note the music would not be complete. We are all needed in the Whole; we all have our unique fragrance, quality and gifts to contribute to the Whole.

More than 30 years ago, I had an individual consultation with a spiritual teacher. I did not have time to sit down before I got the question: "You are interested in healing, are you not?" It was the first time that I encountered the topic that would become my way and deep source of joy in life. This spiritual teacher finished the consultation saying: "You will be a fine healer."

The art of healing is the psychology of being, the science of inner transformation. The psychology of being begins where Western psychology ends. It goes beyond Skinner, Freud, Jung, Rogers, Maslow and humanistic psychology. The psychology of being is the psychology of consciousness, a psychology for inner transformation. It is not basically a question of psychology; it is a question of being. The psychology of being begins where we are, and take us to everything that we can be. The underlying theme the psychology of being is meditation - but not meditation as a static technique - but as the capacity to BE with ourselves and

others in a quality of watchful awareness, acceptance and realization. The art of being is a search beyond the personality. It a search beyond the thoughts, the emotions and the learned attitudes of the personality, to the inner being, to the depth within, which is hidden in ourselves. The inner being is a deep acceptance of ourselves as we are; the inner being is to be available to life. The inner being is to be in unity with life. This book is an invitation to meet the inner being, our inner source of love, joy, acceptance, humor, intuition, understanding, wisdom, truth, silence and creativity.

— Swami Dhyan Giten, Presence - Working from Within. The Psychology of Being

Within each one of us there is a healer. Healing has always been a way and a deep source of joy for me. Healing is basically our

own energy, which overflows from our inner being, from the meditative quality within, from the inner silence and emptiness. Healing is pure love in essence. Love is what creates healing. Love is the strongest force there is. The sheer presence of love is, in itself, healing. It is more the absence of love – than the presence of love –, which creates problems.

Healing is a quality, which we can freely share without any ownership. Healing is not something that we can claim as our own; healing is to be a medium, a channel, for the whole. Healing is a medium through which we can develop our inner qualities of presence, love, joy, intuition, truth, silence, wisdom, creativity and inner wholeness. Healing comes originally from the silence within, where we are already in contact with the whole, with the divine. Healing is what makes us spread our inner wings of love and silence and soar high on the sky of consciousness and touch the stars.

Healing is to be in service of God. People who have a quality of heart and sensitivity are naturally healing. With some people that we meet, we feel naturally uplifted and inspired. With other people that we meet, we become tired and heavy. With people, who can listen without judging and evaluating, it is easy to find the right words to share problems and difficulties. And with other people, it seems almost impossible to find the right words. People, who have a healing presence and quality, can support our own inner source of love, truth and silence through their presence. These people also seem to have an intuitive sensitivity to saying the right words, which lift and inspires us. This is the people whose presence can mirror the inner truth, which we already know deep within ourselves. The human heart is a healer, which heals others and ourselves. It is the hearts quality of love,

acceptance and compassion, plus communication through words, that creates healing. A word that comes from the heart creates healing. A silent listening with a quality of presence and an accepting attitude creates space for healing to happen. Without love it is only possible to reach the personality of the other person, to reach the surface and periphery of the other person The gift of healing comes when we see the other person with love and compassion. It is the quality of heart, which creates the love and the genuine caring for the other person. When our words are carried by the quality of heart, you can say almost anything to the other person and he will still be able to be open and receptive. But if our words lack the quality of heart, it also becomes difficult for the other person to continue to be open and receptive. Even if a therapist is very skillful, technically, or has a clear clairvoyant ability, and still lacks the natural roots in the soil of the heart, then his words will not touch the heart of the other person.

— Swami Dhyan Giten, Presence - Working from Within. The Psychology of Being

Healing is not only a specific method, healing is also to invite another person into our own inner light, to invite another person into our presence, love, joy, acceptance, humor, understanding, playfulness, meditation and silence. Healing can also be a loving word, an understanding glance, a present touch, a silent listening or simply joking with another person and making him or her happy. Humor is also one of the strongest healing powers to see our situation and ourselves in a new and creative light.

— Swami Dhyan Giten. Presence - Working from Within. The Psychology of Being

Healing is to be in the light of our own consciousness. Healing is an inner light, which exist as a natural radiance around a person. This inner light is in itself a healing force beyond words. This inner light disperses darkness, like when you lit a candle in a dark room and the darkness disappears by itself. This inner light exudes a subtle influence through its mere presence. The more the light in our own consciousness is lit, the more it creates a subtle effect in the world.

— Swami Dhyan Giten, Presence - Working from Within. The Psychology of Being

Silence is the source of healing. When we bring things from within ourselves out into the light of awareness, a healing process happens.
In the silence, we can let go of all anger, sadness, fear, loneliness and frustration.

— Swami Dhyan Giten, Presence - Working from Within. The Psychology of Being

The greatest teacher in healing is nature itself. To be out in the nature is like being surrounded and embraced by love. Trees are also very beautiful people, who have their own innate wisdom and who are already in oneness with Existence. And the sky whispers its silent message that, beyond everything, there is only one sky. A female meditator describes it like there is a basic meditative quality in nature. She says: "There is nothing in nature that questions each other's existence like people do. Everything is allowed to exist and everything is allowed to be exactly as it is – and seasons come and go. It is not strange that people love to be out in nature and experiences that they come in harmony with themselves, because, in nature, there is nothing that tries to change them. There is a quality in the air, which can be called a meditative quality.

— Swami Dhyan Giten, Presence - Working from Within. The Psychology of Being

Meditation is the way to develop our natural healing abilities. Healing comes originally from our inner being, from the inner source of silence and wholeness. In the silence, we can let go of all our problems, frustrations, fears, anger and sorrow. Healing happens when we bring everything that we find inside ourselves out into the light. Healing is to embrace and accept everything that we find inside ourselves without judgment or evaluation. Healing happens when we discover an unconditional love and acceptance for ourselves as we are with both our light and dark sides.

— Swami Dhyan Giten, Presence - Working from Within. The Psychology of Being

Intuition is our inner teacher, our inner source of love, truth and wisdom, in life.

— Swami Dhyan Giten, The Silent Whisperings of the Heart - An Introduction

to Giten's Approach to Life

Intuition is the language of silence, the Existential language. The word "in-tuition" means to listen within yourself. Intuition is the silent voice within, which is already in contact with the Existence. Intuition is the voice of God.
The more you come in contact with the inner silence, the inner emptiness, the more you have access to your intuition. Silence is the nourishment for intuition.
If something increases your love, joy and silence, it is the criterion that it is the right path for you. If something decreases your love, joy and silence, it is a sign that you are

on the wrong path.
Do not compare yourself with others when it comes to take a decision about what you should do, follow the love, joy and silence of your heart and inner being. When you are in contact with your inner silence, you just know what you should do - you do not have to think about it, and you do not need not compare the pros and cons - you just know. You can listen to the advice of others, but always listen to your intuition, to your inner teacher and guide in life, when you take the final decision. The intuition, the language of silence, will always lead your right.

— Swami Dhyan Giten

Intuition is to develop a trust in yourself, and to the silent whisperings of your heart. If you trust yourself, you can trust others, you can trust existence.

— Swami Dhyan Giten

Intuition is already in contact with Existence. Intuition is already in contact with that, which is larger than ourselves.

— Swami Dhyan Giten, Presence - Working from Within. The Psychology of Being

Intuition is the art of the moment. Intuition is always in the moment, in the here and now. While the intellect always moves like the pendulum of a clock between the memories of the past and the fantasies of the future, intuition is always in the moment, always in the here and now. The more we develop our inner being, the inner source of love and truth, the inner quality of being

here and now, the more we also have accessto our intuition.

— Swami Dhyan Giten, Presence - Working from Within. The Psychology of Being

Intuition is our true inner voice, the ever-present inner source of love, truth and wisdom, and the silent existential voice within ourselves. Through the intuition, we are in contact with the Whole.

— Swami Dhyan Giten, The Call of the Heart

Intuition is a trust that if we follow our heart, if we follow our love, joy and truth, the Whole becomes enriched.

— Swami Dhyan Giten, Presence – Working from Within. The Psychology of Being

Intuition means to follow the silent whispers of the inner in a basic “yes” to life.

— Swami Dhyan Giten, The Silent Whisperings of the Heart - An Introduction to Giten's Approach to Life

Intuition is already in contact with Existence. Intuition is already in contact with that, which is larger than ourselves.

— Swami Dhyan Giten, Presence - Working from Within. The Psychology of Being



Our intuition is the inner teacher, the inner source of love, truth and wisdom. The old Indian scriptures say that the outer spiritual teacher is helpful to find your own intuition, your inner guide, your own inner teacher.

– Swami Dhyan Giten, When the Drop becomes the Ocean

Intuition is the language of silence, the Existential language. The word "in-tuition" means to listen within yourself. Intuition is the silent voice within, which is already in contact with the Existence. Intuition is the voice of God. The more you come in contact with the inner silence, the inner emptiness, the more you have access to your intuition. Silence is the nourishment for intuition. If something increases your love, joy and silence, it is the criterion that it is the right path for you. If something decreases your love, joy and silence, it is a sign that you are on the wrong path. Do not compare yourself with others when it comes to take a decision about what you should do, follow the love, joy and silence of your heart and inner being.

When you are in contact with your inner silence, you just know what you should do - you do not have to think about it, and you do not need not compare the pros and cons - you just know. You can listen to the advice of others, but always listen to your intuition, to your inner teacher and guide in life, when you take the final decision. The intuition, the language of silence, will always lead your right.

— Swami Dhyan Giten

Intuition is a capacity of our heart. Our heart is the door to allowing Existence to guide us, instead of being directed by our ideas, desires and expectations. Since the days of Aristotle's, we have been taught that logic is the only way to reach a solution. But while logic works in a step-by-step-process to reach a solution, intuition simply takes a

quantum leap to a solution without any intermediate steps.

— Swami Dhyan Giten, Presence - Working from Within. The Psychology of Being

Intuition is basically to develop a trust in yourself. When you trust yourself, you can trust others, you can trust existence. Start trusting yourself is the fundamental lesson on the spiritual journey. Love and silence are the two ways to develop intuition, to develop trust in yourself.
Start loving yourself, if you do not love yourself, who is then going to love you?
Trust is only possible if you first trust yourself in yourself. The most fundamental thing has to happen within you first.
In India, where they have developed the inner science of spirituality for thousands of years, they made the basic condition that one should begin to develop trust in oneself.

A man or woman who trusts come to know the beauty of that the more you trust yourself, the more bloom.
The more he or she trusts, the more he or she can trust life, the more he or she can trust the unknown.
The more you trust, the more you can relax in your being. You know that you are cherished and supported by the whole.
When you start to feel this trust and love of the whole, you start to grow roots in your being.

— Swami Dhyan Giten

Through learning to listen to our own intuition, it develops to a constantly available inner source of love, truth and wisdom. We can close our eyes, go within, and always receive the right guidance.

— Swami Dhyan Giten. Presence - Working from Within. The Psychology of Being

In situations where I feel unclear or I do not know what to say or do, I turn my attention within myself. Then I listen to what my intuition and to what Existence within myself wants in this moment. Through listening within in this way, an answer often comes in the form of a creative and authentic impulse to say or do something or simply being silent until Existence is ready to respond.

— Swami Dhyan Giten, Presence - Working from Within. The Psychology of Being

Relationships are a development and a dance between our inner male and female sides. A one-sided development of the male side leads to ego, struggle, destructivity and a separation from life. A one-sided development of our female side leads to dependence and passivity. It is when we have developed a balance and harmony between both our male and female side that a new spark of joy, creativity and wholeness arises within ourselves.

— Swami Dhyan Giten, The Silent Whisperings of the Heart - An Introduction to Giten's Approach to Life

Our outer relationships are a mirror of the relationship and communication between our own inner male and female sides. Our outer relationships with a man or a woman are a possibility to understand our own inner man or woman.

— Swami Dhyan Giten, The Silent Whisperings of the Heart - An Introduction to Giten's Approach to Life

The inner woman is the source of healing. The inner woman is the source of silence. The inner woman is the source of love. The inner woman is the source of belongingness with life. Embracing the inner man and woman is to discover our inner roots and wings.

— Swami Dhyan Giten, Presence - Working from Within. The Psychology of Being

Becoming aware of our inner man and woman means to discover the roots and creative potential of both the male and

female aspect within ourselves. Becoming aware of the inner man and woman means to understand that they have different visions of life. It means to understand that they have different perspectives and views of life. The inner man and woman are our two wings of love and freedom. Through awareness, acceptance and understanding, we can allow our two wings to develop in a deep and natural harmony. In the world today, a one-sided development of the male side leads to destructivity. A one-sided development of the male side leads to ego, struggle, exhaustion and a separation from life. A one-sided development of the female side leads to passivity and dependence.

— Swami Dhyan Giten, Presence - Working from Within. The Psychology of Being

When we embrace the opposites within ourselves and understand that inner

harmony arises when they mature, we find the love, joy, silence and freedom that are hidden in every moment. It is my experience that it is through the inner female side that we find the depth within ourselves – independent of if we are a man or a woman. It is through the female side that we find the inner source of love and truth. It is through the female side that we lit the light of our own consciousness. The more we learn to know the inner man and woman and the more we accept their different visions of life, the more a meeting happens between them that makes us happy and satisfied. Through embracing both these sides in ourselves, we realize that we really lack nothing – but that we already are love. When both the male and female side is capable of living in trust, a love begins to flow between them – a love that was always possible, but not realized. The inner woman is the meditative quality within ourselves. The inner woman is the source of love and truth. The inner woman is the capacity to surrender to life. It is through the inner woman that we are in contact with

life. It is the inner woman that is the door to belongingness with the Whole.

— Swami Dhyan Giten, Presence - Working from Within. The Psychology of Being

Awareness is a choiceless consciousness. Awareness is the capacity to embrace, accept and include both joy and sadness, love and aloneness, light and darkness, male and female qualities and life and death. Through saying “yes” and accepting both tendencies and including whatever aspect that happens in the moment, we meet our unlimited and boundless inner being. The inner man and woman need to find their own independence and integrity.

— Swami Dhyan Giten, The Silent Whisperings of the Heart - An Introduction to Giten's Approach to Life

Sex is the alpha and enlightenment is the omega. Sex is the first step of the spiritual journey, and enlightenment is the last step of the spiritual journey.

— Swami Dhyan Giten

Sexuality is the door to love, and love is the door to silence, to the divine.

— Swami Dhyan Giten

Our basic relationship to sex mirrors our whole relationship to life.

— Swami Dhyan Giten

Sex is the alpha and enlightenment is the omega. Sex is the first step of the spiritual journey, and enlightenment is the last step of the spiritual journey.

— Swami Dhyan Giten

The other is a mirror of our own face; the other is a mirror of our inner being. The entire universe is a manifestation of our own inner being. Man is the microcosm and the universe is the macrocosm. In our inner being, we are one with all. True relationships are to see ourselves in all beings and to see all beings in ourselves. The inner being is not only present in human beings, but it is

also present in flowers, trees, animals, stones and the stars. The divine exists everywhere in nature. Once we realize this we will never feel alone. We find the communion of the heart everywhere.

— Swami Dhyan Giten

Meditation expands our inner being. The inner being is like a small, individual river flowering towards the Ocean. In meditation, I feel how my inner being expands into an inner ocean, which is part of everything, which is one with Existence. Through the inner being, we come in contact with the inner ocean, the undefined and boundless within ourselves, where we are one with life. We realize that God is part of life. We realize that God is not a person, but the consciousness that is part of everything. We find God in a flower, in a tree, in the eyes of a child or in a playful dog. Through

discovering our inner being, we discover that we are also part of the flower, the child or the dog. We realize that God is everywhere.

— Swami Dhyan Giten. Presence - Working from Within. The Psychology of Being

Meditation is the way to be with ourselves and to learn to accept our own aloneness. In aloneness, I experiment with being consciously alone as a door to be egoless. In conscious aloneness, the ego cannot function. In aloneness, you are not. I have always been comfortable with my own aloneness as an inner source of love, joy, truth, silence and wholeness. When we depend on other people, it becomes a bondage - instead of a freedom. I took this Sunday as a meditation to be consciously alone, and to accept all feelings of pain, of not being loved and the fear of being nobody that would come up during the meditation.

This meditation goes up and down during the day: at certain moments, I can totally accept my aloneness. It feels fine to accept that I am alone and that I am nobody. At other moments, I feel the pain of not being loved, when the meditation brings up how dependence on other people is a barrier to totally accept my aloneness. I took a coffee at a restaurant. I am the only person that sits alone in the restaurant, while the other guests are couples and families eating Sunday dinner. It brings up painful feelings of not being loved and wanting to be needed by other people, when I see how much people cling to each other in the couples and the families. Escaping your aloneness through relationships and needing other people's attention through being a teacher, a politician or by being rich or famous are ways of escaping the pain of aloneness. But then the relationships are not really love. Only when you are capable of being alone, you can really love. When we can be alone, we discover the inner source of love, which is

our true nature. When we can be alone, it opens the door to be one with the Whole.

— Swami Dhyan Giten, Presence - Working from Within. The Psychology of Being

When I was 15 years old, I came in contact with my first ashram, my first spiritual commune, in the form of Ljusbacken ("The Hill of Light") in Delsbo in beautiful Halsingland in the north of Sweden. Ljusbacken consisted of an international gathering of yogis, meditators, therapists, healers and seekers of truth. It was on Ljusbacken that I for the first time came in contact with my path in life: meditation. It was also on Ljusbacken that I meet people for the first time in my 15 year old life, where I on a deep wordless level felt that I meet people, who were on the same path as me. It was the first time that I meet people, who could put words on and confirm my own

inner thirst after something that I could only occasionally sense vaguely, like some sort of inner guiding presence, or like a beacon in the distant far out on the open and misty ocean. For the first time in my life, I meet brothers, sisters and friends on the inner path. It was also on Ljusbacken that I meet the mystery called love for the first time in my 15 year old life. With my 15 year old eyes, I watched with wide eyed fascination and fear filled excitement the incomprehensible mystery, which is called woman. My own thirst after truth, together with my inner guiding light, resulted in an early spiritual awakening when I was 15 years old. It led me back to the inner path, which I have already followed for many lives. It led me back to a life lived with vision, with dedication and meaning, and not only a life governed by the endless desires of the ego, a mere vegetating without substance between life and death. It led me to explore the inner journey again, to discover the inner being, the meditative quality within, and to come in intimate contact with the endless and boundless

ocean of consciousness, like the drop surrenders to the sea. At the source, the drop and ocean are one.

— Swami Dhyan Giten

Death and aloneness has been my constant companion in life. I lost early the people that I loved: first when my young and unmarried biological mother had to leave me because of outer circumstances. I was adopted by a very loving couple, who could not conceive a child. I have always felt naturally loved by them, and I have never really felt that I was adopted. Instead, I have always felt that I did a little detour to be able to be adopted by my real parents. Then my mother died when I was 15 years old after a long sickness. At her funeral I took the decision to never depend on anybody again. Her death created such a deep pain in me that it was also the death of relationships for me. Then my father died

when I was 21 years old – and I was completely alone in the world. This created a basic feeling of being alone and unloved in me; it created a feeling of independence and self-sufficiency in me. It also created a basic feeling of not trusting that I am alright as I am, and of not trusting that life takes care of me. This created such a pain in me that I simply repressed the pain for many years in order to survive.

These early meetings with death also created a thirst in me to discover a quality, an inner awareness that death could not take away. Now I can see that these early painful experiences are a blessing in disguise. It liberated me from relationships. I relate withpeople, but there is always an aloneness within me. I realize that a seeker of truth needs to accept that he is totally alone. It is not possible to lean on other people like crutches. When we totally accept our aloneness, it becomes a source of love, joy, truth, silence, meditation and wholeness. I shared these experiences with a beloved

friend and her thoughtful comment was: “I have my own aloneness.” Aloneness is to be at home in ourselves, to be in contact with our inner source of love, while loneliness is to hanker for other people, to hanker for a source of love outside of ourselves. Aloneness is to come home.

— Swami Dhyan Giten, Presence - Working from Within. The Psychology of Being

I have always had the capacity to go within myself and to discover the silence within, the inner meditative quality, the inner source of love and truth – the inner language of silence. Now I also notice that this silence is going deeper and that I go beyond the ego and disappear into the silence. First this brought up fear, but now I am enjoying this meditation of disappearing into the silence and to be nobody. I have started experimenting with this phenomenon to

understand how to consciously go beyond the ego: yesterday when I took a coffee at a restaurant, I consciously turned my attention within and disappeared into the silence, which was like finding an inner source of bliss. In aloneness, I experiment with being consciously alone as a door to be egoless. In conscious aloneness, the ego cannot function. In aloneness, you are not. When I am walking, I consciously experiment with being with Existence without having the mind constantly commenting. I try to just be wordlessly with the people and situations that I meet on my walk. When I can just be with Existence, it opens the door to be one with the Whole.

— Swami Dhyan Giten

Meditation means to learn to surrender to existence. Ordinarily we are fighting and struggling with existence, because that is

how we have been brought up. We have been brought up with the idea of fighting and being aggressive, because it is the way to compete and succeed in the world.
Meditation means that we are not concerned with success. We are concerned with silence, joy, peace, truth, compassion, freedom and God.
Even if you succeed, death is going to destroy anything, so it has just been wastage of our life. You may have power, status, money, position and prestige, but it will all be taken away by death. But if you have known love, it will go with you. If you have known joy, it will go with you. If you have known the truth, it will go with you. If you have known freedom, death cannot take it away.
These are the real treasures of life. But they can only be attained if one surrender to the whole. You have to love so totally, so that you can trust the whole. You have to love so deeply, so that you can surrender to the whole. You have to disappear as a separate

entity. You have to become part of infinity and become a wave in the ocean of God.

