


VIMALAJI AND HER
PERSPECTIVE
OF LIFE






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AND HER
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OF LIFE

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EDITOR'S NOTE

Students and teachers of Folk High School, Brandbu, Norway had been coming on a yearly visit to Mount Abu to meet and discuss with Vimalaji topics on education and wholistic living. In their 1994 visit they asked Vimalaji to describe for them the basic essence of Vimalaji's understanding of Life. Thanks to the earnest inquiry of these young seekers, we have in a nut-shell Vimalaji's Perspective of Life.

Kaiser Irani









You have asked me about the basic essence of Vimala's understanding of Life. I really don't know what made you ask such a question! I'll try to be as brief as possible because the subject is vast and I have no idea what aspect of the understanding would interest you or will be of any benefit to you.

Vimala is indebted to her father who told her when she was about seven years old, never to accept anything on the authority of a person or a book or tradition. Even as a child there was an indescribable freedom to watch, to observe, to know and to understand without accepting or rejecting anything, without identifying with any authority, even of the parents themselves. The privilege of growing up in such unconditional freedom has been a benediction in her life. As you know she has studied at the uni-





versity and studied Indian as well as Western philosophy, so she had to wade through an ocean of knowledge of all religions existing in India and all the socio-economic-political ideologies prevailing in India.

Wading through this vast ocean of knowledge she had understood that *Life is a multi-dimensional phenomenon and human beings who are expressions of that phenomenon are themselves multi-dimensional creatures.*


Second thing she discovered, was that, there are not two independent entities like matter and spirit existing separately but that *Life is a homogeneous wholeness.*



*LIFE IS A HOMOGENEOUS
WHOLENESS*

In Life "things" do not exist, but whatever exists is a being - the earth is a being, the galaxies in the solar system are beings, the oceans, the mountains are all beings. What does that mean? It means that they are intelligent companions of the human race. You cannot talk even of a particle of matter as a thing because it contains a quantum of energy defying human mathematics or logic - it has its own energy of intelligence. This was a discovery.

Religion is a personal discovery of Truth and when you use knowledge for awakening understanding within you, and when you live that understanding in your life, then living becomes great fun, it becomes an enjoyable phenomenon inspite of pain or pleasure, birth or death, honour or humiliation, poverty or wealth.



Life (you may call it cosmos) is *self-generated*. There is not a creator or a personal god who created the world and remained outside of it. It is a

self-generated
self-controlled
self-regulated phenomenon.

Life seems to be an Intelligence, an energy of Intelligence which has been unwinding, uncovering, manifesting itself for millions and billions of years and yet has remained ever virgin and ever fresh.

I call Life **Infinite and Eternal**. It has defied the human calculations of time and it has defied all the measurements which human beings have carved out with the help of intellect and brain.

Life is infinite and eternal phenomenon which is essentially Intelligent and that intelligence is incorporated in a blade of grass, in an elephant and in a human being. Life is an expression of Eternal Intelligence.




*LIFE IS A MULTI-DIMENSIONAL
PHENOMENON*

Dimension of the visible world

Life being multi-dimensional every dimension has its own peculiar and unique energy.

We have the dimension of the visible, sensual, material world, this world had its own autonomous energy because when the unmanifest becomes manifest and willingly imprisons itself in a form, the form by itself generates an energy which is not in the formless.

The forms, the shapes, the sizes - the ingredients of the visible and the sensual, the material world have a number of energies, variety of energies which are constantly inter-acting among themselves, and the visible, the sensual, the material becomes an extremely at-






tractive and interesting dimension of life because of this inter-action.


The inter-action among the energies constitute what you call change, it is ever changing. The material world is ever changing in form, in shape, in colour, in the ingredients, in the constituents - the sprouting, the growing, the decaying and what you call the dying - all the aspects of the sensual and the visible are tremendously fascinating with which we have to live.

What you call every day life is our inter-action with this material world of forms and with its energies.

Dimension of the invisible life


The other dimension is of the invisible life. There is the visible life and then the invisible or the occult or the extra sensory or transcendental. It is invisible to our sense organs but it is visible to the brain, the conditioned en-






ergy of mind which has a unique kind of perception. Knowledge is a kind of perception. At the sensual level you perceive through the senses - the eyes, the nose, the ears, the skin etc. but on the mental level, the cerebral organ is equipped with an energy of knowing, of interpreting, of memorizing, of recollecting. So there is perception, interpretation, retaining of the sensation that perception has brought about, memorizing it and reusing it, repossessing it if an when needed. The cerebral, the psychological is also a dimension of life which cannot be ignored as the sensual cannot be ignored.

The sensual, the material is limited by the very nature of manifestation, it is limited by space and time. For example your body and my body was born at some moment and it is going to die on some day, it is limited by space, it is limited in time and therefore living becomes a fascinating phenomenon because it is going to end some day.







Limitations do not constitute a bondage but limitations have their own fascination, their own uniqueness. The cerebral, the mental, the invisible is less limited than the physical.

The physical is limited by space and time - both, while the mental, the cerebral, the invisible, the transcendental or the occult is not limited by space. For example, you are sitting here in Mt. Abu in a particular building and by your mental sensitivity you can simultaneously be in Norway or wherever you want to be. You can mentally see what your relatives are doing there, you can feel it by telepathy, by clairaudience, by clairvoyance.


So there is this invisible dimension of life, and it is because of this mental and cerebral dimension that human race has created an abstract world of knowledge. You know what knowledge is? When the actual sensual encounter, in-






ter-action between that which is surrounding you and yourself - when that experience is described through words, it becomes an abstract piece of knowledge. Knowledge is abstract, experience is concrete event. You create an experience out of it by using your inheritance, your previous knowledge. The world of abstraction, ideas, theories, ideals, goals, aims, objectives, philosophies, theology, literature - all the sciences, social sciences are the flowering and blossoming of the capacity to create an abstract notion, an ideal, a verbal description.

The physical is knowable and yields to knowledge to a very great extent but we cannot say we know the material world fully. Life is a mystery, some part of it is knowable and some remains unknowable. As the visible is knowable, the invisible is also knowable, is experienceable and the sciences of tantra yoga, mantra yoga, raja yoga etc. have been experimenting in the transcendental, trans-sensory dimension of







life, with the sounds and the co-relation of the sound energy with the neurological and chemical system of the body. Words generate feelings, words can also generate tensions because words are nothing but sound energies which have been interpreted by the human race and codified and systematised into traditions, customs etc.

That is another dimension of life discovered by Vimala travelling through life, studying, contemplating, reflecting, meditating, probing into her own experiences as well as those of others in the multi-dimensional phenomenon of life.

Dimension of Infinity and Eternity

In the multi-dimensional phenomenon of life as there is the visible and the invisible which are knowable to a great extent, Vimala discovered that there is the dimension of Infinity and Eternity which transcends the cerebral organ, which transcends the sphere of verbalization.







For example on a moonlit night your being gets flooded with love, not because of any self-centred motivation but by the intimate presence, say of the moonlight. There is no effort (on your part), no motivation, no mental movement and suddenly the being gets flooded with a cheerfulness, a sense of energy or rejuvenation by this inter-action between the rays of the moon or sun or a ocean or river and yourself.

It seems to me that there is a dimension beyond the cerebral and the sensual which is not knowable and measurable. Emptiness cannot be measured, silence cannot be measured, love cannot be quantified, tenderness of compassion cannot be verbalized.

Life is visible and invisible also these dimensions are knowable to some extent and Life is a Mystery, completely unknowable. Even if you stretch your brain and the capacity of verbalization







you will not be able to measure this omnipotent and omnipresent energy of Intelligence permeating Life everywhere.

Divinity is immeasurable. It is a mystery that can be felt. On the visible level you feel with the senses, in the invisible you feel with the mind or the brain with the help of words and then in the infinite or eternal the mysterious can be felt with your whole being. It is a wholeness so it has to be related to with the wholeness or your being. That for me is religion - living simultaneously with the visible, the invisible and the Infinite.