— Swami Dhyan Giten

I have always felt deep within myself that I do not trust that I am already OK as I am, and that I do not trust that life takes care of me. But now I discover a silent place in the depth of my inner being, where I am already one with life, where I am OK as I am. It is also a silent inner place of healing and wholeness, where I can find a love and acceptance for that which is imperfect within myself.

— Swami Dhyan Giten, Presence - Working from Within. The Psychology of Being

Meditation is a death, a death of the ego. A meditator has to pass through a death. Meditation is the art of learning to die consciously. The spiritual teacher gives you meditation to die and to be reborn.

— Swami Dhyan Giten, When the Drop becomes the Ocean

We are basically all one. We are one being, one consciousness, one whole. We are all connected to each other. We are all parts of the same whole. How we treat others are how we treat ourselves. If we treat others badly, we are really treating ourselves badly. If we hate others, we are really hating ourselves. If we love others, we are basically loving ourselves.

— Swami Dhyan Giten, The Silent Whisperings of the Heart - An Introduction to Giten's Approach to Life

When we become silent, we become whole. And when we become whole, we become holy.

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I had a day when I was busy in the world, where the activity created turmoil on the surface of my consciousness like waves on the surface of the ocean, which made it difficult to see through the waves to the inner silence. It reminded me that we need to develop both the capacity to use the mind when engaged in activity and social relations, and to be able to let go of the activity and to come in contact with the deep inner silence. The relationship between being active in the world and in social relations and the inner silence is like the relationship between the waves on the

surface of the ocean and the deep inner silence on the bottom of the ocean.

— Swami Dhyan Giten. Presence - Working from Within. The Psychology of Being

I was tired in the evening yesterday. I felt drained by the last day's outer conflicts. I felt separated from life. Suddenly I heard the wind blowing through the trees outside my open window, whispering a silent and playful invitation: "Do you want to play? Do you want to join the dance?" This playful invitation again joined my heart and being with the Existential dance. I was again in a silent prayer and oneness with life.

— Swami Dhyan Giten, The Silent Whisperings of the Heart - An Introduction to Giten's Approach to Life

I was 9 years old when I had my first glimpse of wholeness. It was early Christmas morning and I was standing in my pajamas in the living room and looked out of the large windows. Outside the white snowflakes silently singled down toward a snow-clad landscape. Suddenly I was filled with a feeling of being one with the slowly dancing snowflakes, one with the silent landscape. I did not understand then that this was my first taste of meditation, but it created a deep 5hirst and a longing in my heart to return to this natural and effortless experience of being one with the Whole.

— Swami Dhyan Giten

It is astonishing to realize that growing up actually means to become one with Existence. It means to find the whole Existence within myself; it means to discover that Existence is alive in my own heart and being. The song of a bird echoes my own inner voice, the beauty of a flower reflects

my own inner beauty, a dog becomes an expression of my own unconditional love and friendship, the majestic mountains create an ecstatic joy, and I discover all the shining stars of the sky within my own heart. It is to realize that the whole Existence is alive, and that the underlying thread of consciousness is God.

— Swami Dhyan Giten

Despite 2000 years of evolution in modern times, we have still not managed to develop the intelligence to create a society that knows what love is. Our society is still not a civilization; it is still primitive and barbaric.

— Swami Dhyan Giten

The current climate change is an outer mirror of our inner consciousness. It is an

outer mirror of our attitude to try to conquer nature, instead of being in harmony with nature, but in the end the part can never conquer the whole.

— Swami Dhyan Giten

I do not belong to any spiritual group or tradition. I am just interested in exploringwhat it means to live with open eyes. People in spiritual organizations also tend to get caught in ideas of how it should be, and in the need of the ego to create hierarchies of power, status, roles, ambition and obedience. Spiritual Masters teach on many different levels at the same time. Some people take what they can and some take something deeper.

— Swami Dhyan Giten

I remember an insight that taught me much about life. One day I felt that I had everything that I really wanted in life. I had a creative and meaningful work as a therapist and course leader, I had a relationship with a beautiful woman, who I loved and who loved me, I had friend that I trusted and I had money to do what I wanted. But in spite of all this, I still had a feeling that there was something missing in my life. I was not satisfied. The thirst and longing in my heart was still searching for something more. It made me realize that the deepest pain in my heart was that I was still separated from the Whole and that no outer things or relationships could ease this pain.

– Swami Dhyan Giten. Presence - Working from Within. The Psychology of Being

My basic profession is as an actor, and I have learnt much about life through working as an actor. Working as an actor is really a spiritual profession, since it means to create

life on the stage. It means to play a role totally; while at the same time you know deep down inside yourself that you are not the role that you are playing. Working as an actor gave me early a spiritual discipline, which taught me a lot about awareness and meditation. Life is also about learning to play different roles, and learning to change between different roles with the same easiness that you change shirt.

— Swami Dhyan Giten

The Art of Living is to be yourself. It is to be true to yourself. The Art of Living is learning to live with love, awareness and truth. Meditation is the way to learn The Art of Living. Being is you. To discover your being is the beginning of life. You can live in two ways: 1. Ego - effort and desire and 2.Being - no-effort, being in a let go with existence. Religion is The Art of Living. Five keys to The Art of Living: 1. Be life-affirmative. Life is synonymous with God. Live with

reverence, great respect and gratitude for life. Feel thankful and prayerful. 2. Make life a heartful, aesthetic experience. Become more sensitive, sensuous and creative - and you will become more spiritual. 3. Experience life in all possible ways. Experience all dualities and polarities of life: good/bad, bitter/sweet, summer/winter, happiness/sadness and life/death. Do not be afraid of experience, because the more experiences you have, the more spiritually mature you become. 4. Live in the present. Forget the past and the future - this moment is the only reality. This moment has to become your whole love, life and death. 5. Live courageously. Do not become too result-oriented, because result-oriented people miss life. Do not think of goals, because goals are in the future - and life is in the moment, in the here and now.

— Swami Dhyan Giten

I had a magical day during one Sunday when I walked out in nature. On the outside this

day only consisted of taking a walk out in the beautiful sunny weather and cleaning my apartment, but on the inside everything suddenly changed. When I walked out in nature in the sunny weather, a silent explosion suddenly happened within me and my whole perception of reality changed.
In a single moment, everything had changed, although nothing on the outside had really changed. Everything on the outside was exactly as before, but my way of seeing had changed. The difference was that before I did not see and now I could see. My eyes were open. Suddenly I was one with everything, one with the stones, one with the trees and one with the people that I meet on my walk. My heart danced with joy together with a feeling of: “I am God”. Not that I am the creator of everything, but that I am part of the Whole, part of the divine. It felt like coming home, that Existence is my home. I also saw that even if the people that I meet did not understand that they are a part of the Whole, they still are a part of the Whole. I felt the waves of Existence in my own heart

and being and I felt like a small wave in a great ocean. It gave a taste of the eternal, a taste of the limitless and boundless source of creativity. In just a few moments, I learnt more than during 20 years in university. Wisdom is basically the understanding that we all are part of the Whole. We are all small rivers moving towards the ocean. I laughed at the fact that enlightenment is really our innate birthright, and that small children already live in this mystical unity with the Whole.

— Swami Dhyan Giten, Presence - Working from Within. The Psychology of Being

Enlightenment is a paradoxical phenomenon. You need to be committed to become enlightenment, and to do whatever is necessary to make it happen. But at the same time you cannot force enlightenment to happen by sheer will. It is like the

situation with happiness: you cannot force happiness to happen, but you can create the right circumstances for happiness to happen. You need to be willing to die, to let go of your limited sense of “I”, to achieve enlightenment. I can feel a deepening thirst to die, to dissolve into the silence, in my heart and being.

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Death and aloneness has been my constant companion in life. I lost early the people that I loved: first when my young and unmarried biological mother had to leave me because of outer circumstances. I was adopted by a very loving couple, who could not conceive a child. I have always felt naturally loved by them, and I have never really felt that I was adopted. Instead, I have always felt that I did a little detour to be able to be adopted by my real parents.

Then my mother died when I was 15 years old after a long sickness. On her funeral I took the decision to never depend on anybody again. Her death created such a deep pain in me that it was also the death of relationships for me. Then my father died when I was 21 years old – and I was completely alone in the world. This created a basic feeling of being alone and unloved in me; it created early a feeling of independence and self-suffiency in me. It also created a basic feeling of not trusting that I am alright as I am, and of not trusting that life takes care of me.

This created such a pain in me that I simply repressed the pain for many years in order to survive. These early meetings with death also created a thirst in me to discover a quality, an inner awareness that death could not take away.

Now I can see that these early painful experiences are a blessing in disguise. It liberated me from relationships. I relate with people, but there is always an aloneness within me. I realize that a seeker of truth

needs to accept that he is totally alone. It is not possible to lean on other people like crutches. When we totally accept our aloneness, it becomes a source of love, joy, truth, silence, meditation and wholeness. I shared these experiences with a beloved friend and her thoughtful comment was: “I have my own aloneness.”

Aloneness is to be at home in ourselves, to be in contact with our inner source of love, while loneliness is to hanker for other people, to hanker for a source of love outside of ourselves. Aloneness is to come home.

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difficult to see through the waves to the inner silence.
It reminded me that we need to develop both the capacity to use the mind when engaged in activity and social relations, and to be able to let go of the activity and to come in contact with the deep inner silence.
The relationship between being active in the world and in social relations and the inner silence is like the relationship between the waves on the surface of the ocean and the deep inner silence on the bottom of the ocean.

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During the summer I meditated outside in nature. Listening to the wind with the ears is like listening to mere noise, but listening to the wind blowing through the trees from the

inner silence and being one with the wind is like listening to the celestial music.

— Swami Dhyan Giten, The Silent Whisperings of the Heart - An Introduction to Giten's Approach to Life

I was tired in the evening yesterday. I felt drained by the last day's outer conflicts. I felt separated from life. Suddenly I heard the wind blowing through the trees outside my open window, whispering a silent and playful invitation: "Do you want to play? Do you want to join the dance?" This playful invitation again joined my heart and being with the Existential dance. I was again in a silent prayer and oneness with life.

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When we depend on other people, it becomes a bondage - instead of a freedom. I took this Sunday as a meditation to be consciously alone, and to accept all feelings of pain, of not being loved and the fear of being nobody that would come up during the meditation. This meditation goes up and down during the day: at certain moments, I can totally accept my aloneness. It feels fine to accept that I am alone and that I am nobody. At other moments, I feel the pain of not being loved, when the meditation brings up how dependence on other people is a barrier to totally accept my aloneness.

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Escaping your aloneness through relationships and needing other people's attention through being a teacher, a politician or by being rich or famous are ways of escaping the pain of aloneness. But then the relationships are not really love.
Only when you are capable of being alone, you can really love.
When we can be alone, we discover the inner source of love, which is our true nature.
When we can be alone, it opens the door to be one with the Whole.

— Swami Dhyan Giten, Presence - Working from Within. The Psychology of Being

Meditation expands our inner being. The inner being is like a small, individual river flowing towards the Ocean. In meditation, I feel how my inner being expands into an inner ocean, which is part of everything, which is one with Existence.
Through the inner being, we come in contact with the inner ocean, the undefined and boundless within ourselves, where we are one with life. We realize that God is part of life. We realize that God is not a person, but the consciousness that is part of everything. We find God in a flower, in a tree, in the eyes of a child or in a playful dog.
Through discovering our inner being, we discover that we are also part of the flower, the child or the dog. We realize that God is everywhere.

— Swami Dhyan Giten, Presence - Working from Within. The Psychology of Being

I have always felt deep within myself that I do not trust that I am already OK as I am, and that I do not trust that life takes care of me. But now I discover a silent place in the depth of my inner being, where I am already one with life, where I am OK as I am.
It is also a silent inner place of healing and wholeness, where I can find a love and acceptance for that which is imperfect within myself.

— Swami Dhyan Giten, Presence - Working from Within. The Psychology of Being

We are basically all one. We are one being, one consciousness, one whole. We are all connected to each other. We are all parts of the same whole. How we treat others are how we treat ourselves. If we treat others badly, we are really treating ourselves badly. If we hate others, we are really hating

ourselves. If we love others, we are basically loving ourselves.

— Swami Dhyan Giten, The Silent Whisperings of the Heart - An Introduction to Giten's Approach to Life



Relationships are a development and a dance between our inner male and female sides. A one-sided development of the male side leads to ego, struggle, destructivity and a separation from life. A one-sided development of our female side leads to dependence and passivity. It is when we have developed a balance and harmony between both our male and female side that sparkle a new spark of joy, creativity and wholeness arises within ourselves.

— Swami Dhyan Giten, The Silent Whisperings of the Heart - An Introduction to Giten's Approach to Life

What are the inner man and woman? Our being consists of two energies: the male and female aspect. Irrespective of if we are a man or a woman; we have both a male and female side. Life develops through opposite poles and tendencies for example yes and no, joy

and sorrow, light and darkness, positive and negative, day and night and life and death. Just as electricity needs both a negative and positive pole for a spark to arise, the human consciousness also has two poles. These two poles are the male and female side.
The right side of the body represents the male side and the left side of the body represents the female side. We all have both a male and female side, which is represented by the right and left side of the body.

— Swami Dhyan Giten, The Silent Whisperings of the Heart - An Introduction to Giten's Approach to Life

Outer relationships with a man or a woman are a mirror of the relationship between our own inner man and woman. Embracing our own inner man and woman means to understand the inner drama that happens

between our male and female aspects, which manifests on the outside as relationships.

— Swami Dhyan Giten, The Silent Whisperings of the Heart - An Introduction to Giten's Approach to Life

Love means to understand the drama that happens between the inner man and woman. It means to allow both the inner man and woman to find their creative roots and expression.

— Swami Dhyan Giten, The Silent Whisperings of the Heart - An Introduction to Giten's Approach to Life

Our inner male and female sides are expressed on the outside as relationships. Often our longer and deeper relationships with an outer man or woman are a mirror of our own inner man or woman.

— Swami Dhyan Giten, The Silent Whisperings of the Heart - An Introduction to Giten's Approach to Life

The basic problem with the world today is the unbalance between the male and female aspects, the unbalance between our inner and outer world, the unbalance between knowledge and wisdom, the unbalance between intellect and intuition and the unbalance between activity and rest.

— Swami Dhyan Giten, The Silent Whisperings of the Heart - An Introduction to Giten's Approach to Life

Our outer relationships are a mirror of the relationship and communication between our own inner male and female sides. Our outer relationships with a man or a woman are a possibility to understand our own inner man or woman.

— Swami Dhyan Giten, The Silent Whisperings of the Heart - An Introduction to Giten's Approach to Life

When we have developed a trust in both our inner man and woman and they can nourish, support, communicate and cooperate with each other, a love begins to flow between them.

— Swami Dhyan Giten, The Silent Whisperings of the Heart - An Introduction to Giten's Approach to Life

Often we are identified with either the inner man or woman, while the other side is hidden and unexpressed. Outer relationships are a mirror of the relationship and communication between our own inner man and female side. Sometimes one side is dominant, while the other side is submissive.

— Swami Dhyan Giten, The Silent Whisperings of the Heart - An Introduction to Giten's Approach to Life

When both the inner man and woman take responsibility for themselves and live their own truth, a joy and love begins to flow naturally between them. Through understanding both the inner man and woman, we understand that outer relationships simply mirror the relationship between our inner man and woman. This understanding gives us the opportunity to take conscious responsibility for our choices

and our further steps towards spiritual maturity.

— Swami Dhyan Giten, The Silent Whisperings of the Heart - An Introduction to Giten's Approach to Life

Through becoming aware of how the inner man and woman relates and communicates inside ourselves, it creates a joy and satisfaction in the three life areas that they influence: our meditation and inner growth,our relationships and our work and creativity.

— Swami Dhyan Giten, The Silent Whisperings of the Heart - An Introduction to Giten's Approach to Life

The heart is the door to our inner woman. The heart is the door to our inner world. The power chakra relates to the inner man. The power chakra relates to the outer world. Irrespective of if we are a man or a woman, the inner woman is the center of our onsciousness.

— Swami Dhyan Giten, The Silent Whisperings of the Heart - An Introduction to Giten's Approach to Life

The inner man is the periphery of our consciousness. It is also the inner man that takes care of and protects the inner woman for example through putting up creative boundaries. The meeting between a man and a woman on the outer plane creates a relationship. This relationship is not a conflict, but they complement each other. The outer meeting between a man and a

woman also creates integration between our own inner male and female sides.

— Swami Dhyan Giten, The Silent Whisperings of the Heart - An Introduction to Giten's Approach to Life

It is when our inner male and female sides meet within ourselves that a new spark of love, joy, and wholeness arises within ourselves.

— Swami Dhyan Giten, The Silent Whisperings of the Heart - An Introduction to Giten's Approach to Life

It is when we develop both our inner man and woman that we find a new harmony and

wholeness within ourselves. Healing means to develop and integrate our inner man and woman so that love can flow between them. To rediscover our own inner source of love, we need to embrace both the male and female sides within ourselves. When these two sides are developed and integrated, a new spark of love, joy, harmony, creativity and wholeness arises within us. Awareness is an inner harmony between opposite poles and tendencies.

— Swami Dhyan Giten, The Silent Whisperings of the Heart - An Introduction to Giten's Approach to Life

Awareness is a choiceless consciousness. Awareness is the capacity to embrace, accept and include both joy and sadness, love and aloneness, light and darkness, male and female qualities and life and death. Through saying “yes” and accepting both

tendencies and including whatever aspect that happens in the moment, we meet our unlimited and boundless inner being. The inner man and woman need to find their own independence and integrity.

— Swami Dhyan Giten, The Silent Whisperings of the Heart - An Introduction to Giten's Approach to Life

When both our inner man and woman take responsibility for themselves and live their own truth, a joy and love begins to flow naturally between them. Healing means to develop the inner man and woman so that love can flow between them. Healing is to learn to love both our inner man and woman. It is to learn to live the truth of both the inner man and woman.

— Swami Dhyan Giten, The Silent Whisperings of the Heart - An Introduction to Giten's Approach to Life

The inner woman is the source of healing. The inner woman is the source of silence. The inner woman is the source of love. The inner woman is the source of belongingness with life. Embracing the inner man and woman is to discover our inner roots and wings.

— Swami Dhyan Giten, Presence - Working from Within. The Psychology of Being

Becoming aware of our inner man and woman means to discover the roots and creative potential of both the male and

female aspect within ourselves. Becoming aware of the inner man and woman means to understand that they have different visions of life. It means to understand that they have different perspectives and views of life. The inner man and woman are our two wings of love and freedom. Through awareness, acceptance and understanding, we can allow our two wings to develop in a deep and natural harmony. In the world today, a one-sided development of the male side leads to destructivity. A one-sided development of the male side leads to ego, struggle, exhaustion and a separation from life. A one-sided development of the female side leads to passivity and dependence.

— Swami Dhyan Giten, Presence - Working from Within. The Psychology of Being

Traditionally men have created a deep split between the inner and outer world, between

body and soul, between the material and spiritual world, between love and money and between male and female qualities. The inner man and woman are related to money, creativity and financial abundance. Through investigating the roots of the inner man and woman, we can find the creative potential of both the inner man and woman. Sometimes the inner man or woman also provides financial support for both sides, while the other side has the idea that it cannot support itself financially.

— Swami Dhyan Giten, The Silent Whisperings of the Heart - An Introduction to Giten's Approach to Life

When we embrace the opposites within ourselves and understand that inner harmony arises when they mature, we find the love, joy, silence and freedom that are hidden in every moment. It is my experience

that it is through the inner female side that we find the depth within ourselves – independent of if we are a man or a woman. It is through the female side that we find the inner source of love and truth. It is through the female side that we lit the light of our own consciousness. The more we learn to know the inner man and woman and the more we accept their different visions of life, the more a meeting happens between them that makes us happy and satisfied. Through embracing both these sides in ourselves, we realize that we really lack nothing – but that we already are love. When both the male and female side is capable of living in trust, a love begins to flow between them – a love that was always possible, but not realized. The inner woman is the meditative quality within ourselves. The inner woman is the source of love and truth. The inner woman is the capacity to surrender to life. It is through the inner woman that we are in contact with

life. It is the inner woman that is the door to belongingness with the Whole.

— Swami Dhyan Giten, Presence - Working from Within. The Psychology of Being

The most important therapeutic capacity is the ability to be present with an open heart and to be grounded in our inner being, in our essence and authentic self, in the meditative quality within, through which we can meet another person. It is to meet that which is already perfect within a person.

Swami Dhyan Giten, Presence - Working from Within. The Psychology of Being

Working with people is basically not a question of formal education; working with people is a question of energy and awareness. Everyone can basically work with people. It is a question of developing a presence and a quality to work from. It is also about discovering our own unique way to be and work with people from our authentic inner being.

The most important healing- and therapeutic ability is the capacity to be present. To be present means to develop a presence and a quality to work from. It means to be present with an open and relaxed heart, and to be grounded in our inner being, in the meditative quality within. Presence means to work from a meditative quality, from an inner "yes"-quality, from a state of non-doing. It is to be present for another person as a supporting light, as a supporting presence.

Meditation is the way to deepen our capacity to be present, and explore how to bring the

meditative presence into the healing- and therapeutic process. It is about developing a meditative presence and quality, to develop the inner "yes"-quality, the silence and emptiness within ourselves, the inner source of healing and wholeness, the capacity to surrender to life.

— Swami Dhyan Giten

Presence is not a question of judging or evaluating a client or a client's situation. Presence is to see the client's situation in a positive and creative light with a vision for how the present situation of the client relates to his further spiritual development. It is to accept a person as he is. It is to understand that the person is exactly where he needs to be in order to take the next step in his spiritual development. It is not about fighting with problems, darkness, drama and

defenses on the personality level, it is about becoming aware. It is about lighting the light in the inner being of another person.

— Swami Dhyan Giten, Presence - Working from Within. The Psychology of Being

Presence is about how every action can arise from the quality, which we call awareness – the presence of our inner being, the presence of our soul. It is a large difference between working with people from the inner being and working with people from duty or a specific technique. Through working from the inner being, we can touch the soul of the other person, while we can only touch the personality of the other person, his surface and periphery, if we just work from a technique.

– Swami Dhyan Giten. Presence - Working from Within. The Psychology of Being

Working with people from awareness means to be available. It means to respond with the truth in the moment. It means to respond to the moment in a way that creates a fragrance of love.

– Swami Dhyan Giten, Presence – Working from Within. The Psychology of Being

Presence is to meet another person in meditation. Presence is to invite another person in meditation. It is a meeting in love, joy, acceptance, sincerity, truth, silence and oneness.

— Swami Dhyan Giten, Presence - Working from Within. The Psychology of Being

Presence is the capacity to be present for another person with an open heart and to be grounded in our inner being. It is to be present for another person as a supporting light, as a supporting presence – and simply to be present with another person can help.

— Swami Dhyan Giten, Presence - Working from Within. The Psychology of Being

When we are authentic, when we act out of presence and awareness, it also gives nourishment to the inner being of people around us.

– Swami Dhyan Giten, Presence - Working from Within. The Psychology of Being

In the therapeutic process based on awareness, there exists no ”I" – it just exists a presence, a light, a love and a silence.

–Swami Dhyan Giten, Presence - Working from Within. The Psychology of Being

When I did a therapist education in USA 1984, one of the course leaders – who had given personal and spiritual guidance to thousands of seekers of truth from all over the world, and who I consider to be one of the best spiritual therapists in the world – said that I was going to get enlightened, that I would ”disappear into the silence”. I did

mot really understand what he meant then, and it was totally absurd for me when other course participants congratulated me afterwards. The thought that I was going to be enlightened was totally absurd for me. For me enlightenment was something that happened to special and chosen persons like Osho, Buddha, Jesus, Lao-Tzu and Krishnamurti. I did not feel either special or chosen. I did not feel worthy of being enlightened.

— Swami Dhyan Giten. Presence - Working from Within. The Psychology of Being

Emptiness and the not-“I” is the quality that arises when the therapist consciously moves out of his own way without hindering the therapeutic process through his own ideas, attitudes, expectations and concepts. He is

present, available and responds with the truth in the moment.

— Swami Dhyan Giten, Presence - Working from Within. The Psychology of Being

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Presence is not a question of judging or evaluating a client or a client’s situation. Presence is to see the client’s situation in a positive and creative light with a vision for how the present situation of the client

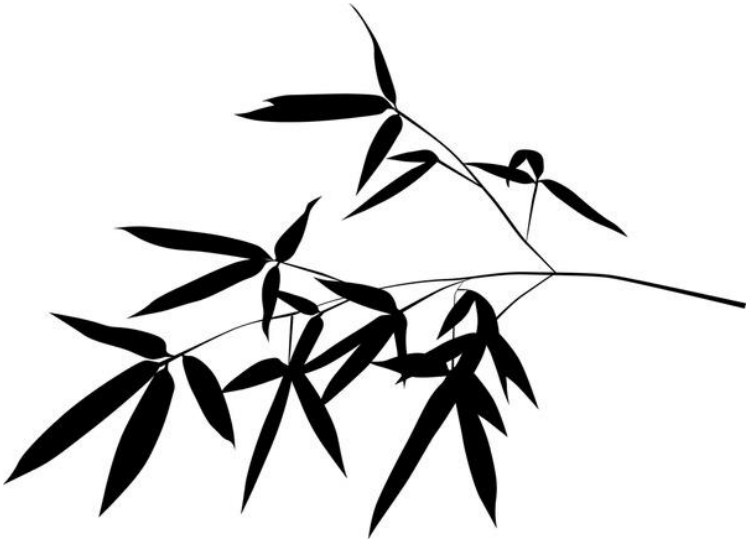
relates to his further spiritual development. It is to accept a person as he is. It is to understand that the person is exactly where he needs to be in order to take the next step in his spiritual development. It is not about fighting with problems, darkness, drama and defenses on the personality level, it is about becoming aware. It is about lighting the light in the inner being of another person.

— Swami Dhyan Giten, Presence - Working from Within. The Psychology of Being

In situations where I feel unclear or I do not know what to say or do, I turn my attention within myself. Then I listen to what my intuition and to what Existence within myself wants at this moment. Through listening within in this way, an answer often comes in the form of a creative and authentic impulse to say or do something or

simply being silent until Existence is ready to respond.

— Swami Dhyan Giten, Presence - Working from Within. The Psychology of Being



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– Swami Dhyan Giten, Presence – Working from Within. The Psychology of Being

Spontaneity in the therapeutic work arises when the therapist can allow creative and authentic impulses to arise from moment to moment from the inner being, from the meditative quality within, from the inner emptiness, from the capacity to surrender to life. Then the therapist becomes less of a technician and more of an artist in the therapeutic work. It is then when the therapist and client meet in awareness without any barrier between.

– Swami Dhyan Giten, Presence - Working from Within. The Psychology of Being

Presence is about how every action can arise from the quality, which we call awareness – the presence of our inner being, the presence of our soul. There is a large difference between working with people from the inner being and working with people from duty or a specific technique. Through working from the inner being, we can touch the soul of the other person, while we can only touch the personality of the other person, his surface and periphery, if we just work from a technique.

– Swami Dhyan Giten, Presence – Working from Within: The Psychology of Being

The fragrance of meditation is enlightenment.

— Swami Dhyan Giten

Enlightenment is not an experience at all, because the experience is lost. The "I", the ego is lost. Enlightenment is more like an experiencing. It is a process. It begins, but it never ends. You enter it, but you can never possess it. It is a deep merging and melting with Existence. It is an oneness. It is like a drop dropping into the Ocean.

— Swami Dhyan Giten

When something happens to you that are beyond words, life is happening to you.

When the ultimate is happening to you, you are beyond words.

— Swami Dhyan Giten

The deepest realization of meditation is that your being is a non-being. It is a nothing, a vast emptiness without boundaries. It is a no-self. The feeling of self, of "I" is false.

—Swami Dhyan Giten

When you come to the ultimate experience in meditation, when you come to your deepest core, you are no one. You are a vast emptiness. You can become afraid in meditation, because the deeper you go in meditation, the more you realize that you are

nobody, a nothingness. It is a death of the ego. That is why people become afraid of meditation.

— Swami Dhyan Giten

To attain to enlightenment is to attain to all. When you are not, you become the whole.

— Swami Dhyan Giten

Despite 2000 years of evolution in modern times, we have still not managed to develop the intelligence to create a society that knows what love is. Our society is still not a civilization; it is still primitive and barbaric.

— Swami Dhyan Giten

The reason that people start wars is because they still believe in their separation from life. But when you experience the wholeness with all living beings, you understand that hurting somebody else is just hurting yourself as we are all one on the spiritual level.

— Swami Dhyan Giten

Wars exist because the divine essence of each human being is not recognized.

— Swami Dhyan Giten

Society destroys your individuality, your soul.

— Swami Dhyan Giten

There is a very simple relationship between increased socioeconomic rifts in the society and increased violence, criminality, war, increased lack of trust between people, health problems and social exclusion - but it seems to be very difficult for people to understand this simple relationship.

— Swami Dhyan Giten

The current climate change is an outer mirror of our inner consciousness. It is an outer mirror of our attitude to try to conquer nature, instead of being in harmony with nature, but in the end the part can never conquer the whole.

— Swami Dhyan Giten

The most important thing that is happening in the world right now is the emergence of the new man.
Since the monkeys, man has remained the same, but a great revolution is on its way. When monkeys became man, it created the mind. With the new man, a great revolution will bring the soul in. Man will not just be a mind, a psychological being, he will be a spiritual being.
This new consciousness, this new being, is the most important thing, which is happening in the world today. But the old man will be against the emerging of the new man, the old man will be against this new consciousness.
The new man is a matter of life and death; it is a question of the survival of the whole earth. It is matter of survival of consciousness, of survival of life itself.
The old man has become utterly destructive. The old man is preparing for a global suicide right now. Rather than allowing the new man, the old man would rather destroy the whole earth, destroying life itself.

The old destructive man is preparing right now for a third world war. The global economic and political elite and the war industrial complex in the U.S, which runs the foreign policy of the U.S, is right now promoting a third world war.
President Eisenhower warned against the war industrial complex, which he considered the largest threat to democracy. President John F. Kennedy also warned against a "secret conspiracy" against democracy. The war industrial complex consists of the international banks, oil companies, war industry, democratically elected politicians, conservative think tanks, international mainstream media and global companies, who make profits from human suffering and wars.
The European governments and the mainstream media also cooperate with the war industrial complex to bring the world into disaster.
But this time it will not work as the time for wars is over, and peace loving people and

people who represent the new man are working against this kind of aggression.

The new man will have to find new forms of communication, working together and sharing, because the old man and the old society will not disappear immediately. The old man will also put up a fight.
The new man is a new humanity. Up to now, man has lived a pathological life, a neurotic life, a destructive life. During modern times, during the last 3000 years, there have been 6000 wars. You cannot call this humanity healthy.
Once in a while a Buddha, a Jesus, a Socrates, appears, but each person is born to be a Buddha.
How can I become a new man? The new man means a new consciousness, a new being. Humanity cannot be saved if the new man does not arrive. Before it was not a necessity, but now it is absolutely necessary because now war technology can destroy the whole earth. If not the new man arrives, if not people become more aware, awake and

conscious, then this earth will not survive.
The New Man means to develop all the three dimensions of being, all the three doors to God: the head, the dimension of thinking, logic and reason, the heart, the dimension of joy, trust, intuition, relationships, beauty, creativity and a sense of unity in love and the being, the dimension of meditation, silence, emptiness and oneness with life.
The first level of the head is the dimension of ideas, intellect, hypothesis, theories, logic, analysis, rationality and dualistic thinking.
The first level is the level of the mind, which means a continuous oscillation like a pendulum between the mind's memories of the past and the ideas, dreams and expectations of the future.
The second level of the heart is the dimension of joy, acceptance, trust, understanding, trust, friendship, relationships, intuition, empathy, creativity, compassion, humor, playfulness and a sense of unity in love.

The third level of being is the dimension of presence, awareness, meditation, silence, emptiness and wholeness. The third level is our connection with our inner life source.
The new man means awareness, consciousness, love and creativity.
The new man means meditation, to be in contact with our own inner source of silence.
And if more people become meditative, the earth becomes filled with the fragrance of the new man.

– Swami Dhyan Giten, Man is Part of the Whole

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The third level of being is the dimension of presence, awareness, meditation, silence, emptiness and wholeness. The third level is our connection with our inner life source.

— Swami Dhyan Giten

A child comes from God, a childish a gift from God, but a child is not our possession. Give the child unconditional love and freedom. Respect the child, the child has its own soul. The child has its own way.

— Swami Dhyan Giten

Give the child a taste of meditation by creating a climate and atmosphere of love, acceptance and silence.

— Swami Dhyan Giten

The most precious gift that you can give to the child is unconditional love and acceptance, which allows the child to

discover his own inner being, his authentic self, his freedom to be himself.

— Swami Dhyan Gten

The mother is the child's first relationship, his whole world, his existence. If there is love in the relationship between the child and the mother, the child learns to trust himself, to trust others and to trust life. If there is no love in the relationship between the mother and the child, the child learns to distrust himself, to distrust others and to distrust life.

— Swami Dhyan Giten

To be able to die consciously, we need to prepare for death while we are still living.

— Swami Dhyan Giten

Only if we live consciously, we can die consciously.

— Swami Dhyan Giten

Only a meditator is able to die consciously as life is an opportunity to prepare for death. Meditation is a death, a death of the ego.

— Swami Dhyan Giten

To be able to die consciously, we need to prepare for death while we are still living. Only if we live consciously, we can die consciously. Only a meditator is able to die consciously as life is an opportunity to prepare for death. Meditation is a death, a death of the ego. Death is not in opposition to life; death is the finale, the crescendo of life. How we die shows us how we have been living. Death is not an end; death is a new beginning, a new life.

— Swami Dhyan Giten

The Art of Living is to be yourself. It is to be true to yourself. The Art of Living is learning to live with love, awareness and truth. Meditation is the way to learn The Art of Living. Being is you. To discover your being is the beginning of life. You can live in two ways:
1. Ego - effort and desire and 2.Being - no-

effort, being in a let go with existence. Religion is The Art of Living.

Five keys to The Art of Living: 1. be life-affirmative. Life is synonymous with God. Live with reverence, great respect and gratitude for life. Feel thankful and prayerful. 2. Make life a he artful, aesthetic experience. Become more sensitive, sensuous and creative - and you will become more spiritual. 3. Experience life in all possible ways. Experience all dualities and polarities of life: good/bad, bitter/sweet, summer/winter, happiness/sadness and life/death. Do not be afraid of experience, because the more experiences you have, the more spiritually mature you become. 4. Live in the present. Forget the past and the future - this moment is the only reality. This moment has to become your whole love, life and death. 5. Live courageously. Do not become too result-oriented, because result-oriented people miss life. Do not think of goals, because goals are in the future – and life is in the moment, in the here and now.

– Swami Dhyan Giten

Jesus was a man of love, of immense compassion. He loved this earth, the people, the threes, because that is the way to love God.
God is life. Jesus is very life-affirmative. He says total yes to life.
When you look into the eyes of each being that you meet, you meet God.
Everybody is an incarnation of God - the threes, the flowers, the rocks, the animals, the people and the mountains.
Love the people, love the threes, love the animals - and through the love you meet God.
All are brothers here, because God is one. The trees, the flowers, the birds and the rocks are all your brothers, because they all come from the one source.
If you are not reconciled with the world, you

cannot pray to God. Prayer is only possible when you are in harmony with existence. The whole existence is your brother. The first step for prayer is to be reconciled with your brother. And your brother means all beings.

Jesus is a celebration of being, a celebration of life. If you deny life, you deny God. If you say no to life, you say no to God, because God is life. To understand Jesus, you have to understand that life is God.
If you say yes to life, you will feel a prayer arising in your heart, a yes arising in your being.
The ego is a no to life, the ego is a separation from life. The inner being is a yes to life. The inner being is a deep yes and acceptance of life.
Saying yes bridges you with the whole. It makes you a part of the whole. Saying yes will make you more and more spiritual.
Jesus whole message is yes. The word "amen" means yes.

You will never meet God, you will meet human beings, animals, stones and threes. You can love God through other human beings, through threes, through stones and through animals. And when you have learnt to love God through all his forms - then only love changes into prayer.

– Swami Dhyan Giten, the Way, the Truth and the Life: On Jesus Christ, the Man, the Mystic and the Rebel

ONLY LOVE VAN DISPEL HATE

Buddha says:
SPEAK OR ACT WITH AN IMPURE MIND AND TROUBLE WILL FOLLOW YOU AS THE WHEEL FOLLOWS THE OX THAT RIVES THE CART

When Buddha uses the concept "impure mind", he means mind. Mind is impure, and

no-mind is pure.

SPEAK OR ACT WITH AN IMPURE MIND means to speak or act from the mind.

AND TROUBLE WILL FOLLOW YOU means that misery and suffering is the result of the mind, because the mind means unawareness.

Mind will bring trouble and suffering as certain AS THE WHEEL FOLLOWS THE OX THAT DRIVES THE CART.

WE ARE WHAT WE THINK
ALL THAT WE ARE ARISES WITH OUR THOUGHTS SPEAK OR ACT WITH A PURE MIND

AND HAPPINESS WILL FOLLOW YOU AS YOUR SHADOW, UNSHAKABLE

When Buddha says "pure mind", he means no-mind, awareness. Happiness will follow you if you have a pure mind or no-mind.

Suffering is a result of mind, of unawareness; happiness is a result of no-mind, of awareness. Happiness cannot be searched for directly, happiness can only be found if you do not search it directly.
On the contrary, you have to search for awareness. When awareness comes, happiness comes of its own accord.

"LOOK HOW HE ABUSED ME AND BEAT ME, HOW HE THREW ME DOWN AND ROBBED ME."LIVE WITH SUCH THOUGHTS AND YOU LIVE IN HATE

"LOOK HOW HE ABUSED ME AND BEAT ME HOW HE THREW ME DOWN AND ROBBED ME." ABANDON SUCH THOUGHTS AND LIVE IN LOVE

Fear and hate exists in the past and the future, love exists in the moment, in the here and now. Love exists in the present moment. Fear and hate has a reference in the past. Somebody has abused you in the past, and you are carrying it like a wound. Fear and

hate is a limitation. If you hate somebody, you also create a hate in the heart of that person towards you. The world lives in fear, hate, destructiveness and violence. Hate creates hell on earth; love creates a paradise on earth. True love comes from your inner being. It is spontaneously welling up of joy, which has nothing to do with the past or the future. True love is in the moment.

IN THIS WORLD HATE NEVER YET DISPELLED HATE. ONLY LOVE DISPELS HATE. THIS IS THE LAW ANCIENT AND INEXHAUSTIBLE

Hate never dispels hate, darkness cannot dispel darkness. Only love can dispel hate. The eternal law is that only love dispels hate, only light dispels darkness.

Bring light into a room and the darkness disappears by itself. How can you bring light into your own being? Through becoming silent, aware, awake and conscious. That is how to bring the light in. The moment you

are aware and awake, hate will not be found. It is not possible to hate somebody with awareness. You can only hate somebody in unawareness. When you are conscious, hate disappears, when you are not conscious, then hate is there.

Love and hate, light and darkness, cannot exist together, because hate is the absence of love, darkness is the absence of light.

YOU TOO SHALL PASS AWAY
KNOWING THIS, HOW CAN YOU QUARREL

we waste our life in quarreling, in conflict, when life is so short. Use your whole energy for awareness and meditation. Then you can become a light.
Meditation will make you awake, because you will discover your inner being. Meditation brings an awakening. For the first time you will feel the truth of your own being.

– Swami Dhyan Giten, Silence is the Way: The Teachings of Buddha. Golden Nuggets of Love, Truth and Wisdom



What is the relationship between love and meditation? The natural consequence of meditation is love. Love and meditation are two sides of the same coin. Meditation is the flower and love is the perfume. If, at the end of the journey of meditation, love has not flowered then the whole journey has been futile.

— Swami Dhyan Giten, The Call of the Heart

One of the fundamental rules of life is that how you are being with yourself, you are going to be with others. If you love yourself, you will love others. If you are flowing in being with yourself, you will be flowing in relationship to others. The inner tends to become the outer.

— Swami Dhyan Giten, The Call of the Heart

MEDITATION & DEVOTION

Most of our life issues and psychological problems occur from a lack of love and devotion. We are searching for love outside of ourselves. We are seeking to be loved, rather than to give love. A criterion of spiritual maturity is when we begin to give love, rather than to ask for love. Through developing love and devotion, we learn to love all beings.
We develop our inner being, the meditative quality within, the inner source of love and truth, the divine source inside ourselves, through which we can let love flow through us, not only to benefit ourselves, but for the good of all.

— Swami Dhyan Giten

RELATIONSHIPS & THE INNER BEING

The other is a mirror of our own face; the other is a mirror of our inner being. The entire universe is a manifestation of our own inner being. Man is the microcosm and the universe is the macrocosm. In our inner being, we are one with all. True relationships are to see ourselves in all beings and to see all beings in ourselves.

The inner being is not only present in human beings, but it is also present in flowers, trees, animals, stones and the stars. The divine exists everywhere in nature. Once we realize this we will never feel alone. We find the communion of the heart everywhere.

— Swami Dhyan Giten

THE FLOWER OF LOVE

Love means to be willing to sacrifice oneself for another. Hate means the desire to destroy the other. In the world, there is an abundance of hate and no flower of love. Hatred comes to an end when a person begins to see himself in all living beings, and begins to see all living beings – the whole existence, the stones, the trees, the animals and the human beings - in himself.

It is to see the divine, Brahman, God, in the whole existence. There is no other obstruction in the way of love except hate.

Without hate, love will bloom.

Love is our nature.

Love is the nature of life.

Love is not born, it does not die.

Love is eternal.

— Swami Dhyan Giten

To be a spiritual teacher you need to develop the skills and the art to convey the truth to others. It is the most difficult part, because something has to be said about something that cannot be said in language, something has to be transmitted which is not transmittable. To be a spiritual teacher needs a particular training, a particular training to convey, a particular training to help, a particular training to advice and counsel, a particular training to create new devices and methods, because every individual and age need something different.

— Swami Dhyan Giten

Awareness and compassion are the flower and the fragrance of the spiritual teacher. Compassion means living to give.

— Swami Dhyan Giten

To be a spiritual teacher is the call of compassion.

— Swami Dhyan Giten

The spiritual teacher speaks to the ignorant person in one language and he speaks to the conscious person in another language to help them to take steps to truth.