*DIFFERENCE BETWEEN
KNOWLEDGE AND
UNDERSTANDING*


This is one aspect of Understanding. I do not know in what sense you have used the term "understanding". I do hope that you differentiate between knowledge





and understanding. Knowing is a cerebral activity which does require the word, the language, while Understanding is a movement of the sensitivity of your psychophysical structure.

You can know by reading a book but the books cannot give you the Understanding. If there is the sensitivity to inter-act with the words contained in the books then that inter-action can generate what you call Understanding. If you are attentive, you can feel the meaning behind the words, you feel the spirit behind the words but if you just read passively then the brain becomes very heavy with the knowledge, and you think of applying that knowledge to your life. But if the knowing is accompanied simultaneously by the event of understanding what the knowledge wants to communicate and indicate, then understanding becomes the substance of your being and knowledge does not become a burden or a bondage.



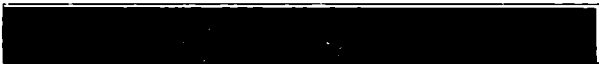



*EVERY DAY LIFE IS THE ONLY
OPPORTUNITY TO LIVE*

This is one aspect of Vimala's understanding of Life, now let us come to another aspect of that Understanding.

What you call every day life is the only opportunity to live that there is. There is no life apart from the now and here, no life apart from the present. What you call the present is the only timelessness with which you can remain. What you call the now and the present is the only infinity or eternity with which you can relate. Eternity or Infinity is not an abstraction, they are not ideas, they are the content of Reality. Every day life is the only opportunity to live and living means relating to that which is.

Everyday is the only opportunity, that we have to live there is no other opportunity that we have, tomorrow's do not exist by themselves nor do yester-





days' exist by themselves they may continue in your mind, you may imagine the tomorrow but the Reality is the present, that which is here and now.

To be alive is to be related


We have to spell out what we mean by "here and now" and we have to spell out what is implied in the terms "relating to" and "living".

If we are living somewhere in a cave, in the mountains, if we are living somewhere in physical isolation, there is physical survival, there is existence, but there is no living.

To be alive is to be related, is to inter-act. In physical or psychological isolation there is no life, there is only survival of the biological structure, there is survival and continuity of the psycho-physical structure.

Living has a dynamism of its own,






it cannot be scattered, passive, it is an alertness, a sensitivity, it is a dynamism. Life is dynamic as no energy is ever static. Life is never static, I may be alone but not physically or mentally isolated.

Aloneness, solitude and isolation have to be discriminated, they have to be differentiated and understood clearly.

In aloneness there is an inner freedom. You are not a slave to tradition, to authority, to persons, to dogmas. Aloneness has its own beauty and ecstasy but isolation stinks of passivity and staleness. Human beings can become stale living in a big city if psychologically they are isolated completely.


Life and living is a movement of relationships, it is a dynamic phenomenon.



Living with the body

I have to live in everyday life with my body. We call it "my body" but it is really an expression of cosmic life. What we call "our body" is condensed cosmos. All that which exists is cosmos, all the energies existing and operating in the cosmos are operating in what you call this physical organism. It is conditioned and condensed form of the cosmic life, because the Intelligence has it abode in this body. You have to live with that and this body is a mysterious phenomenon, it has inheritance and conditioned energies due to the inheritance. It has hereditary trends, excellences weaknesses, deformities, short coming etc.


That is one part of it but it also has many autonomous systems hiding behind the skin and the flesh. Every system is autonomous, independent and yet they are inter-related organically, so they make one whole. It is a functioning




of many creative energies operating through very many organs and yet making a harmonious whole. It is a wholeness like the cosmos, it is a wholeness having innumerable energies - some are conditioned and some are not conditioned.

My understanding tells me that the body should not be taken for granted, you should not rely upon the knowledge of the human anatomy or of books on human mind, you have to watch - the understanding comes through watching, observing.

Unless you love life, unless you love the magnificent body you have, you will never watch and you will never get to understand its needs. What the mind decides can be an artificially stimulated want and not a physical need. In order to understand, I have to watch the body and find out how it responds to sound, what kind of food agrees with it, the







frequency of the intake - the quality, the quantity, how much sleep it requires - all that has to be discovered and it is possible for every human being to discover that. The unknown has to be discovered then only it can be understood.