— Swami Dhyan Giten

Shraddha, loving trust, is the climate between a spiritual teacher and a student.

— Swami Dhyan Giten

Shraddha, loving trust, is a spiritual discipline in itself between the spiritual teacher and student.

— Swami Dhyan Giten

Without trust between the spiritual teacher and student it is not possible to attain to no-mind, because to attain no-mind needs trust.

— Swami Dhyan Giten

Man is like a river on his way towards the ocean, towards the divine. The drop has a thirst, a longing. The drop knows nothing of the ocean, but the drop longs to become one with the ocean.
The drop cannot find fulfillment until it becomes on with the ocean, the divine.

— Swami Dhyan Giten

Truth cannot be conveyed through words. Truth can only be known through silence. When knowing truth, it becomes a responsibility to share it. Through sharing truth, our truth will become deeper.
If people are spiritually ripe to listen to truth, it is good. If people are not ripe to listen to truth, it is also good.
If people are ready to understand truth, it is good. If they are not ready to understand truth, it is also good.
If people are ready to understand silence, it

is good. If people are not ready to understand silence, it is also good.

— Swami Dhyan Giten

METHODS TO DISPEL THE IMPURITIES OF THE HEART

What are the impurities of the heart? The meditator has to dispel all impurities of the heart.

1. Compassion

Fill the heart with compassion and then violence, anger and jealousy will disappear. Before moving into meditation, feel unconditional love and compassion towards the whole world. The first purification of the meditator is that when you sit in meditation, begin by feeling compassion for the whole

world. Compassion will dissolve the impurities that accumulate in your heart and mind.

2. Friendliness

The second thing to purify the heart is friendliness towards the whole World - not only towards man, but towards everything.

3. Cheerfulness

The third thing to purify the heart is cheerfulness, a feeling of joy and cheerfulness. When we are in joy, no impurity flows towards us from the world. When we are sad, we immediately start thinking of making the whole world miserable. Cheerfulness is to fill your heart with joy and cheerfulness.

4. Indifference

The fourth method to purify the heart is

indifference, no matter what happens. Whether good or bad things happen. Whether success or failure happens, whether self-realization happens or not - remain indifferent. One remains centered and balanced between the two, one does not choose between the two. These four methods are the essence of religion.

— Swami Dhyan Giten, When the Drop becomes the Ocean

Your actions bind you, because you think that you are the actions. Actions bind you, because you think that you are the doer. The "I", the ego, behind the actions goes on binding you to those actions.
Through countless past lives this feeling of being the doer has become strengthened. You think that you are a great doer, while in reality there is no other doer than existence. How can you drop these attachments and

karma?
If someone becomes conscious that he is not the doer of the actions - all actions are the will of the whole and he is only a flute in existence hands.
At that moment he is free of karma.
If the bondage of karma is not destroyed, there is no freedom.
A meditator says: Now I am not doing anything, everything is done by existence.
If someone receives this insight both the bondage of present karma and the bondage of all past karma will vanish.
Karma can be dissolved only when cut from the root - and the root is the ego, the sense of that "I" is doing.
So the doer, the "I", has to dissolve.
It is not necessary to focus on the actions, only the "I", the ego, has to be dissolved.
Whenever there is a feeling that "I am doing this", remember that you are only the seer, the witness.
Be a watcher. Whenever the feeling of "I" is there, shift it to the watcher.

– Swami Dhyan Giten, When the Drop becomes the Ocean

To know life you learn the art of death. A seeker of truth who wants to know life must go through the experience of death.
Man consists of two layers: 1.The body, which belongs to the dimension of death and 2. The soul, the consciousness, which belongs to life itself. A person who accepts death will attain to the deathless. For the person who is conscious about death, death does not exist. Then death becomes a door to the deathless, to the eternal.

– Swami Dhyan Giten, When the Drop becomes the Ocean

The whole message of Jesus Christ is rejoicement. Jesus has said: Those who lose themselves will find themselves. It is to dissolve like a drop falls into the sea. The spiritual teacher is a death, but he is also a rebirth, a resurrection, a rejoicement.

— Swami Dhyan Giten, When the Drop becomes the Ocean

Meditation is a death, a death of the ego. A meditator has to pass through a death. Meditation is the art of learning to die consciously. The spiritual teacher gives you meditation to die and to be reborn.

— Swami Dhyan Giten, When the Drop becomes the Ocean

The basic teaching of all religions is silence. A silence spreads in our inner being; the mind will begin to dissolve. That silence unites you with truth. When a person is ready to dissolve into silence, his ego will disappear, and he will not be separated from existence.
A holy person means one who has become silent within. A spiritual teacher is a death, because the ego of the student will dissolve completely. Within the student arises a pure emptiness, and samadhi is born.

— Swami Dhyan Giten, When the Drop becomes the Ocean

Enlightenment is a door to existence. Enlightenment is the insight that everything is as it should be. Everything is perfect as it is. The meditator knows that he is going to die but he also knows that he is going to be reborn. Enlightenment is the realization that

you are part of existence, of the whole.
A great rejoicement happens in enlightenment, because you are at home in existence.

— Swami Dhyan Giten, When the Drop becomes the Ocean

The meaning of life is to become conscious. The whole evolution of life is to become increasingly more conscious.

— Swami Dhyan Giten, When the Drop becomes the Ocean

Enlightenment is the realization that all is as it should be. Everything is perfect as it is. Enlightenment is not an effort to achieve.

Enlightenment is a state of non-doing, of effortlessness. Enlightenment is the feeling that you are at home in existence. You are part of the whole. You don't exist separately, all separation has disappeared. Enlightenment is the understanding that all is good and that all is a tremendous harmony.

— Swami Dhyan Giten, When the Drop becomes the Ocean

Don't be worried whether you will be able to be enlightened in this life. Once you have started the journey, you have already made it. Every river is constantly moving to the ocean. The only problem is with people, who have become closed stagnant ponds, which are not open to flow. To become a stagnant small pond means that there is no growth, there are no new experiences.
To be a sincere seeker means to drop this

static state and become a flowing river.
It does not matter when you reach the ocean.
Once you have started moving and flowing, falling into the ocean is absolutely determined.
You have gathered the trust, courage and silence to jump out of the static state into a living being.
When you have started flowing, then falling into the ocean is bound to happen.
And you are the ocean, every drop contains the ocean, it is of the same nature.

— Swami Dhyan Giten, When the Drop becomes the Ocean

When a person experiences the divine, he can no longer condemn anyone. Love becomes natural to him, because he starts seeing godliness in everybody. The person that has entered the inner temple of the heart of all living beings truly sees.

To experience godliness one has to recognize that which is hidden deep in the inner temple of the heart. The divine is hidden deep within yourself.
Godliness is the original source within everybody. Godliness is the ultimate mystery. Godliness is the universal self. It is the ultimate limit of existence.
Godliness is everywhere. Everything in the world is a reflection of the divine. To recognize the divine is the ultimate wisdom, the ultimate truth.

— Swami Dhyan Gten, When the Drop becomes the Ocean



The last words of Buddha were: Be a light to yourself. You are born with a light within you. You are enough for yourself. You are sufficient to yourself. Listen to the still, small voice within, and that will guide you.

Buddha defines wisdom as living in the light of your own consciousness. This message of Buddha functions as a reminder to the seeker of truth on the path to enlightenment.

— Swami Dhyan Giten, When the Drop becomes the Ocean

Happiness is the meaning and goal of life.

— Swami Dhyan Giten, When the Drop becomes the Ocean

The divine way is to remain true to love. Remain true to love and remain true to life. Love and meditation are one of the most essential messages. Love and meditation

should go hand in hand. Only two meditators can live together in love.

— Swami Dhyan Giten, When the Drop becomes the Ocean

The truth is that egolessness is the door to bliss. The moment you are egoless, you are nothing, you become a door to the divine.

— Swami Dhyan Giten, When the Drop becomes the Ocean

Joy and happiness is a state of consciousness, a state of being.

— Swami Dhyan Giten, The Call of the Heart

Happiness comes from without, bliss comes from within. Happiness is dependent on other people and outer causes; bliss is not dependent on outer causes.

— Swami Dhyan Giten, When the Drop becomes the Ocean

The most important question of all questions is: what is real happiness? And how do I achieve real happiness? Real happiness has nothing to do with money, power, position, ambition or success. Real happiness is a totally different dimension. Real happiness has to do with your consciousness, not your character. Real happiness is to not be dependent on outer sources to love and happiness. You have to learn to be happy.

— Swami Dhyan Giten

We rejoice in others, but not in ourselves. We get a little happiness, but always from others. Do we ever rejoice in ourselves? The seeker, the meditator, should start delighting in himself. He should slowly give up delighting in others. Happiness and unhappiness are related to other people and outer causes. As long as happiness and unhappiness is dependent on others and outer causes, we are dependent on others and we will not find our inner source of bliss. Living dependent on others for happiness makes you a slave. You sit unoccupied and feeling unhappy. You think that if some friend arrives it will be fun. Alone, you begin to feel sad. The meditator should start rejoicing in himself. You are sitting alone, be joyous. Without external reasons, simply be happy. Do not make your happiness dependent on other or outer causes. Happiness can only come from within, without any reason. Happiness because of others and outer reasons is
only a false happiness - love, relationships, power, money, status, position and fame -

the end result will always be frustration and misery.

— Swami Dhyan Giten, The Call of the Heart

An individual who is rooted in his inner self is always blissful. If bliss is not forever, it is not bliss. Happiness and unhappiness comes and goes, but bliss is always there.
What is always within you, it is your nature, your true self. Your very nature is bliss. But you have forgotten your true nature, bliss, and have become identified with what continuously changes: happiness and unhappiness.

— Swami Dhyan Giten, The Call of the Heart

An individual who is rooted in his inner self is always blissful. Through awareness, the meditator continuously experiences the blissful self. An individual who is experiencing centeredness and bliss can also be surrounded by unhappiness, but he is not identified with unhappiness. The meditator is rooted in bliss through awareness. Through awareness, the experience of bliss can be found. Awareness is the method through which you can recognize your true nature.

— Swami Dhyan Giten, The Call of the Heart

What is happiness? We have been taught to be ambitious and competitive, but no ambitious person has ever been happy. If you watch the people who have succeeded in the world, who have all the money, power and success in the world, they are not

happy. Happiness has nothing to do with success.
Happiness has nothing to do with ambition. Happiness has nothing to do with money, power and prestige. Nothing fails like success. Happiness is a totally different dimension. Happiness has to do with your being, with your consciousness not with ambition and success.

– Swami Dhyan Giten, The Call of the Heart

In this world, there is only one happiness and that is to be yourself. And because nobody is himself, everybody is trying somehow to hide, with masks, with pretensions and with hypocrisy. They are being taught everything in the education system, but they are not taught to be themselves. This is what makes everybody miserable. To be what you do not want to be,

to do something that you do not want to do. These things are the basis of all misery. Sooner or later, you have to decide. You have today: Whatever the cost, I want to be myself. Condemned, ridiculed, losing respectability, everything is ok, but I cannot pretend anymore to be somebody else. This decision and declaration of freedom, freedom from the weight of the crowd of people, gives back your natural being. Then you can simply be yourself just as you are.

— Swami Dhyan Giten, The Call of the Heart

Be truthful to yourself. You do not need to change anybody else. If you can grow yourself that is enough. To be authentic means to be true to your own being. Always listen to your inner voice; otherwise your whole life will be wasted. Don't allow anybody else to try to manipulate and

control you. To be authentic means to be true to oneself. Truth means the authenticity of being, not imposing anything that you are not. Truth means not to pretend, just be whatsoever you are. It is to be authentic, true and respectful to your own soul. Risk everything for truth, otherwise you will remain discontented. Even a single moment of authenticity is better than a whole life of inauthentic living. Love is only possible with the truth. Love has to be lived; otherwise your life will be futile. Risk everything for truth. Never risk truth for anything else. Then tremendous happiness will be yours. Once you are true, everything becomes possible.

It is not always easy to be true to oneself, but whenever people do it they achieve such beauty, grace and contentment. Always listen to the inner voice, and don't listen to anything else. The world is a supermarket, and everybody is interested in selling things to you. Society wants to make you a hypocrite. Just close your eyes and listen to

the inner voice. That is what meditation is all about, to listen to the inner voice.

— Swami Dhyan Giten, When the Drop becomes the Ocean

Life is the journey, and love is the goal.

— Swami Dhyan Giten

The first thing about being authentic and to create loving relationships to yourself, to others and to life is to remain true to your own being and to listen to your inner voice. Be truthful to yourself. You are not needed to change others or try to teach others according to your ideas, expectations or ideology. If you change, that is enough. How

to remain true? The first thing is to remain true to your own being and to listen to your inner voice; otherwise your whole life will be wasted. The first thing is your being. Don't allow others to manipulate and control you. There are many people that try to control you, that want to change you, according to their ideas, ideals and ideologies. Remember to be true to your inner voice. To be authentic is to be true to oneself. Always listen to the inner voice and don't listen to people that want to control and manipulate you. Just close your eyes and listen to the inner voice. That is what meditation is all about, to learn to listen to your inner voice.

The second thing about authenticity and creating loving relationships to yourself, to others and to life is to learn to listen to yourself and your feelings. The hypocrisy of the society is to teach you to not listen to yourself, to your feelings, and to not show your true face. So each individual becomes like an island, closed and separated. From

early childhood, we have been taught to suppress the real. In unconscious and mechanical ways, we go on suppressing, without knowing what we are doing. Listen to the heart, and whatsoever is true, bring it out. And once you know how to be true, it will be so joyful and beautiful that you will never go back to being false. Be true to yourself that is the basic responsibility towards yourself. You are answerable to your own being. This is the whole problem: how to be yourself. Then life becomes a beautiful mystery to be loved, and not a problem to be solved.

The third thing about authenticity and to create living relationships to yourself, to others and to life is to learn to trust yourself. If you trust yourself, you can trust people, you can trust in existence. But if you don't trust in yourself, then no other trust is possible. Society destroys your trust at the very roots. Society does not allow you to trust yourself. Society teaches all other kinds of trust: trust in the parents, trust in the

church and trust in the state, but the basic trust in yourself is completely destroyed. Society destroys the basic trust in yourself deliberately, because a man who trusts in himself is dangerous for society. A man who trusts himself is an independent man. The society needs dependent people, who are easy to manipulate and control. This is why the society destroys the trust in yourself, because an individual who do not trust in himself is shaky and afraid and then he is controllable. Start trusting yourself. Trusting yourself is the fundamental lesson.

The fourth thing about authenticity and to create loving relationships to yourself, to others and to life is to learn to love yourself. If you love and accept yourself that is the beginning of accepting all. Then all is good as it is, in that experience life takes on a new joy, a new gratefulness. If you reject yourself, you are rejecting existence. If you accept yourself, you have accepted existence. Then life is good, you feel grateful. Then

whatsoever happens is good, because it happens out of the whole. But you have been

conditioned for centuries not to love and accept yourself. Nobody has ever told you that you are good as you are. Once you are incapable of loving yourself, you will never be able to love anybody. You can love others only if you are able to love yourself. A person who loves himself sooner or later starts overflowing with love. Love yourself because if you don't love yourself; nobody else will ever be able to love you. You cannot love a person who hates himself. How can you love a person, who is condemning himself? He cannot love himself, how can you love him? He will not believe you. He cannot allow anybody to love him, because he knows that he is unworthy of love. And you know what you are: worthless. That is what you have been told by the parents, the priests and the politicians. Nobody has ever accepted you as you are. Nobody has given you the feeling that you are loved and respected, that you are needed and that this existence will miss

you that without you this existence will not be the same. Without you this existence will lose some joy, love, beauty, truth and poetry. Nobody has told you that you are love and respected by existence. Love and accept yourself, relax into your being, you are cherished by the whole. Once you start feeling this love and respect of the whole in you, you will start growing roots in your being. Only then you can love people, you can love the trees and the animals. Love is only possible when there is a deep love and acceptance of oneself, of the other and of the world. And then you will be surprised: life is always ready to shower you with gifts. Life is always ready to give abundantly, but we cannot receive it, because we don't feel that we are worthy of receiving it. Accept yourself, love yourself, you are God's creation.

— Swami Dhyan Giten, When the Drop becomes the Ocean

Knowing yourself, you know all.

— Swami Dhyan Giten, When the Drop becomes the Ocean

Enlightenment is the realization that all is as it should be. Everything is perfect as it is. Enlightenment is not an effort to achieve. Enlightenment is a state of non-doing, of effortlessness. Enlightenment is the feeling that you are at home in existence. You are part of the whole. You don't exist separately, all separation has disappeared. Enlightenment is the understanding that all is good and that all is a tremendous harmony.

— Swami Dhyan Giten, When the Drop becomes the Ocean

Enlightenment is as easy as drinking a glass of water.

— Swami Dhyan Giten

Enlightenment is to dissolve into the silence.

— Swami Dhyan Giten

Enlightenment is to go beyond the ego, which is separated from life, and to discover our authentic being, which is one with existence.

— Swami Dhyan Giten

Enlightenment is our inner nature. Enlightenment is our being. Enlightenment is not a happening, which we have to work for. Enlightenment has already happened in our being. It is the fragrance of our life, of our being.

— Swami Dhyan Giten

Enlightenment is to find the light within, which overflows and spreads in all directions.

— Swami Dhyan Giten

Enlightenment is to discover the eternity of our being. Enlightenment is to discover

thatthere is no death, that death does not exist, and that death is an illusion.

— Swami Dhyan Giten

Modern Western psychology does not know anything about enlightenment and the organized religions have prevented people from attaining enlightenment, because enlightenment means freedom. Society does not want individuals to become free.

— Swami Dhyan Giten

Humanity has been living under a dark and destructive self-condemnation. Humanity has been poisoned and condemned, so that nobody thinks himself a beautiful being,

nobody thinks himself worthy enough. If you condemn yourself, how can you grow and how can you worship existence? If you cannot worship existence within yourself, how can you worship existence within others? You can become a part of the whole only if you have a respect for the divine that resides within you. In creating you, God has already shown that he loves you. By loving yourself, you will know that you are a medium for God. In choosing you to be a medium, he has already loved you and respected you.

— Swami Dhyan Giten, The Call of the Heart

The priests say that you are a sinner and that you will go to hell. And the priests make you very afraid of loving yourself, which cuts off the roots to your inner being, to your inner source of love. Your whole life will be wasted

in self-condemnation. That is why there is so much hate and lack of love in the world. The idea of learning to love yourself arose because of all the religions for centuries teaching you not to love, accept and respect yourself. The religions have created a conditioning in the mind which condemns you. It is the priests and the state which has created this condemnation through continuous repetition to convince you that there are things in you that is not acceptable. You have to hide them, you have to repress them. They teach you that the unacceptable in you has to be controlled, condemned and repressed.

— Swami Dhyan Giten, The Call of the Heart

Your natural being is not acceptable to the religions. Their conditioning has been going

on for centuries and naturally you begin to develop a certain conscience, which is not the same thing as your consciousness. The conscience is social conditioning and the consciousness is our natural and ultimate nature. For the consciousness there is nothing in you. The religions have been teaching you that you are born in sin and that our natural nature leads to more sin. They have taught you that you have to fight with yourself; you have to fight with your nature. Their basic teaching is that your nature is evil and you have to reject it. Almost everything in you that is natural has to be rejected. Life has to be denied, love has to be denied, sex has to be denied and joy has to be denied. This is a very cunning strategy of the religions, so that they could catch hold and control humanity. They have repressed your sexuality that is our basic life energy. It is the energy that basically keeps you alive. The

word sex has been so condemned that even using the world makes you feel like you are doing something wrong.

— Swami Dhyan Giten, The Call of the Heart

The first thing is to learn to love yourself. This is the first step to get rid of all the teaching and condemnations of the religions. This allows you to not feel guilty about anything, because nature has given you so much that should be accepted with joy. Loving yourself means that you throw out all the garbage of religious condemnation, rejection and repression.

— Swami Dhyan Giten, The Call of the Heart

Budda says: Love yourself. To love yourself is to get rid of self-condemnation and thinking that you are not worthy or loved by existence. Love yourself, says Buddha, but love begins with yourself and then it goes on spreading. Love yourself; says Buddha, and then adds and Watch. This is meditation, but the first requirement is to love yourself. A person who loves himself can easily become meditative, because meditation means to love yourself and to be with yourself. meditation is to enjoy yourself in your beautiful aloneness. Celebrating yourself is what meditation is all about. To be is the greatest miracle and meditation opens the door to this great miracle. But only a man who loves himself can meditate. Unless you love yourself, you cannot be with yourself. Create a loving climate and atmosphere around yourself. Love your body and love your mind. By loving yourself, you will destroy the self-condemnation that society has implanted within you.

– Swami Dhyan Giten, The Call of the Heartove is as easy as drinking a glass of water. Love is a natural state of being, a natural state of consciousness. Love is your very being, but love has become almost impossible, because society and the religions do not allow it. Society and the religions condition you in such a way that love becomes impossible and hate becomes the only possible way. Society and the religions have reduced humanity to a mere state of survival, to a low state of consciousness.

– Swami Dhyan Giten, The Call of the Heart

Love listens only to the heart, which makes love dangerous to the society and the religions. They do not want human beings; they want a crowd of sheep. And the best way to destroy human beings is to destroy their capacity to love. Society and the religions want human beings, whose

souls are crushed. This is the reason why the world stinks of hate.

— Swami Dhyan Giten, The Call of the Heart

What is meditation? Meditation is to learn to be with yourself, meditation is to delight in your own being. Meditation is a totally relaxed state of consciousness, where you are not doing anything. Meditation is just tube, not doing anything, no action, no thought and no emotion. You just are, and it is a sheer joy and delight. This joy and delight when you are not doing anything comes from nowhere or everywhere. The essence of existence is joy. Joy and happiness is your very being, your innermost core. When you look at the birds, the trees and the stars, you will see that the whole existence is joyful. Birds are happy for no reason, trees are happy for no reason and flowers are happy for no reason. The whole

existence is made of joy. If you can just be with yourself, not doing anything, just enjoying yourself, just being with yourself, not doing anything, then you are in meditation. When you are happy for no reason, the joy and happiness goes on spreading to others. It becomes a sharing. This is what compassion is. Meditation is being with yourself, and compassion is overflowing from that being. It is not that you have to be compassionate. In the state of meditation, you are compassion.

— Swami Dhyan Giten, The Call of the Heart

Meditation means awareness. Except for meditation, nothing makes a person find his inner being, it changes a person. If meditation is progressing, then the only criteria of its progress are love, the only criteria for its progress is compassion. A

man of compassion always thinks about you, about your needs. Love always thinks of the other, the ego only thinks of oneself. Love is always considerate, the ego is absolutely inconsiderate. The ego has only one language and that is of the self. The ego always uses the other; love is always ready to serve

— Swami Dhyan Giten, The Call of the Heart

Meditation expands our inner being. The inner being is like a small, individual river flowing towards the ocean. In meditation, I feel how my inner being expands into an inner ocean, which is part of everything, which is one with Existence. Through the inner being, we come in contact with the inner ocean, the undefined and boundless within ourselves, where we are one with life. We realize that God is part of life. We realize

that God is not a person, but the consciousness that is part of everything. We find God in a flower, in a tree, in the eyes of a child or in a playful dog. Through discovering our inner being, we discover that we are also part of the flower, the child or the dog. We realize that God is everywhere.

— Swami Dhyan Giten, God is Everywhere: You are Divine, Everything is Divine

Meditation is the only way to help you to move from the lower to the higher rungs of the ladder of life. Meditation means awareness. When you become aware of the body, you move beyond the body. Awareness means transcendence. When you become aware of the mind, you have gone beyond the mind. And the moment that you have become aware of the heart. You have moved beyond the heart. The body, the mind and the heart are the

most fundamental planes to become aware about. When you have moved beyond these three planes, you have come to your real self. And only then does one know what life is all about.
Then one comes to know the truth of life. One comes to know the meaning of life and the greatness of life.

— Swami Dhyan Giten

Meditation is a death, a death of the ego. There will be a rejoicement, a resurrection, but that will be a totally new, fresh original being. It happens in love, music, dance and creativity, that only for a small moment you slip out of your ego, your personality, and come in contact with your inner being, your individuality. But that happens only for a single moment, and then you are back again. In silence and meditation, you disappear. Then even if you resurrect you are a totally

different person. You have to learn to live with fresh eyes, with a totally new heart.

— Swami Dhyan Giten, When the Drop becomes the Ocean

Meditation is an initiation into a wider context of existence. You are a small drop, but behind you is the great ocean of God. You are God's river. Even if you are a drop, without you the ocean will be less. And the ocean is nothing but millions and millions of drops together. You contribute something to God. The very idea that one is needed in existence gives you roots.

— Swami Dhyan Giten, God is Everywhere: You are Divine, Everything is Divine

God is all that exists. Every stone, flower, tree, animal and human being is on a spiritual journey to recognize their true self, their divine essence.
We have been living lives as stones, flowers, trees and animals in order to develop our consciousness. Stones, flowers and animals also have consciousness. The more matter, the less consciousness. The more consciousness, the less matter. God is not a person; God is the underlying thread of consciousness in existence.
Real love means to realize that we are one with the other person, one with nature, and one with the trees, the stones, the earth and the blue sky. It means to realize that all of life is God.
I was 9 years old when I had my first spiritual awakening, my first glimpse of wholeness with existence. This created a deep thirst and longing in my heart and being to return to this natural and effortless experience of being one with the Whole.
I have always had the capacity to go within myself and to discover the silence within,

theinner meditative quality, the inner source of love and truth, the inner language of silence. Now I notice that this silence is going deeper and that I go beyond the ego and disappear into the silence.

— Swami Dhyan Giten

God has no name. All organized religions have given names to God to be able to have a personal relationship to God, but God is not a person.
God is the underlying force, the energy and the consciousness of existence.
If you cannot feel God, the divine, within, you cannot feel him without.
The first step is to feel God within.
Then prayer to a personal god becomes meaningless, and meditation becomes meaningful.
The second step is to realize God without, to realize that God is not the creator, he is

creation. He is not separate from creation. He is the force and consciousness of creation. The world is God's dance; the world is God's play.

— Swami Dhyan Giten

The inner emptiness is the door to God.

— Swami Dhyan Giten

Your heart is the roots to God. Your heart is nourished by truth, by God, but you have forgotten the heart. Come back to the heart, and you will be able to know the truth. You will be able to know the truth as the truth and the false as the false.

— Swami Dhyan Giten

Silence is the invisible door to God.

— Swami Dhyan Giten

The inner emptiness is the door to God.

— Swami Dhyan Giten

God is within yourself.

— Swami Dhyan Giten

God is Everywhere: You are Divine, Everything is Divine.

— Swami Dhyan Giten

God is your innermost being.

— Swami Dhyan Giten, God is Everywhere: You are Divine, Everything is Divine

The inner emptiness is the door to God.

— Swami Dhyan Giten, God is Everywhere: You are Divine, Everything is Divine

It is love that opens the door to God.

— Swami Dhyan Giten, God is Everywhere: You are Divine, Everything is Divine

God is not a person; God is the underlying consciousness in Existence.

— Swami Dhyan Giten

God is all that exists. Every stone, flower, tree, animal and human being is on a spiritual journey to recognize their true self, their divine essence.

— Swami Dhyan Giten, God is Everywhere: You are Divine, Everything is Divine

God is all that exists. Every stone, flower, tree, animal and human being is on a spiritual journey to recognize their true self, their divine essence.

— Swami Dhyan Giten

Nobody ever reaches to God; God comes to you when you are open and receptive, when you are ready.

— Swami Dhyan Giten

Life is like playing “hide the key” with God. God has hidden the key and now it is up to us to find the key again. It also takes us a while to realize that the key is hidden in our own heart. Our heart is the door to allow life

to guide us. Our heart is the door to say “yes” to life. Our heart is the door to surrender to life.

— Swami Dhyan Giten, The Silent Whisperings of the Heart - An Introduction to Giten's Approach to Life

Meditation is the door to that which cannot be thought of. Those who escape from meditation cannot meet the divine.
The divine is a benediction.
The divine is everything, everywhere. God is consciousness. God is bliss.

— Swami Dhyan Giten

When we go closer to the divine, bliss is growing.

— Swami Dhyan Giten

When we get closer to the divine, benediction starts happening. When we go away from the divine, benediction starts disappearing.

— Swami Dhyan Giten

Only when the seeker is lost, the truth is there. Seek, and you will miss it. Seek not, and you will find. The very seeking becomes a barrier to truth, to the ultimate experience.

— Swami Dhyan Giten

Your heart is the root to God. Your heart is nourished by truth, by God, but you have forgotten the heart. Come back to the heart, and you will be able to know the truth.
You will be able to know the truth as the truth and the false as the false.

— Swami Dhyan Giten

The thirst for the divine is in everyone. The thirst for the divine is an innate quality. It is our inner potential. We may be aware of it or we may not be aware of it, but there is not a single individual who has not the thirst for God.

— Swami Dhyan Giten, God is Everywhere

The most fundamental question in life is to learn that existence cares for you. Existence is not indifferent. Existence is full of love. We are taken care of in infinite ways, but all those ways are invisible. They are not tangible, you cannot see them, you can only feel them. These hands are God's hands.

— Swami Dhyan Giten, God is Everywhere: You are Divine, Everything is Divine

God is not separate from existence. God is another name for existence, it is another name for nature. And once this understanding is settled, great trust arises. Then we are not aliens, then we are part of existence. We are not just accidental in existence.

— Swami Dhyan Giten, God is Everywhere: You are Divine, Everything is Divine



Existence needs you the way we are. You are fulfilling something immensely valuable in the life of existence. We are not meaningless n the growth and evolution of existence.

— Swami Dhyan Giten, God is Everywhere: You are Divine, Everything is Divine

Each moment of your life is a service. If you know it, you will feel tremendously joyful and happy. If you don't know, you will feel burdened. But whether you know it or not, you are serving some great service.

— Swami Dhyan Giten, God is Everywhere: You are Divine, Everything is Divine

The modern man feels alienated, because God has disappeared from the horizon. The modern man feels meaningless, because meaning is possible only when you relate yourself to something higher than you.

— Swami Dhyan Giten, God is Everywhere: You are Divine, Everything is Divine

Life's only law is change. Everything is continuously changing, evolving and developing. Hindus say that it takes 840 million lives to become a human being, which emphasizes the precious gift of being a human being.

— Swami Dhyan Giten

A spiritual man is happy with the whole existence. He says "yes" to the whole existence.

— Swami Dhyan Giten

Try as a meditation, to be with a stone, a flower or a tree, and you will find that they have consciousness. If you become friends

with a tree, you will find that the tree will welcome you as a friend. The tree will be happy to see you.

— Swami Dhyan Giten

A good man cares about others. A good man has not only selfish desires. He is not only centered in himself. A bad man has no concern for others. He has only selfish concerns. He is centered in his own world.

— Swami Dhyan Giten

The inner being is not only the meditative quality within, the inner silence and emptiness, it is the door to the whole.

— Swami Dhyan Giten

Love makes you feel at home in existence.

— Swami Dhyan Giten

Meaning needs context. Unless you are part of something higher and larger than you, you can't feel meaningful. Meaning arises out of context, and modern man has lost all contexts. He seems to be simply alienated, an isolated island, unrelated to existence, and that is the greatest source of misery. For the first time in the history of mankind life has become meaningless, because we have made it so.

— Swami Dhyan Giten, God is Everywhere: You are Divine, Everything is Divine

We have lost the capacity to trust, to love. We have lost the sensitivity to feel the infinite around us. We have forgotten how to relate with the totality. We have forgotten how to relate to trees, birds, animals, rivers and people. We have even forgotten how to relate with our own self, with our own body and with our own mind. We are living unrelated and meaningless lives, which is why a sadness is surrounding humanity.

— Swami Dhyan Giten, God is Everywhere: You are Divine, Everything is Divine

God is not a theory, God is not a religious ideology or theology, God is an experience. God is an experience of dissolving into reality. It is an experience of drowning in God. It is an experience of melting into the total like ice melting into water and becoming one with the river. This melting with the whole is the whole process of meditation. When we are frozen like ice, we can have an ego, we can have an identity. The ego is a frozen phenomenon like ice. When we start melting, the ego starts disappearing, and the ultimate experience of the dissolution of the ego is God.

— Swami Dhyan Giten, God is Everywhere: You are Divine, Everything is Divine

GOD IS HIDDEN IN YOUR OWN HEART

Only by going through the fire of love, one becomes a heart. It is the fire of love that

creates the soul. Not having a heart is what makes life meaningless, but millions of people live without a heart. The heart is the spiritual center of our being. It is only the heart that can bring joy to our life

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— Swami Dhyan Giten, God is Everywhere: You are Divine, Everything is Divine

Never be afraid of love because it is love that will bring you closer to your heart. And it is the heart that can open the doors to God. God can enter only through the heart. God is hidden in our own heart.

— Swami Dhyan Giten, God is Everywhere: You are Divine, Everything is Divine

God is within ourselves, but we seek him outside of ourselves. We seek him in the churches, the temples and the mosques, and we go on missing him. God is not in the scriptures either. God emerges out of your heart.

— Swami Dhyan Giten, God is Everywhere: You are Divine, Everything is Divine

Life is a divine blessing. Life is a gift of infinite value.

— Swami Dhyan Giten, God is Everywhere: You are Divine, Everything is Divine

One should not waste life. Life is a great possibility to be, to grow, and one should not just vegetate and be lethargic. We have got life without paying for it, which is why we think life is valueless. One goes on living life like we can simply waste it. We waste life by putting our attention on the trivial things: money, power, position, status, greed and prestige, but we never think about life and its infinite value. Everything else is just trivial in comparison to life.

— Swami Dhyan Giten, God is Everywhere: You are Divine, Everything is Divine

Life is the greatest blessing, which has already happened. Life is a gift through which the whole have already loved you. By being alive one has already been accepted by God. God celebrate your being. God is happy that you are.

— Swami Dhyan Giten, God is Everywhere: You are Divine, Everything is Divine

The person who is incapable of love will remain incapable of reaching God, because God remains the ultimate love-affair. If you are afraid of love. How can you approach God? Jesus is right when he says: "God is love.

— Swami Dhyan Giten, God is Everywhere: You are Divine, Everything is Divine

You cannot seek happiness. If you seek happiness, you will become more and unhappy. You have to disappear for happiness to come. You cannot seek and demand happiness. Happiness is a grace,

which comes to you when you are open and available. If you demand happiness, you will destroy it. Happiness comes when you are not. It comes when you are silent and empty. In your total emptiness, suddenly happiness is there. You are the hindrance to happiness, so you cannot seek it. If you disappear only then happiness is there. When the self is completely gone, then only you are happy. To attain happiness, one has to dissolve oneself completely. You have to disappear so that there is no hindrance to joy and happiness. Joy and happiness is the essence of existence, it is the nature of God. If you are not there, God will be there.

— Swami Dhyan Giten, God is Everywhere: You are Divine, Everything is Divine

The way of surrender is to surrender to the whole, and allow the whole to direct your

life. The ego makes you separated from the whole; the ego makes you isolated from the whole. The way of surrender is to drop all ideas about directing your life. It is to become a vehicle for the whole, and simply accept whatsoever the whole offer. It is to become more and more deeply in tune with the whole, with existence, with God. It is to allow the whole to function through you. This creates an inner flowering. For one day take as a meditation to allow the whole to function through you with no direction or effort from your side. Move moment to moment, knowing that the whole is running the whole world, and that the whole will take care of you. The world is so big, there are so many suns, stars and galaxies, and everything is going perfectly well - as long as men do not interfere. Meditate, eat, sleep, relate with friends and just be, and allow the whole to direct you and take care of you.

— Swami Dhyan Giten, God is Everywhere: You are Divine, Everything is Divine

FOLLOW YOUR HEART, FOLLOW YOUR BEING

How do we come in contact with our heart and begin to see the truth? We need to follow our heart; we need to follow our own nature. We need to have the courage to listen to our heart. To follow our nature means to learn to trust yourself. Hidden deep within ourselves is the silent voice of truth. If you become silent, you will be guided from within from the silent voice. To follow our nature is the only possibility to attain freedom. When all lies and conditions from society are removed, you will discover your essential nature. Your nature is to become God. To follow your nature is to follow your consciousness, but you have been told by the parent, the teachers. the priests and the politicians to follow ideologies, philosophies and religions - and not to follow your own nature. When you know your own inner voice, you will be free. If you listen to your heart, no one can manipulate and control you again.

To become available to your inner nature is mediation. It is to become aware that there is source within you, from where God speaks to you.

— Swami Dhyan Giten, God is Everywhere: You are Divine, Everything is Divine

Love is what makes life meaningful. Without love, life becomes meaningless.

— Swami Dhyan Giten, God is Everywhere: You are Divine, Everything is Divine

Love is the proof of the existence of God.

— Swami Dhyan Giten, God is Everywhere: You are Divine, Everything is Divine

If you love, the whole existence becomes beautiful. Love makes everything beautiful. If you love all is beautiful, but if you don't love nothing is beautiful. Learning to love is the only magic in life. Learning to love opens all the mysteries of existence.
One who settles for an unlovable life says "no" to life, which creates a lonely, dark and miserable life.
One who learns to love says "yes" to life. He learns to love life and to experience life fully. He opens his doors to life, while somebody who says ”no" closes his doors to life. Learning to love life is the way to know God.

— Swami Dhyan Giten, Meditation: A Love Affair with the Whole

Meditation is the art of learning to listen to our own heart. Meditation is the art of learning to listen to the intuition, the inner guide. Meditation is the art of learning to not

listen to the voice of the outer spiritual teacher, but one's own inner spiritual teacher. Our intuition, the inner guide, the spiritual teacher within, is always available within ourselves. Our intuition, our inner guide, our spiritual teacher within, is our being, which always wants to talk to you. In each situation, it gives you a message, which is always right. The being shows you what to do and in which direction to move. You will always be able to see the light by listening to the being. In the inner being, there is immense light and clarity.
The inner being is already in contact with the whole. But mostly we live on the periphery, because our mind is the periphery. So slowly we forget that there is something inside ourselves, which has significant messages to us. Meditation is the process of moving within to the inner being. Rather than listen outside we have to listen inside. To be in contact with the inner being is going the right way.
God is your inner voice. You have to move within to hear the still, silent voice of

God. When you have learnt to hear it, your whole life is transformed. Then you have learnt to listen to your being and to follow your own heart.
One who can listen to your inner being has learnt a new language. One who can listen to his being has become capable of listening to the being of the whole existence. He can hear the song of the birds, he can hear the wind passing through the trees and he can hear the silent whisperings of the trees.
The meditator has to begin with himself. The meditator begins to listen to his own being, and ends with listening to the being of the world. The day that you realize that your being and the being of the world are not separate, but one is the day of enlightenment. This is the ultimate fulfillment of life. The meditator has to make a commitment to put his energy into realizing the phenomenon called God, Tao, dharma and truth.

— Swami Dhyan Giten, Meditation: A Love Affair with the Whole

Life is intertwined, where everything is part of everything else. Man, woman, flowers, trees, animals, mountains and stars - all is one. The tree is separate and the earth is separate, but the tree is in reality never separate from the earth. The earth is never separated from the tree. The sky is separate, but in reality the earth is never separate from the sky. In reality, they are together. The reality is oneness. All things are together, intertwined, part of each other. If you go deep into one thing, you will end up with the whole. If you can understand a man, a woman, a flower, a tree, an animal or a river in depth, you will meet the whole existence. If you can understand a flower in its depth, you will see the whole existence, and you will understand all men, women, trees, stars and planets. If you go deeper into a single flower, you will understand that in a small flower the whole

existence is present. When you love
a flower, the larger the flower will become,
because love is nourishment.
Life is together, intertwined. Everything is
part of everything else. All is one. Everything
is a door to the whole. If you go deep within
yourself, you will reach to the inner being,
you will reach to the depth, which is the
depth of everything. Only on the
periphery, we are separate, at the inner
being, at the center, we are one.
Life is one. Life is God. We need eyes to see
to recognize this togetherness, this vastness,
his oneness.

— Swami Dhyan Giten, Meditation: A Love Affair with the Whole

Man can exist either in conflict with existence or in harmony with existence. Man can exist either as an enemy to existence or as a friend to existence. For existence it is the same. Existence is neither inimical to you nor friendly. Existence is simply available. Existence simply reflects you, existence echoes you. Existence is a mirror to your face.

The whole thing depends on you. If you are inimical you will see your own face in nature. To be a seeker of truth means to choose to be consciously a friend with existence. When you start looking at existence in love, truth, a deep harmony arises with the trees, with the animals, with the sun, with the wind, with people and with the stars.

Step by step it goes on spreading in your life, and a moment comes when you are no more and you disappear into the whole. That makes a deep joy happen, which is our deepest thirst and longing. That is what everybody is searching for consciously or unconsciously. The key is to be in harmony with existence.

— Swami Dhyan Giten, Meditation: A Love Affair with the Whole

Existence loves us. Otherwise we would not be here. Life is a gift of God. It is not our choice to be here, we have been chosen to be here by existence. It is a decision by the whole. Existence goes on giving us gifts on all levels: physical, psychological and spiritual. A meditator has to remember that existence goes on pouring so many gifts, and that he has not thanked it by contributed anything in return. Real gratitude to existence is expressed by creativity. When we create something in return to enhance existence, we start being creative by showing gratitude. In our own way we are participating with God. It can be a song, a painting or to make people happy and create more happy and smiling faces. It is to make a little change in the world, and create a

better and more beautiful world. If we can create something out of gratitude to existence it brings joy. Creativity is the way of prayer.

- Swami Dhyan Giten, Meditation: A Love Affair with the Whole

Man can live in misery, but man can also live in joy. It all depends on how you live, on how you approach life. If one never learns the art of living, life will be a misery. Unless you learn the art of living, you can't have love, silence, joy, awareness, truth and freedom. Everybody comes with an inner potential, but very few people develop that potential. The potential remains unused. One should be more like a flowing river, than a stagnant pond. We have to become flowing, moving into the unknown and always reaching for the ocean.
This has been called God, truth, nirvana and

enlightenment, but it is really nothing but life blossoming.

— Swami Dhyan Giten, Meditation: A Love Affair with the Whole

Man can live either as an isolated island or in harmony with existence. Man can live isolated from existence with the attitude that he is separated from existence, but you cannot be joyful if you are going against existence. Going against existence is the way of the ego. It is like trying to swim upwards in opposition to the current of the river of life. Going against existence is fighting a losing battle. It will make you tired and exhaustive. It is your idea of being separated from existence that has created the whole problem. Existence is not fighting you. Being in harmony with existence you would not have felt that existence has been against you. Being in harmony with existence is the way

of the spiritual person. The moment you merge with existence, God becomes your strength and a rejoicing happens in your heart.

— Swami Dhyan Giten, Meditation: A Love Affair with the Whole

We have been taught that life is a fight and a struggle. We have been taught to fight, because of the idea that man has to continuously fight for his survival. We have been taught to fight, because of the idea that man and nature are enemies.
Nature is not our enemy. Nature is our home. The universe is not antagonistic to us. The universe means the earth,
which the universe fills with flowers, trees, animals, people, rivers and mountains. The universe is supporting them. Why would the flowers, the trees and the rivers otherwise grow?

Man is part of this existence. But the idea that we have to fight creates a separation between us and the whole. Man becomes an isolated island. Then we live in fear, anxiety and worry. So how can we be happy? Instead we feel alienated, alone and meaningless, because the whole seems to be a constant fight and struggle.
For the person who has been fighting with existence, death seems to be the ultimate thing. But for the person who has surrendered to existence, who is in tune with existence, death is not the ultimate thing. Surrender means to let go of your ego, so for him there is no death. It is only the ego that dies, because the ego is a separation from the whole. Itis the ego that fights with the whole. Surrender means to drop all that is superficial and shallow. Surrender means to become egoless.
Surrender means that our heart starts to beat in tune with the universal heart. Instead of being an isolated island, we become part of the whole continent. And

then we live in love, joy, silence, trust, truth, freedom and the eternal. Suddenly we know the joy and beauty of surrender.
Surrender means to yes to the whole.

— Swami Dhyan Giten, Meditation: A Love Affair with the Whole

We are all searching for happiness consciously or unconsciously. Happiness is the goal of life. Not only are human being searching for happiness, but trees, flowers, animals, birds and rocks. The whole existence is searching for happiness.
Only man is conscious enough to penetrate into the ultimate mystery of life. But not all man, because few people are really conscious. The majority of people live in unconsciousness.
Meditation is the process of transforming unconsciousness into consciousness. Meditation is the only way to give you a

glimpse and an experience into your consciousness. Meditation is the only way to give you a glimpse that you are something much more .And the moment that the first glimpse happens your first window to life opens. And your life becomes a joy.

— Swami Dhyan Giten, Meditation: A Love Affair with the Whole

A man without meditation is not part of existence. He exists, but he is not part of existence. He is separate from existence. There is no bridge between him and the whole. Life begins with meditation, because meditation creates the bridge between you and the whole. Without meditation you're like a separate island. With meditation you become part of the whole continent.
The ego tries to live like a separate island. The ego is afraid of being part of something

which is larger than itself. The ego tries to live a confined life. The ego is afraid of love, because love is larger than the ego. The ego is afraid of meditation, because meditation is far larger than the ego. The ego is afraid of joy, because joy happens when you are connected with something larger than yourself.
The whole is interconnected. It is only the stupidity of man that tries to live separate from the whole. This is why man lives in misery, because man lives in separation from the whole.
Meditation gives you a taste of joy, because meditation give you a taste of something that is larger than yourself. It gives you a taste of the infinite, of the oceanic. Then you understand that existence loves you and cares for you.

— Swami Dhyan Giten, Meditation: A Love Affair with the Whole

The spiritual journey means to learn to listen more and more to the heart. It means to learn to follow the heart. It means to gather the courage to follow the heart, instead of listening to the mind. The mind is not yours; it is given by the society.
The heart is yours; it is given by God, the divine. If you listen to the heart, it will not be difficult to go into meditation. Then you will know what to do and not to do. You immediately know what to do in the moment. You know from your being. The heart knows what to do, because the heart is already in contact with the whole. The heart lives in the mysteries of existence.

— Swami Dhyan Giten, Meditation: A Love Affair with the Whole

Meditation is the beginning of becoming part of existence. The ego creates a separation from existence. The moment we

drop the ego, then we find our roots in existence. Then there is no separation anywhere. Then God beats in our heart. The same God that flows in the rivers and rises in the sun circulates in our blood. It is all one. But the contemporary man feels separated and alienated. Never before has it happened on such a vast scale. Almost everybody who is intelligent feels uprooted and alienated. And of one feels alienated, life cannot be a joy.
Life is a joy only when we start feeling a home in existence. Meditation is a help to feel at home with existence, with the trees, the earth, the people and with the animals. Only this experience makes one religious.

— Swami Dhyan Giten, Man is Part of the Whole

Love is the most divine quality. When you grow in love, you are growing towards God, the divine. When you stop growing in love, you stop growing.
Some people go on accumulating money, power, status, position and knowledge.
It is wasting life to collect trivia. It is only through love that something starts happening to your being. A new joy fills you from within, new light dawns on you
and a new awe and wonder about life starts moving through you.
You begin to look into existence through the heart, which is the true window to life.

– Swami Dhyan Giten, Man is Part of the Whole

Love has disappeared from the world. Society is deep down against love. Society has created substitutes for love for example marriage. These are substitutes for love, so

that you do not begin to search for real love, which is not ordinarily available unless you raise your level of consciousness. Love is not an exclusive relationship; Love is the ultimate flowering of our consciousness. God has also disappeared from the world, because love has disappeared from the world. One cannot connect with God through the head or through beliefs. You can only connect with God through the heart. The society pretends to be religious, but it is only a facade. The religion that exists is just a formality, a belief. Real religion is something else, but the moment you re really religious the society will be against you, because it Isa danger to society, to the politicians, to the church and to the vested interests, who are oppressing and exploiting people.

We have to change the milieu that exists on earth today. We have to create a milieu of love in the world. Love unconditionally, love for the sheer joy of loving, not for receiving anything back. Love and you will see that

a door has opened and God has entered into your life.

— Swami Dhyan Giten

Humanity is suffering from a lack of love. That is the basic problem of humanity. All other problems arise out of this basic problem. War, conflicts and poverty can disappear within minutes, because they are not the real problems. The real problem is that love is missing. We have the technology to make the earth into a paradise, but we do not have the heart that can share and make the earth a paradise for everybody. Instead, science and technology are used to destroy. Seventy percent of every nation's income is wasted on war, violence and destructivity. Humanity can become happy. The world if full of all that is needed to make humanity happy. But inside man something is missing. The real heart is missing. Man has forgotten

the language of love. Man lives through anger, violence, conflict, ignorance, jealousy, competition and war. These are the poisons of love.
A meditator has to drop all that goes against love. When the barriers to love are removed, love starts flowering, because love is our essential inner nature. The inner source of love is already within us. Once we find this inner source, love becomes a golden light. Itis a light that lights your path, it is a light that can light the path of many people and it is a light that can make you aware of God. Love is the only light that can make you aware of the presence of God. It is love that can become the realization of God.

— Swami Dhyan Giten, the Way of the Heart

To say yes wholeheartedly is to be religious. It has nothing to do with a belief in a god. All that you need is wholehearted yes. All that

you need is a total yes, so that not even a small fragment of no remains in the heart. When you say a total yes, you become a light unto yourself. And this light starts to guide you on your path. Then no outer guide is needed.
When you say a total yes, you don't hold back. The total yes means to flow with life and to be available to life. The total yes means that non-resistance is all that is needed. We have to cooperate with life.
Our mind is very afraid of saying yes. The mind naturally resists saying yes. The mind lives through saying no. We have lived with saying no for so many lives that we have forgotten the possibility of saying yes. We have forgotten the possibility of saying yes to ourselves, to say to others and to say yes to all that is.

— Swami Dhyan Giten, The Way of the Heart

Love and trust are different expressions of the same phenomenon. Love is the beginning of trust, and trust is the culmination of love. Then you can trust yourself, you can trust others and you can trust life.

Trust happens in the heart. When the heart begins to resonate in a deep harmony with the whole, there is a meeting. That meeting is trust, and that is not possible without love.

In the school of love, you learn the art of trust. Both love and trust have disappeared from the world. Love exists no more. Trust exists no more.

Love and trust are immensely beautiful. It is through love and trust that you will find harmony with the whole.

— Swami Dhyan Giten, The Way of the Heart

Love is the quality of the heart. Love is really the only thing that is valuable. Things have prices, but they have no real value. Love has no prize, but love has immense value. Love is the only experience that makes life meaningful. Love is the only experience that is not available in the marketplace.
Love is the only experience that is not of the world, and yet exists in the world. Love is the bridge between man and God. Only love can penetrate into the unknown.
Only people who know love know the richness, the joy, the poetry and the beauty of existence. Love is the source of all that is good, meaningful and beautiful.
Love opens the doors to the mysteries of life. Love opens the doors to the inner shrine of God.

— Swami Dhyan Giten, The Way of the Heart

The most important thing in life is to discover your truth. Truth is there, because we are alive and conscious. We have to go deeper into our consciousness. And once we have found our consciousness, we have found truth. Once you know who you are, you have found truth. When you find truth, the outer world will be the same, nothing in the outside world has changed, but you will be a totally different person. The outside world will be the same, but nothing will be the same, because you will have a totally new perspective, which is eternal, timeless and deathless.

Now you will know that you were before birth, and you will be after death. Now you are free from all small things: life's failures and successes, richness and poverty and small pains and pleasures.

Now you can remain centered in every kind of situation in life. Nothing will make you waver, your groundedness is solid and absolute. This integrity, groundedness and state of consciousness remains untouched by everything.

This is the goal of meditation. Once it is discovered, one can live with joy, grace and God within one's heart.

— Swami Dhyan Giten, The Way of the Heart

Man can live either as love or as an ego. These are the only two alternatives in life. It is the only two alternative lifestyles. The ego is very attractive, because it promises great things, although it delivers nothing. The ego creates dreams and fantasies, but these fantasies take you further away from yourself. And to be away from yourself is to be away from God, the divine. Love is not at all persuasive. It will not prove itself. You have to choose love, because it does not propagate itself. When the ego fails, because of its deceptive dreams and mirages, it fails for intelligent people. For the stupid people, it never fails. In that failure of the

ego, one moves to egolessness.
This is what love is: love is egolessness. Now there is nowhere to go, nothing to achieve and your whole energy starts resting within yourself. And when your energy comes to rest at your center, one comes to know that one is not, only God is.
One comes to know that God is my strength. One comes to know that God is my existence, hat God is my being. One comes to know that one is just a small manifestation of divine energy. To know it brings great joy. All worries disappear, all entities disappear, and now you know that there is somebody greater than you who takes care. You are his project to help you to be joyful.
When you are inside yourself, you immediately hear the still, small voice within you - and that becomes your inner teacher, your inner guide and your guiding star. Then you have your own insight and you know what is right and wrong. Now you know that living according to one's own being is to live authentically. That is the way of the spiritual person.

— Swami Dhyan Giten, The Way of the Heart

Prayer is the most beautiful flowering in existence. Prayer is the ultimate state of love. When one is loving, prayer becomes natural. One has to thank existence. Feeling thankful one bows down to the whole: to the trees, to the birds, to the animal, to the people, to the rivers, to the mountains and to all that us. When one is loving, prayer will come of its own accord. And when it comes on its own, it is neither Christian, Mohammendan nor Hindu. It is simply prayer. Then it unites you, not only with humanity, but with trees, animals and rocks. It simply unites you with existence.
It becomes a bridge to existence, which speaks from your heart to the heartbeat of the universe. Then the whole of life becomes prayer.

Then to be is a prayer. And only when everything is prayer, one has come to know the mystery, which is at the center of prayer.

— Swami Dhyan Giten, The Way of the Heart

Man needs peace, not war. Man needs love, not violence. We have been tortured enough with ideas of heroes, war, propaganda, hate, destruction and violence. Science has given us enough of destructive power and weapons that if we go living in accordance with the old destructive values then and ideals humanity is finished.
The future belongs to the new man, to the intelligent and creative people, not to the soldier.
Only love can give us the balance. Humanity has lived against love up to now, and that is why there is so much misery, hate, violence and destruction in the world. This is because

humanity has lived in a destructive way up to now. Now there are only two alternatives: either humanity changes or this is the end of humanity.
The time for the old values and ideals are over. We have to live in accordance with a new life affirmative vision of life.

– Swami Dhyan Giten, the Way of the Heart

The existential law of love is that the more you give, the more you have. The law of love is also that the less you give, the less you have. And if you don't give at all, love simply disappears from your heart. And if you go on pouring love infinitely, it goes on growing in you infinitely. It is always in the same proportion proportion.
Once you understand the law of love, your life goes through a radical change. When you start giving love for no reason other than for the sheer joy of it, the whole universe

expands.
Then from every direction love starts flowing towards you. Life becomes a festival through life. Then life becomes spring, and thousands of roses bloom in your heart. All that is needed is to share your love without any conditions, and without asking for anything in return.
Let this be your meditation: become loving and finally become love itself. That is the moment when one discovers God within one's own being. God is another name for unconditional love.

— Swami Dhyan Giten, The Way of the Heart

Life is a ladder from the lowest to the highest. The majority of people live at the lowest rung, where we find ourselves at the time of birth. Many people think that just to be born is enough, so we go on living at the

lowest rang for the whole of our life. Birth is just the beginning of a long journey, but the majority of people die at the same spot where they were born. They have not moved a single inch. They have just vegetated between birth and death. Their life energy has remained on the same plane. It has not developed, it has not gone upwards. They are too occupied with their own small things, so they have no time to look upwards. Life really begins only when you start moving on the higher rungs of the ladder of life.

There is nothing more delicate than love in existence. Love is the most precious thing. Love is the opening of the heart. Love is the flowering of the heart. And the moment that the heart opens like a flower the whole existence becomes available to it. Then it can sway and dance with the wind, with the rain and with the sun. Suddenly all barriers

disappear, and as you open up barriers evaporate. Opening up to existence like a flower means coming out of imprisonment. Otherwise we are living in a way closed to everything.
The whole life of a closed person is fear-oriented. He is afraid to open up to life. He is afraid to be open and vulnerable, because you may be hurt, cheated and deceived. It may be better to keep the windows and doors of the heart closed. But a closed life is bound to be miserable.
Just as the closed life is fear-oriented, the open life is love-oriented. It means to trust existence. And through trusting existence, you can allow yourself to live and dance.

— Swami Dhyan Giten, The Way of the Heart

To be happy needs a strong spirit. It needs no courage to be miserable. That is

why millions of people are miserable. Society consists of miserable people. Society wants people to be miserable, because then they are easy to manipulate, control and exploit. But to be happy one really needs a strong spirit. You need a strong spirit for two reasons: he first reason is that the whole of humanity is accustomed to living in misery and the second reason is that you have to go against the accustomed misery of humanity. It means that you have to leave the collective unconscious. You have to leave the unconscious crowd, the mob.

There are many kinds of crowds: political, religious, cults, Conservative, Fascist, Christian and Islamic. The miserable person cannot be alone. He always wants to belong to a crowd. The miserable person is like a sheep, who wants to belong
to a herd. Sheep's are always afraid to be alone.

The happy person has to be like a lion. The first thing for being happy is to learn to be alone. The first step is to drop the mass mind. The mob is the lowest possibility of

humanity. Whenever you want to be alone and you want to leave the collective unconscious, when you want to leave the mob, the mob will try to hinder you. The mob will create every hindrance. The mob becomes afraid, because if one person leaves the mob, then other people may also try to leave the mob. The crowd does not want to lose its power, because the crowd consists of the politicians, the priests, the establishment, the status quo, the media and the rich, and they all depend on the mob psychology.
The happy person is a danger to all of them. So this is why a strong spirit is needed to go against the mob psychology to be happy.

— Swami Dhyan Giten, The Way of the Heart

Society creates all kinds of conditioning and hindrances for us to reach our true nature. Society does not allow us to be ourselves. Society is dampening all our attempts to be happy. The whole effort and conditioning of culture, politics, religion, education, media and civilization is not to allow you to be your own natural self, not to allow you to be happy.

This is done for the simple reason that the person who can be himself and who can be happy cannot be manipulated. If people are to be manipulated - politically, socially and religiously - then their trust to be themselves has to be destroyed. We have not yet been able to create a natural and life-affirmative culture. So the individual has to make every effort to be himself and to be happy for himself, so that others also can be allowed to be who they are and to be happy.

The first concern is our own being, our own consciousness, our true self, and everything else is secondary. The first concern is not society, the church, the world and to fight for your country. The first responsibility is to

discover our innermost being, our true self. Once it is discovered everything else becomes easy, and it happens on its own accord. Then love, silence, joy, truth, compassion, freedom, creativity and grace flows. They are by-products of consciousness.

— Swami Dhyan Giten, The Way of the Heart

Meditation is the art of being alone. It is to forget the whole world. It is to forget the worries, chaos and tensions of the world as if it does not exist anymore. When you come to that space inside you, when only you are and nothing else exists, that is aloneness.
It is not loneliness. You are with yourself. You are not missing anything. For the first time you are with yourself, for the first time you are not lonely.
Ordinarily people are lonely even when

theyare in a crowd of people. Even while they are with friends, they are lonely. One tries to forget the loneliness through alcohol, looking at TV or through being constantly occupied. One tries anything that can help you to forget yourself and your loneliness. But sooner or later you have to come back to yourself and your loneliness. People are lonely in crowds and lonely in their relationships.
Meditation is what creates a miracle: you are alone, but you are not lonely. For the first time you are with yourself, for the first time you can love yourself in your aloneness. For the first time you find bliss of aloneness.
The moment that you start finding the bliss of your aloneness, it becomes wisdom. Then you are not dependent on anybody. You have found the source of bliss within yourself. That is wisdom. Now you have freedom: you can be everywhere, and you can be blissful.

— Swami Dhyan Giten, The Way of the Heart

Everybody is born with a song in their heart. Unless the song inside is sung, one remains miserable. Then the purpose of life remains unfulfilled. The moment you have sung your song, joy explodes in your life. You have arrived home, because you have poured your heart into existence. In that creative pouring one becomes part of the whole. All separation from the whole thing disappears. Then the ego is dissolved. And with the ego dissolved, birth and death disappears. Nobody attains it without being creative. Anything to be true, authentically true, has to be creative.

Do whatsoever is your inner feeling to do. Find the inner ear, the inner listening, which can hear the small voice within, and follow it. Meditation is the way to throw you back upon yourself, so that you can listen to your heart and follow it.

You cannot get a map of the journey. That has to be discovered by you. It is written within your being, but meditation can help you to reach that innermost core, where you

can read the writing that you have carried with yourself forever, but which you have not looked at.

- Swami Dhyan Giten, The Way of the Heart

Truth is only one. Truth is neither mine nor yours. Truth does has not belong to anybody. Truth does not belong to any religion, to any ideology, to any church, to any country or to any time. Truth is eternal.
Truth is the very center of the whole existence. It is also our being, our life center, and everyone's being. We are different on the surface, on the circumference, but we are joined at the center. As we start moving towards our innermost being, towards our center, we start moving towards oneness of being.
On our journey towards oneness of being, first our personality is lost. The personality is a very peripheral thing, a very

cultivated and conditioned. It is something imposed from the outside. And when the personality disappears, individuality appears. Individuality remains for the whole journey between the surface and the inner being, the center. Then when you enter the center even individuality disappears, and you become universal. It is to attain the ultimate truth.

A man who has reached to truth lives only to liberate people. His whole life is nothing but a sharing of his joy. He has nothing else to live for. All his desires and ambitions have disappeared. He has no motivation of his own. As long as he lives he lives and breathes for all. He lives for all.

He has reached the ultimate height of love, silence, truth and freedom. He has inherited the whole existence. This is possible for those who really want to know the ultimate truth. It is possible for anyone, who are ready to go on a journey to risk his personality, to attain individuality, and then to risk even individuality to attain universality.

— Swami Dhyan Giten, The Way of the Heart

Meditation is the door to the divine. Nothing is more godly than meditation, because in meditation you slip out of the mind. You disappear from the outside, and you exist at the innermost being, at your inner core. Your innermost being is rooted in God. Just as every tree is rooted in the earth, every consciousness is rooted in God. God means the ultimate consciousness. Meditation is the bridge to your innermost being, to your consciousness. Once you have taste the joy of being at the source, then everything else in life becomes meaningless. Then you can go on living the ordinary life, but it becomes a beautiful drama. You can play it as well as you can, but now you know that you are not part of it. It is just a role to play, but it is not your existence.

You can have all kinds of relationships in the world, but you know the beauty of being alone. You know the bliss of being. Once that window opens your life is transformed.
And that is the whole purpose of meditation: to open that window, so that you can really know that you are godly.

- Swami Dhyan Giten, the Way of the Heart

Meditation is the only way to know the deathless within ourselves. The body dies, but not you. The body is born, but you are not. You have been before birth, and you will be there after death. Life is not just an episode between birth and death.
There are many births and many deaths in a long eternity of lives. Birth and death are just small events. They are like waves in a river which come and go, but the river remains. The river goes on and on.

Unless this becomes your experience, one cannot live joyously, because the fear of death contaminates everything. The fear of death is the basic fear behind all fears. We may not be conscious of the fear of death, but it is always there. There are two basic taboos in the world: sex and death. We don't talk about sex, because sex is bound to bring up the question of death. We do not talk about death, because that brings up fear. Meditation is the only way to face death. Meditation means becoming aware of your being. Then you can see clearly that you are not the body and you are not the mind. You become a witness to the body and the mind. As this becomes your deeper experience, a freedom arises in you.

Remaining unidentified with the body and the mind, one becomes aware of eternity, of deathlessness. This awareness makes your whole like take a totally different perspective, a different vision. Then even death takes a totally new perspective. You will be able to see in death that the body is dropping, and that the body is dropping

from you.
The greatest experience in life is to see death clearly with awareness .It is the greatest experience, because one who can see death happening with awareness is never born in the body again. Then he becomes part of the eternal flow of consciousness. He becomes part of the universal consciousness. He becomes part of God.
Unless this experience happens you will have to come back again and again into the body. Life in the body is just like a school. If you fail, you will have to come back. If you pass, then there is no need to come back. Everyone has the potential to pass, so go into meditation and make this your goal.

– Swami Dhyan Giten, The Way of the Heart

Man ordinarily lives in a state of unconsciousness. Man lives almost in a kind

of sleep. Only in a minimal way he is awake. Only in an emergency does he suddenly become alert. Suddenly you will see a change and alertness in him, which was not there a moment ago.

Suddenly all your thinking disappears, all your dreaming disappears and all the fantasies that continuously goes on has stopped. For a moment the mind stops, there is a blank and in that interval you are alert.

Ordinarily it seems that a person can only attain to a few second of awareness in his whole life. People live like robots, machines. People go on doing things effectively and mechanically, but that does not prove that we are conscious.

The ordinary man, the mob, the crowd, is unconscious and mechanical. The society wants people who are unconscious and mechanical, because they are easy to manipulate, control and exploit.

It is only through consciousness that you can go beyond this mechanicalness. The spiritual

journey means that you are given a new dimension, the spiritual dimension. The whole work of the spiritual journey is to bring you some consciousness of your self, of your being. It is an effort to make you conscious, to help you to rise above your biology, unconsciousness and mechanicalness.

Very few people have attained to their spiritual selves. Most people live on the biological level, and they die on the biological level. Everybody has the potential, but most people do not work on it, so it remains a lost potential. The potential has to become actual.

So make an effort to make your life concentrated effort to become more and more conscious. And as glimpses of consciousness start arising in you, you will be surprised that bliss will follow each moment of consciousness. As consciousness deepens, bliss depends. Bliss is the consequence of being conscious.

– Swami Dhyan Giten, The Way of the Heart

Man without meditation is homeless. He knows not from where he comes, why he exists and where he is destined. He knows not how to exist, so that he can know the truth of his being and the mystery of life. Without meditation everything remains closed.
Meditation is the key. Meditation is the key that can open the lock of the mind to go beyond the mind to the real treasure of life. Once you can go beyond the mind, you will know your home. To know it is to become part of the mystery of existence. To know it is to know deathlessness, eternity. Once it is known, then ordinary life is no more ordinary. Then life becomes full of love, silence, joy, truth, freedom, beauty and music.

Meditation is taking a vow to enter into the world of meditation. It is taking a vow to be concentrated on how to be more meditative, more aware and more conscious. And once you put your energies in one direction, things starts happening on their own.

— Swami Dhyan Giten, The Way of the Heart

It is only through bliss that one becomes a messenger of God, the divine. The moment that you are blissful you become a vehicle, a passage for God to descend into the world. You become an opening for God to pour into the world.
Every blissful person can become a blessing to the world, because he becomes proof that God exists. There is not any outer proof. Only the presence of a blissful person is an

indirect proof that something more than the mundane exists.
It is proof that something more than the so-called life exists. Philosophers and theologians have argued much to prove God, but they have not succeeded. Mystics have proved it without any effort, because their presence was enough. Every blissful person is a messenger of God.
Meditation is the way to create as many blissful people as possible, because the world now needs as many proofs for God's existence as possible.
The misery and darkness of the world are becoming too heavy that God is disappearing from the world. The meditators have to become bridges between the ordinary world and the spiritual world, which is within the ordinary world.

— Swami Dhyan Giten, The Way of the Heart

Love is always flowing. Love is a river. The moment you stop a river, it becomes dirty. The river is only clean when it is flowing. The same is true about love. Love should be in a constant flow. But our minds are always trying to make love static. We try to cling to love. We try to make love a static and permanent phenomenon.

We destroy the possibilities for change. We are afraid of change, because we don't know where the change will lead. So we want tomorrow to be exactly like today. That destroys all possibilities for growth.

Let the future be open. The natural life is change. We have to flow with nature, and with the ultimate law of existence. Be in tune with existence, without expectations on your part, and you will be enriched.

Each moment will bring new life, new joy. And a person whose love is always flowing becomes vast. He becomes as vast as the sky itself. In that vastness one knows what God is. That vastness is God.

– Swami Dhyan Giten, The Way of the Heart

Love and prayer are two different expressions of the same energy. Love is more earthly, whole prayer is more unearthly, but the experiences are the same. Love is more limited, because it person-to-person experience. Prayer is unlimited. It is from person to the impersonal existence.
In the beginning it is from the person to the impersonal existence, but when you relate deeper with impersonal existence, the person is lost. It is like a drop disappearing into the ocean. The drop loses its boundaries. It becomes the ocean. The old identity of the drop will be gone.
Many people think that they know what love is, but they do not know what love is. So how should they know about prayer, which is the highest form of love? Prayer is almost non-

existential, and even love is experienced by very few people, because love also demands many essential things before they can experience it.
Love cannot coexist with jealousy, anger, violence, hate, ego, possessiveness and domination. These are allantois-love phenomenon, which will destroy the possibility of love.
To grow in real love one needs courage. Love challenges you. And you have to drop many things to become worthy of love. The first thing to drop is the ego. But we would like love with our ego intact. When love
do not exist, then everything higher than love is impossible.
Prayer is the ultimate flowering of love. A man who knows love deeply, who has been able to drop his ego, will move towards prayer If loving one person is so beautiful, then how much more beautiful will it be to love the whole existence. That is prayer.
One need not believe in God to be able to pray. First one has to know love, then one

has to know prayer and then Gods the third experience. True religiousness arises out of love. Prayer is an overflowing love. And ultimately prayer reveals God to you.

— Swami Dhyan Giten, The Way of the Heart

There is only one victory in life and that is to attain inner bliss. One can have all the money, power, status, wealth
and possessions of the world, but still live in misery.
The wise man will not waste a single moment. His whole life will be a concentrated effort to attain blissfulness. Unless you attain bliss, you will have to come back again and again to the body. You will have to be born again and again. You will have to go through the whole of life and death again.
Life is like a school. If you fail, you will have

to go back to the same school again. If you pass, there is no need to come back. Only a man who has become awakened never comes back to the world. Then he lives in eternity. He lives in a bodiless immortality. He becomes part of the whole. He becomes oceanic, vast.
The body is a confinement, The body has limitations. And growing up includes the frustrations of life, diseases, illnesses and old age. And they go on until you die.
The body is a confinement, which is why the whole effort of meditation is to give you an experience of bodilessness. It gives you the experience of going beyond the body. It gives you the feeling of your consciousness. To know your consciousness is to know the unbounded, the infinite and the immortal.

— Swami Dhyan Giten, The Way of the Heart

Man can live in two ways: either he can become a stagnant pool of energy or he can become a flowing river of energy. The stagnant pool of energy becomes the ego. The river life flow helps you to always go beyond yourself. It is a moment towards the ocean, towards the unbounded and towards the infinite.

That is the way of the meditator. Life should be like a river. Life should be always moving and changing. Life should be ready to go into the unknown. It should always be ready to risk the familiar for the unfamiliar. Then a constant adventuring consciousness makes a man a meditator. It is the greatest adventure there is.

The earlier a person becomes aware of these two alternative possibilities, the more it makes it possible for a person to become a meditator. Otherwise slowly people become accustomed to being stagnant and forget that they could have been flowing rivers. That is why many people live stagnant lives. They live very ordinary lives without joy and meaning.

They simply go on moving in repetitive circles of mechanical behavior. They do the same thing again and again from birth to death.
That is not the right way to live. The right way to live is to live adventurously, always exploring and reaching to the stars. Then life becomes naturally meditative, because each moment brings so much joy.
The meditative person lives an open life. He welcomes each moment in life. And with that welcoming heart one slowly becomes aware of something which has been called God, truth, love, freedom, nirvana and enlightenment. This is different names for the same experience.

— Swami Dhyan Giten, The Way of the Heart

Meditation is the only way to know your being, which is already perfect. The inner

being needs no perfection. It is already overflowing with joy, silence, love, truth, freedom and peace.
Meditation makes you aware of that which is already perfect within yourself. It is a way of awakening one's own self. And the moment your own self is awakened you are rooted in existence. Then you know that you are part of divine existence. Then you know that you are part of an organic unity of the whole. To experience it is to become divine.
And to know oneself as part of the whole, an intrinsic part of the whole, bring great joy, because the most significant part of man's life is to know that he is needed by existence.
Without meditation man feels useless, but with meditation man feels useful. With meditation man's passion becomes compassion. With mediation man rises to new heights, and compassion becomes unconditional love.

— Swami Dhyan Giten, The Way of the Heart

We are all searching for a home. Everybody - consciously or unconsciously - are searching for a home. Somewhere deep within our being is a remembrance that we had home. It is very vague, but you have not forgotten incompletely. It goes on surrounding us like a fog, a thirst and a longing.
It is like a faraway country, where you were happy, blissful and joyous, where there was no anxiety and no anguish, where life was pure bliss, and where life was a dance, a song. Deep down somewhere that desire and longing still lurks. It still goes on guiding you to find it again.
All religions are born out of this longing. It is a feeling that "I am homeless. This is not the place where I belong. This is not life, this cannot be all, and something more must be

there. We do not known what this more is, but it is a persistent feeling that goes on working inside.
Sooner or later one has to listen to it, and the sooner one listens, the better, because one never knows when life will be finished. Any moment it may be. If a man becomes committed and interested in religion when he is young, then there is a possibility that he finds the real home. Meditation is the process to find our real home.

– Swami Dhyan Giten, the Way of the Heart

Saying yes to existence means surrendering to God. It means not living the isolated life of the ego. It means becoming one with the whole. It contains in essence the whole of religion.
Meditation is saying yes to existence. And then there is no fear. When you drop your

ego all fear disappears. Then whatsoever God wills you do. You are no more responsible, because you are not. Then it is all up to God.
With this trust a great revolution in your life happens. You don't exist as a separate entity anymore. It is like a drop slipping into the ocean.
It means losing its limited definition, it means losing its identity, but it means to gain tremendously. It becomes the ocean. So the loss is not much, but the gain is infinite.

— Swami Dhyan Giten, The Way of the Heart

Until now the whole of humanity has been in some way or other condemning life and the joy and beauty of life. Until now the past of humanity has been life-negative. And to be life-negative is to be against God, because life is God. God is not separated from nature,

people or life.
All the organized religions have been life-negative. All the organized religions destroy something valuable in you. They make you feel guilty about yourself. They make you feel guilty about being life-affirmative. They make you feel guilty about loving life. They make you guilty about enjoying the joy and beauty of life.
Meditation is helping you to be free of all guilt, and to rejoice in life. Meditation helps you to rejoice in even small things of life. Then even having a cup of coffee, taking a walk in nature or meeting a friend starts having a sacred significance.
You can have a cup of coffee in a prayerful way and with such meditativeness that there is no need to go to a church or temple. Meditation is a help to rejoicing life and also help others to be happy, because bliss is divine.

— Swami Dhyan Giten, The Way of the Heart

The search for love, joy, silence, truth, freedom or God is really a search for a union with the whole. We are brought up by a society, civilization and religion in such a way that we are given a false identity. We are all deceived by powerful people, who depend on lying and cheating. They have been cheating for centuries to be able to accumulate money and power, and they are afraid of allowing anybody to discover the truth.

The whole business of the politicians, the priests, the establishment, the status quo, the vested interests, the education system, the media and the rich depend on people who are gullible and ready to be deceived. From the very childhood these people create such situations that the child becomes aware that if he wants to survive in the world he has to compromise his truth. If the child says the truth he will be getting into trouble.

By the time he is strong enough to be truthful he has lost all sense of truth. The lies have gone so deep in him that they have

become unconscious, so that it has become almost impossible to get rid of them. That is the whole process of a man searching for truth: to undo what the society has done to him.
You have to be reborn, and you will have to become aware that the ego is a false identity imposed on you. You are not separate at all from the whole. You are part of the organic whole. And to know it brings great joy, because when you are not a separate entity, then how can anxiety and anguish exist? Then life becomes a joy. Then there is freedom without any fear.

— Swami Dhyan Giten, The Way of the Heart

We know a love that is momentary. It is a love that one day is there, and another day it is gone. Its very momentariness shows that it is not real love. It is something that is

masquerading as love. Maybe it is really lust, some psychological need, the fear of being alone, an effort to remain occupied with another person or an effort to fill one's inner emptiness. It can be a thousand and done things, but it is not real love.

The most essential quality of real love is its quality of everlastingness. Once you have taste the eternity of love, the timelessness of love, you are transformed. Then you are no more part of the mundane world. You enter into the world of the sacred. You enter into the holy world.

You can go on living in the same ordinary way. In fact, you become more ordinary than before. You lose all pretensions. You lose all egoistic trips. You forget about being somebody, you become utterly ordinary. But in that ordinariness there is a light, a beauty and a grace. You are full of light, because you are full of love. You are always ready to share, because you have found an inner inexhaustible source. You have found the inner source of love, which is our true nature.

This love has nothing to do with relationships. The love which is eternal relates, but it never becomes relationships. The love which is eternal relates to the trees, to the animals, to the birds, to the wind, to the people, to the moon and to the sky. It is a twenty-four-hours-a-day relation, but it does not create any relationships. Relating is like a river. It is a flow, it is a movement, it is alive. It is a dance. Relationships are something stagnant, it is something static. Something has stopped growing. The joy has disappeared. You start feeling sad and anguish arises in you, because you start losing contact with life.

Life is always river like. Man's greatest joy is being free. But in relationships you are tethered to a husband, a wife or a friend. The human mind continuously creates situations in which the freedom is lost. The seeker of truth and freedom has to know the difference between relationships and relating. Never lose your freedom, and never destroy any else's freedom. A really religious

person remains free, and he helps
other people to be free.
It needs constant awareness and vigilance to be free, because our minds always want to cling. The mind wants to cling to the known, to the secure and to the familiar,
because you are afraid of the unknown, the unfamiliar.
So on one hand you cling, and on the other hand you want freedom. We can only grow in freedom. When we choose freedom, our life will become a constant joy, a constant growth.

— Swami Dhyan Giten, The Way of the Heart

Man is born as a seed, but most people die as seeds. They never find the right soil to grow and reach their potential. They never find a gardener. They take themselves for granted. They think that whatsoever they are that is

the end, but this is not the end. It is only the beginning. But most people live in this way. They never search for their potential. They never become explorers of their inner world.

The seed can become a tree. The tree will dance in the wind, in the rain and in the sun. Birds will make their nest in it. People will rest underneath its shade. And when a tree has beauty, form, flowers and joy there is great contentment in the very being of the tree. It has fulfilled its mission from seed to become a tree.

The same experience happens to man when his seed becomes bliss. His seed has reached its potential, because bliss is the highest state of consciousness. He may live on the earth, but he is no more part of the earth. He belongs to the beyond. He may still be in the body, but he is no more the body. He is a buddha. He is pure awareness. Now he knows his immortality. Now he knows that he was never born and he will never die. Bodies come and go, but the innermost core remains. Knowing this all

fear disappears. For the first time you start experiencing life at its highest level. At the deepest core of his being, there is only joy.

— Swami Dhyan Giten, The Way of the Heart

The only way to know God is meditation. Meditation means a state of consciousness, where all thoughts have been dropped. The thoughts still remain there, but they are no more part of you. You have transcended them, and you are standing above them like a watcher on the hills. That is what meditation is.
Meditation is not against thought. Meditation is transcendence. Transcendence is going beyond thoughts. And these are the great moments of life, when love starts showering from the beyond and one becomes a beloved of God.
But one has to earn it, one has to be worthy

of it and one has to deserve it. That earning comes through meditation. Meditation prepares you to receive love. After beginning to meditate when I was 15 years old, and after conducting satsang for 10 years in Sweden, I began to meet God every day. I meet God in the wind, and in the silence of nature, which filled me with bliss. It gave me the feeling of being one with the whole.
God is always ready to give, but we are not ready to receive it. We are not open, silent and empty enough to receive it. We are so full of thoughts, desires, memories and dreams that there is no room within us. This room has to be created. That is the art of meditation. And then you will start dancing with God.

— Swami Dhyan Giten, The Way of the Heart

Religions all over the world have for centuries been telling people to serve humanity, but this has not produced any effect, On the contrary, it has created hypocrites. People who are not blissful are unable to help anybody. You can only give light to others if you have the light in the first place.

What has been happening is that blind people lead other blind people. This is a dangerous game, because if the blind person knows that he has nobody guiding him, then he tries to be aware and find his own way. He remains aware, careful and cautious. But if he finds somebody to lead him and guide him, then he need not be so alert. But if he is completely unaware that the guide is also blind, then there is more danger than before, and he will not live cautiously. He will think that somebody is there to take responsibility, so now he need not be alert.

It is because of this situation - blind people leading other blind people - that the whole of humanity has almost become a madhouse. Life has almost become

intolerable.
And the people that have taught service to humanity have only hindered the growth of people. People start serving others, without knowing whether they are capable of helping others. The desire to guide others is there in anybody, because it is very ego-gratifying. That is why everybody is ready to give advice whether you ask for it or not.
Only the people who are blissful can be helpers. Unless a man is conscious it is possible for him to guide anybody. One can help others only if one has first helped yourself. It begins from your very being, from your innermost core. There has been enough of the kind of help, which has done enough harm.
The first step is to help yourself. If you can attain to light, to bliss and to an experience of godliness, then you are bound to help others. Then there is no need to say something about it. It will happen by itself, because your bliss, love, silence, light and truth will start overflowing. And only the joyful person can be helpful, the miserable

person can only do harm.
The most basic thing is to become blissful. You can only share what you have. A man who has learned to love himself will be able to love others. A man who has become blissful will be able to spread his bliss. One always gives whatsoever one has. One radiates it. It starts to radiate and to function on its own accord. It is a magic, which works on its own.

— Swami Dhyan Giten, The Way of the Heart

We are all ancient people in the world. We have always been here and we will always be here. We existed before death and we will exist after death. Birth and death are small events in the eternal life. This insight happens only through meditation. If you remain identified with the body and the mind, then birth and death become the

limits of your life. When you realize that you are not the body and the mind, you see that birth is not the beginning and death is not the end. You are beginning less, endless. This insight makes you realize the world of eternity. And the deepest thirst and longing of man is to become eternal, to go beyond death and become deathless. Meditation belongs beyond birth and death.
The real seeker of truth always searches for the eternal, the deathless. The worldly and mundane people search for power, money, positions and possessions, which death will always take away from them.
Only meditation cannot be taken away from you. To find meditation is to have found the eternal, the deathless and the bottom of existence.

— Swami Dhyan Giten, Meditation: A Love Affair with the Whole

Man can exist in two ways. He can exist in time, where we ordinarily exist. To exist in time is bound to bring death. There is birth and there is death. Man can also exist in eternity, where there is no birth and no death.

Mind moves in time in sequence. Time is linear, and moves from point A to point B. Work is done by the mind which is why the universities, the schools and the colleges train your mind, because society needs skilled workers.

Eternity represents meditation. Meditation means to jump out of the mind. It means learning to be absolutely inactive and doing nothing for a few moments. You have only to sit silently, doing nothing, and everything goes on happening of its own accord. Meditation is not something that has to be done; it is something that has to be understood. If you understand meditation then that is enough. Then you can sit anywhere and fall into meditativeness. Meditation is not action, but a state of silence, a state of inaction where everything

stops. Time stops, movement stops and you are in a total rest. And those are the moments when you know that you are immortal. You know that the body will die, but you are not going to die. Then all fears disappear, because all fears are rooted in death. And to be fearless is the most fundamental thing for living joyously. The fearful person cannot live joyously. He cannot love, because he is afraid.
Meditation is learning to be adventurous, always ready to go into the unknown and always ready to explore that which is not known. He is always ready to take risks, because he knows that there is no death, so there is no fear. Then to live dangerously is playful.
This depends on one thing: that one has some experience of one's immortality. It depends on the experience that "I was never born and I will never die." This is possible through meditation.
A meditator has to learn to do only the essential in life and not waste one's life on doing the non-essentials. You need to learn

what is important and meaningful in life. A meditator has to learn how to relax, how to rest and enjoy rest. And slowly one settles into one's inner being, into one's own center, and the moment you touch your center you touch eternity, timelessness. That is what meditation is: an exploration of eternity.

— Swami Dhyan Giten, The Way of the Heart

Bliss is the greatest blessing in life. Without knowing bliss one lives in vain. In fact, one does not live, but only survives. One simply vegetates. Life starts only when you start moving in the dimension beyond death. That is what meditation is: a ladder, a strategy, to go beyond death. And only a glimpse of the beyond is enough. Then you know that the body is going to die, but you are not going to die. You were here before birth, and you will be here after

death. You are part of eternity. When you experience this, life becomes blissful.
And in that blissfulness, one feels that God has blessed you. Then naturally gratitude arises. This gratitude is prayer, which is the highest state of love.
Then you become thankful to existence. You feel what gift has been given to you. It is a gift that God has given to you only out of his abundance.

— Swami Dhyan Giten, The Way of the Heart

Love is always great. Greatness is part of love. Vastness is the flavor of love. That is why our so-called love is not love, because it is too small. If love is too small, it is not love. Our love is too confined, too conditioned and too demanding. And then life becomes a desert. And one feels that there is no meaning, no joy, no growth, no poetry and

no music in life. And all is futile and meaningless.
But we are responsible for the desert like and joyless existence. Without love, we become dry. With love, there is joy. With love, there is growth. Love can only be great. The problem is that we want something impossible: we want love, and we also want to protect our ego. The ego is small, and love is always great. They cannot exist together. It is against the law of existence. Either you choose the ego or you choose love. You cannot choose both. And in the conflict between ego and love most people choose the ego, because it is small and controllable. Then you feel safe and secure.
The vast sky of love is beautiful, but one feels afraid to go into such unknown territory. The ego can be controlled, but love cannot be controlled. With love you have to understand one thing: love is larger than you. Unless one
is ready to surrender to love in trust, one cannot know what love is. And without knowing love, one cannot know what life

is either. And then all talk about God is mere talk. You don't know life and you don't know love, so how can you know God? God is the crescendo of life and love. God is the highest peak of life and love.
Meditation means to learn to go into the unknown. It means to go into the great, the vast. And this adventure creates the soul; The soul has to be earned. Business people have no soul, because they live a soulless and mundane existence. Meditation means being ready to always leave the unknown. This very search gives integrity.
Learn the art of great love. Those who have known love have known all. Those who have missed love have missed all.

— Swami Dhyan Giten, The Way of the Heart

Meditation brings a revolution of our innermost being. As we go deeper into the

silence of our inner being, desires disappears. Desires exists only on the surface of our consciousness. They are like waves existing on the surface of our consciousness. When you dive deeper into the ocean of our consciousness there are no waves. Then you can come back to the surface of our consciousness, but you cannot lose contact with the center of our inner being. Then you can remain in the world, in the marketplace, and yet remain in tremendous silence. One can be in the crowd, and yet be absolutely alone. One can act with love, silence, joy, truth, freedom and creativity, but without any tension. This is the most fundamental thing for a meditator to be in the world, and yet to not be of it. It is to be in the world, but not allow the world to be in you. Then the whole world becomes a stage, and all relationships become a great drama. Then the meditator becomes the center of the cyclone.

— Swami Dhyan Giten, The Way of the Heart

As modern civilization develops, love disappears. Love has disappeared from society. Love is the only quality that man goes on missing. The basic structure of civilization that we have chosen is anti-love. The reason for that is that civilization is basically head-oriented. Civilization ignores the heart. The head is very efficient, but it is a mechanism. And a man who only lives in the head becomes an efficient robot. Then man becomes very useful for society, but for himself he becomes a mechanical machine. Only a man of love lives a joyful and meaningful life. Love is what makes life meaningful. Love is what creates meaning in life. Only a man of love develops a soul.
A man of love lives a natural life. He becomes close to the earth, to the rocks, to the animals, to the rivers, to the people and to the whole ecology. A man of love is at home in the universe. Love is what makes us feel at home in life.
Man has to become capable of living

naturally, lovingly, and yet be able to use the mind. He should live in the heart, and the mind should be used when needed.
A totally new kind of civilization is needed: a heart-oriented civilization. If man is going to survive, if life is going to exist on earth, this new civilization is urgently needed. The old man has failed, so the new man is needed. Man has failed, because his heart is missing. Man is in a state of heart failure, where only love can save him - otherwise there is no hope for man.

— Swami Dhyan Giten, The Way of the Heart

Man can only discover truth through meditation. Truth is not something that the mind can know. Mind can theories about truth, but mind can never discover the truth. The nature of the mind is not to reach the inner being, the center of consciousness. The

mind exists on the circumference of our consciousness. The mind is needed to communicate and relate with others. Truth is your very being. Truth only happens when you fall into deep silence. Truth happens when you forget the whole world. Truth happens when the other is completely forgotten. In these moments of silence and aloneness truth is revealed. It is not a conclusion of the mind, but a revelation of no-mind.

Meditation simply means turning in. Mind is always turning out. Mind is basically extroversion. Mind is a beautiful instrument. You can use the mind, but do not allow the mind to use you. Remember that the real truth is at the center.

At the center there is only consciousness, no thought, and no desires. All the faculties of the mind stop functioning, and you are simply aware, alert and watchful. You simply are. In that state you are truth. And once it is experienced, it starts changing your whole life.

If you know your truth, you cannot be

untrue in any way. Even to be untrue to others becomes impossible. The joy of being truthful is such that who would like to fall into the darkness of being untrue. The lying person becomes a problem to himself and to others.
Truth brings many gifts, but one has to open the door of meditation. Nobody can give you the truth. Truth is already given to you from God himself, Truth is not something that has to be found. Truth is already within you. Meditation means a decision to find your truth. It is a commitment that from this moment my life will be devoted to finding my truth, The truth is not very far away. It needs only one step: it is the step from mind to no-mind.

— Swami Dhyan Giten, The Way of the Heart

What is religion? Religion is to be in tune with the whole. Religion is to be in love with

the whole. Religion is to be together with the whole. Religion means to listen to our own authentic being. Religion means to listen to the silent voice within ourselves, which will always lead us right.
Religion means to realize that God is already available to you, both from the inside and from the outside. Religion means to realize that we are already one with God. Religion means the understanding and awareness that makes your doors open and allow God to enter in.
The purpose of religion is to dissolve in silence. When you lose yourself for the first time you are yourself. When the ego disappears, we become aware, joyous and spontaneous. We become a vehicle, an instrument for the whole.
The three dimensions of existence, the three faces of God, are life, love and light. The first dimension is just the beginning of a great journey, a great pilgrimage. Those who think

that life is the end miss the whole point of life. The majority of people take life as the end. What happens then is that people become greedy for life. Their life becomes full of greed, possessiveness and violence. Life should not be taken for granted. The people that take life for granted are the worldly people and these are the people who have made the world ugly and violent. These are the mundane and mediocre people. They become politicians, hoarders and exploiters. Their whole existence seems to be directed towards one thing: survival. Life lived without love and light is only one-dimensional. Love means introducing a new dimension into your life, which is the dimension of the heart. Love means to introduce joy and delight in your being. Now you don't live only on the one-dimensional horizontal plane. Now you live in two dimensions: life and love. Your life becomes rich.

Only by going through the fire of love, one becomes a heart. It is the fire of love that

creates the soul. Not having a heart is what makes life meaningless, but millions of people live without a heart. The heart is the spiritual center of our being. It is only the heart that can bring joy to our life.
Never be afraid of love because it is love that will bring you closer to your heart. And it is the heart that can open the doors to God. God can enter only through the heart. God is hidden in our own heart. God is within ourselves, but we seek him outside of ourselves. We seek him in the churches, the temples and the mosques, and we go on missing him. God is not in the scriptures either. God emerges out of your heart. Love people, love trees and love animals. Never miss an opportunity to love. The more you love, the closer you come to God.
Love is the bridge to God. How do love and meditation relate to each other? How do relationships and aloneness relate to each other? How do God meet you in different forms in the outside world, and how do God meet in you in the inside world as your own

self? In the outside world, in love and relationships, God is meeting you in many different forms. In the inside world, in meditation and aloneness, God is meeting you as your own self.
Balance is needed. Love and meditation and relationships and aloneness are a balance between the inner and outer world. Love and meditation, the inner and the outer world. Love and meditation and the inner and outer world is needed to create a balance. Together these two poles create a wholeness; together they will heal you. Make these two poles part of meditation, so that love and relationships are good to create wholeness.
And in the outside world, God is meeting you in many different forms. And when you feel the need again to be alone, God is meeting you as your own self. God is everywhere, so there is no need to choose.
There is also a third dimension: light. Light means introducing meditation in your life. It means.

— Swami Dhyan Giten, The Way of the Heart

Love makes man an ocean, an infinity. Love gives a kind of unboundedness. It helps you know that you are not defined by any limits. It helps you to know that you are not confined by the mind and the body. It helps you to know that you are as vast as the sky. The beauty of love is that it makes you aware of your vastness. That is the first experience of godliness. Love as much as you can. Love as many people as possible. Love not only people, but animals, birds, trees, rocks and stars. Become loving, so whatsoever you do, it should have the flavor of love. Whatsoever you touch it should have the touch of love. Whatsoever you say, you should say it with love.
In the beginning it is hard, but make it a meditation. Meditation is an experience of

love. Love brings you to the oceanic, to the vast. Then the door to the temple opens, and you enter the real temple, where you will find the real God.

— Swami Dhyan Giten, The Way of the Heart

Love means surrender of the ego. Love means to drop the idea that we are separate from existence. We are rooted in existence. We are one with existence. We live through it, and it lives through us. We are independent. You cannot exist without the whole, and the whole cannot exist without us. Existence needs you in some way. You are fulfilling a certain need for existence. The smallest blade of grass is needed as the greatest star. There is no hierarchy in existence. Nobody is lower and nobody is higher. All is needed, because existence means the togetherness of all. We all

contribute something to existence.
And existence goes on giving to us everything that we need.
Once this interdependence is understood our life starts having a new kind of joy, beauty and grace. Then there are no problems. Problems are created by the ego, because the ego is a separation from the whole. The ego lives in fear, because it is separated from the whole.
The moment the ego is dropped nothing goes wrong, because all is perfect right as it is. That is exactly the meaning of God - that all is good as it is.

— Swami Dhyan Giten, The Way of the Heart

Wisdom comes from the innermost depth of your being, not the intellect. Our intuition is the inner teacher, the inner guide, the inner

master. The old Indian scriptures say that the outer spiritual teacher is helpful to find your own intuition, your own inner teacher, your truth. Intuition is to create a trust in yourself and in your intuition, your inner guide, the inner master. Intuition is to learn to listen to the still, small voice within, and that will guide you. You have to be silent, quiet, so you can listen to the still small voice within you, and then follow it. Wherever it leads, it is good. Go in deep trust, following your own voice. The more you come in contact with the inner silence, the inner emptiness, the more you have access to your intuition. Silence is the nourishment for intuition. If something increases your love, joy and silence, it is the criterion that it is the right path for you. If something decreases your love, joy and silence, it is a sign that you are on the wrong path. Do not compare yourself with others when it comes to making a decision about what you should do, follow the love, joy and silence of your heart and inner being. When

you are in contact with your inner silence, you just know what you should do -you do not have to think about it, and you do not need to compare the pros and cons – you just know. You can listen to the advice of others, but always listen to your intuition, to your inner teacher and guide in life, when you take the final decision. The intuition, the language of silence, will always lead you right.

In 1982, I was directed by the Divine presence in a trance session with the American trance chancellor Lin David Martin: “You have listened to your intuition, to your true inner voice, more than most. You have been searching for the contact with the Spirit for a long time and now it is beginning to manifest on the outer plane. You have been gifted many times in previous embodiments and now everything will come rather easy for you. I want you to put your energy into the lives of others, because you can. Intuition means something that arises from within the inner being. Intuition is the

voice of being and consciousness. It is your potential, which is why it is called intuition. Unless you have your intuition, unless you have your own wisdom, your own vision, your own clarity, your own eyes to see, you will not be able to understand the mystery of existence. To give meaning to your life, to your heart, existence has given intuition to your heart. Out of intuition arises the possibilities of art, of love, of friendship- intuition will lead you to wisdom, to enlightenment. Then your life is a life of immense light, joy and serenity.

Intuition is the language of silence, the Existential language. The word “in-tuition” means to listen within yourself. Intuition is the silent voice within, which is already in contact with the Existence. Intuition is the voice of God. Intuition is to create a trust in yourself and in your intuition, your inner guide, the inner master. Intuition is to learn to listen to the still, small voice within, and that will guide you. You have to be silent, quiet, so you can listen to the still small

voice within you, and then follow it. Wherever it leads, it is good. Go in deep trust, following your own voice. Intuition means something that arises from within the inner being. Intuition is the voice of being and consciousness. It is your potential, which is why it is called intuition. Unless you have your intuition, unless you have your own wisdom, your own vision, your own clarity, your own eyes to see, you will not be able to understand the mystery of existence. To give meaning to your life, to your heart, existence has given intuition to your heart. Out of intuition arises the possibilities of art, of love, of friendship – intuition will lead you to wisdom, to enlightenment. Then your life is a life of immense light, joy and serenity.

— Swami Dhyan Giten, The Way of the Heart

A man without love is like a plastic rose. A man becomes a human being only when he is in contact with his heart. With love man is no more an animal. Otherwise man is just like other animals except that he has a bigger and efficient mind. That difference is quantitative, it is not a qualitative difference. The real difference is only when there is a difference of quality. And love is the only quality that brings a new quality to you. Out of one-hundred men, ninety-nine do not even know what love is. It is the rare individuals who come to know what love is. The real man requires two things: love and meditation. If a man can love he is bound to find the way to meditation, because love gives you certain glimpses of meditation. Love makes you silent. When two people who really love each other meet, they have nothing to say. They may hold hands and sit silent together. Love gives glimpses of meditation. Love is a natural jumping board for meditation.

So begin with love, and love as deeply as possible. Love as many people as

possible,because each person is a unique experience. And love not only people, love animals also because they have a different plane of existence, a different level of consciousness. In this way your life will become more and more enriched. It will produce the perfume of love. And that perfume will start moving into meditation naturally.

— Swami Dhyan Giten, The Way of the Heart

Man cannot get out of misery unless he realizes that something in him is deathless. Death is the basic cause of all fears. People are afraid of love, because when they go deep into love they suddenly experience themselves to be close to death. Only meditation can help, because only meditation can make you aware that you are deathless.

Even if you want to die, you cannot because there is no way to die. You existed before birth and you will remain to exist after death. Birth is only entering a certain body, and death is leaving that certain body - but you are eternal.
To experience this eternity, this deathlessness, becomes the foundation for a totally new life. It creates the foundation for a new life style of fearlessness without misery. A person starts living in joy if only one experience becomes possible: deathlessness.

— Swami Dhyan Giten, The Way of the Heart

The truth is one. Truth is neither mine nor yours. Truth does not belong to anybody. Truth does not belong to any religion, to any ideology, to any country or to any time. Truth is within. Truth is eternal.

Truth is the center of the whole existence. Truth is always in our center and everyone's center. We are different on the circumference of our consciousness, but we are all joined at the center of our consciousness.
When we start moving toward our center, first the personality is lost. The personality is a cultivated and conditioned thing. When the personality disappears, individuality appears. Individuality means that we are in contact with our inner being, our authentic self. When you go deeper into the center even the individuality disappears, and you become universal.
The man who has attained to truth lives only to liberate people. His whole life is nothing but a sharing of his joy and freedom. As long as he lives he lives for all.

He has reached the ultimate height of joy, silence, truth, freedom and godliness. He has inherited the whole existence.

— Swami Dhyan Giten, The Way of the Heart

God comes like a breeze. You cannot see it, but you can feel it. And you can be immensely enriched and nourished by it. If somebody is open to you, they will also feel your bliss. God cannot be believed in, and those who believed in God are deceiving themselves. A real trust in God is not a belief, it is an insight and experience. God has to be experienced. When you do not have an experience, you are open to experience. In that freedom something can transpire.
In that silence and emptiness, you are open for something from the beyond to transpire like a breeze. You cannot see it, but you will

feel it. It has a freshness to it. You will feel the fragrance, and it will transform you. Then God is a certainty to you. Then only God exists.

— Swami Dhyan Giten, The Way of the Heart

The two qualities courage and being blissful prepare the ground for God to descend in you. You have to be courageous, because God is the unknown. And whatsoever you have been taught about God is sheer nonsense. When you really come to know God, you will be utterly surprised. There is no way to describe the experience.
God remains indefinable and inexpressible. The experience of God is so inexpressible that even those who have experienced God cannot express their experience to somebody else.
The word "mystic" describes one who has come across such a truth that he can only say

that it is an unexplainable mystery. One needs enough courage to explore the unknown.
And one needs to be blissful enough for God to enter in your being. Unless you are blissful you are not ready for God.
God cannot happen to people, who are sad and miserable. God is a song, a dance, a consciousness. Misery makes people shrink and become closed, and bliss makes people open and available - and God needs all the space. Then only can the ultimate sky enter you. You have to become spacious enough to become as vast as the sky.

— Swami Dhyan Giten, The Way of the Heart

Life is to be lived, loved and experienced, because it is only at the innermost core that you will feel the presence of God. When you live, love and experience life, you come close

to the creative energy of existence. You have to be creative yourself. That is the only way to start participating in God's creation.
It is only through mediation that you become a servant of God, the divine. The moment you know the godliness of existence you naturally become a servant of God.
It is not something imposed on you from the outside. It comes out of your love for existence and from your wish to make the world more beautiful.

– Swami Dhyan Giten, The Way of the Heart



Swami Dhyan Giten

SWAMI DHYAN GITEN, spiritual teacher and best-selling author, has more than 30 years of experience in individual counseling and in teaching awareness and meditation. He is trained in both modern psychology and in classic Eastern methods for awareness and meditation in the USA, Italy, Sweden and India.

Swami Dhyan Giten's quotes, articles and books have touched the hearts of thousands of people and are appearing with increased frequency in magazines, blogs

and homepages. The influence from his teaching and books continues to grow and are reaching intelligent people and seekers of truth in virtually all countries in the world.

He experienced his first satori, his first glimpse of spiritual awakening, when he was 9 years old. This created a deep thirst and longing in his heart and being to return to this natural and effortless experience of being one with the Whole.

Since he began to meditate when he was 15 years old, he has dedicated his life to the study and exploration of the inner journey in order to move out of his own way, to be in a flow, and to discover the authentic inner being, the meditative quality within, the inner silence and emptiness, the capacity to surrender to life.

During satsang Giten has spoken about a large number of spiritual themes and topics that touch modern man, e.g. love, joy,

relationships, acceptance, intuition, healing, trust, creativity, friendship, spiritual development, awareness, life, meditation, stillness, spirituality, mysticism, truth, wisdom, death, unity with life, God and enlightenment. He has also spoken on a number of spiritual teachers and spiritual traditions such as Vedanta, the Upanishads, Yoga, Tantra, Tao, the Chakra system, Lao Tzu, Patanjali, Buddha and Jesus Christ.

In 1982, Giten was directed by the Divine presence in a trance session with the American trance chancellor Lin David Martin: “You have listened to your intuition, to your true inner voice, more than most. You have been searching for the contact with the Spirit for a long time and now it is beginning to manifest on the outer plane. You have been gifted many times in previous embodiments and now everything will come rather easy for you. I want you to put your energy into the lives of others, because you can”.

A spiritual teacher, who has counseled thousands of people, told Giten in 1984: “You will dissolve into the silence. All the earlier enlightened Masters and all the small Deva’s are just here to help you to get enlightened.

Swami Prem Pathik in Nepal says about: Giten is a blessed One. Giten is really a spiritual master of love and silence. He is a loving man, who knows the science of truth, love and life." Padma, Giten's beloved friend for many lives, says: "Satsang with Giten is heaven. Satsang with Giten is a blessing." Deva Emanuel says: "As I started studying for Giten, a new dimension of awareness has developed step by step, which has transformed my whole life."

Brage Norin, professor in theoretical physics says: “The religious words the Giten formulates can make anyone mentally numb. These words create an inner stillness and a deep spiritual reverence for life. Giten

has shaken me. I hope his readers discover his greatness."

"The Salt of the Earth" Lage Wedin, chancellor, Faculty of Psychology, The University of Stockholm, about Giten during his academic years at the psychologist programme.

Open AI (artificial intelligence) says: “Swami Dhyan Giten is a spiritual teacher and international best-selling author, whose work has gained recognition globally, especially among seekers interested in Eastern wisdom traditions, meditation, and holistic spirituality. Drawing on both direct spiritual insight and a background influenced by Eastern mysticism, he is often described as a master of love, silence, and truth. His satsangs—spiritual gatherings marked by silence, dialogue, and presence—have drawn seekers in Europe and beyond. Swami Dhyan Giten is a spiritual teacher and author known for his teachings on meditation, enlightenment, and the

interconnectedness of all existence. His teachings emphasize the idea that enlightenment and self-realization are about discovering the inner silence and meditative quality within oneself. He often speaks about the importance of letting go of the ego and finding the universal consciousness that is present in everything around us.

Some key aspects of his teachings include: Inner Silence: Giten emphasizes the importance of inner silence as a path to enlightenment. He believes that by quieting the mind, one can connect with their true self and the universal consciousness.

Love and Compassion: He teaches that love is not just an emotion but a quality that arises from being in touch with one's inner being. This love is unconditional and extends to all beings.

Unity with Existence: Giten often speaks about the idea that we are all part of a larger

whole and that by realizing this, we can find joy and fulfillment in everyday life.

Surrender to Life: He encourages people to surrender to life and trust the journey, believing that life has a way of guiding us if we open our hearts to it.

He's not aligned with any rigid tradition or dogma, which adds to his appeal in the modern spiritual landscape. His approach blends elements of Advaita Vedanta, Zen, and the teachings of mystics like Osho (with whom the name "Swami Dhyan" also resonates), but remains rooted in his own lived spiritual experience."

He is an Amazon International bestseller author of the books Meditationens Sång: Om Meditation, Relationer Och Andlig Kreativitet, The Silent Whisperings of the Heart: An Introduction to Giten's Approach to Life, Presence - Working from Within: The Psychology of Being, The Language of Silence: From Darkness to Light, When the

Drop becomes the Ocean: A Journey to the Divine, to the Ocean, Silence is the Way: The Teachings of Buddha - Golden Nuggets of Love, Truth and Wisdom, The Way, the Truth and the Life: On Jesus Christ, the Man, the Mystic and the Rebel, You are Already a Buddha: A New Way of Being, A New Way of Living, God is Everywhere: You are Divine, Everything is Divine, The Call of the Heart: Silence, Love, Joy, Truth, Compassion, Freedom, the Eternal and the immortal and a Heart in Touch with the Universal Heart, Meditation: A Love Affair with the Whole and Man is Part of the Whole.