If you rely only upon the known, upon the knowledge, you will be mechanically repeating, following some tradition, some custom, some dogma and then there is no inner freedom in relation to diet, exercise, sleep, the sex impulse. If there is a personal discovery, then living becomes meaningful.

Living with the family

The second dimension of living in relationship, is to live with the family in which I am born, the community in which I am born. The first was the body, the mind, the brain and the second is the intimate surroundings of family. I have to live with them, I have to watch them, understand their shortcomings and excel-







lences, their tendencies so that I am not victimised by their imbalances but when the imbalance gets expressed I will find out ways of counter-acting the imbalance.

For example, if a person in the family gets very angry, my understanding tells me that counter anger is not going to help. The mind would like to react in irritation, annoyance, peevishness but my Intelligence tells me that anger cannot be counter-acted by anger, so in the presence of anger, the force of peace, of quietness, the strength of peace and silence is used. If any of you have studied Buddhism, the Buddha used to say, you exercise the power of ignoring. You ignore the anger and you respond to the need of the situation.

In a family situation or in a organization you have to cooperate with that which you see to be right and truthful and proper and you must have the courage to non cooperate with that which you







see, perceive and understand as improper, untruthful or unjust. In the family situation and in everyday life your understanding requires the fearlessness both to cooperate and to non cooperate.

Living in the society

Let us move a little further, as you live in the family or organization or institution you live in society. As you have observed and watched your own body and the functioning and operating of the thought structure, the mind, the conditioned energy of knowledge, etc. one has to study, atleast, in broad outline what kind of society it is in which I have to live. One has to find out what is its value structure, what is the value structure accepted by the society, say Norwegian, European or Indian society. As you educate yourself at school, at college or at home one has to have a little knowledge, a fundamental knowledge of the socio-economic-political structure of the society in which one lives.







Once you have collected this basic information then I ask myself "Do I accept the value structure, the evaluations and the order of priorities of those values in this society?"

If I do not accept the value structure then I must have the courage to live by my understanding. In every day life you have to pay the price for living your understanding. We have to pay the price for our inner freedom. Often we do not accept the value structures of the society and yet we want to live in society, we want the protection, prestige and all the facilities from the family and the society - That cannot happen, freedom will exact its own price from you.


When you live in society, you have to watch, observe and find out what value structures you accept, what value structures you do not accept. Maybe the society is corrupt in which you are doing your job, and in terms of corrupt






society you can make money in more ways than getting your salary, but you are a person who does not want to have a corrupt society, so you say to yourself "I will get what I want as my salary but I will not go in for side income, for bribing or for quick and easy money, maybe the neighbour does and becomes a millionaire and I remain a middle class person but I am satisfied with the middle class standard for my life because I do not want to cooperate with the corruption in society. My life will be a non-corruptible phenomenon" - that I can do. People may call me crazy, they have their own value structures, they may be materialistic and I am aware of the non-material dimension of life, so I pay the price for living it.

If I see that I am enriching my life, it doesn't bother me what the person around the corner says about me but we want the goodwill of the same corrupt society, we want the social respect and






prestige of the corrupt and violent and neurotic society - it is a kind of inner split in our being, that makes it difficult for the understanding to be lived.


If I am dedicated to the Truth that I have understood, then I live it quietly, not advertising it, not making a fuss about it, not talking about it, I live it quietly in a dignified way, in the majesty of my inner dignity, integrity and freedom. I live my understanding and pay the price for it, in terms of social rewards.

*UNDERSTANDING IS
FOR LIVING*

I feel that understanding is for living. If you understand the Truth and do not live it, you are committing a crime against Life.

If there is some pain or agony due to the criticism by the people or if you are forsaken by your relatives and







the people because you adhere to your moral or spiritual values, you go through it because there is no choice. Once you understand the Truth there is no choice but to live the Truth, otherwise there will be a split, the truth will prick at you whenever you become a victim to the false.

After having seen the false as the false if you do not allow it to drop away from you, if you cling to the false after having seen it as the false then your understanding of the Truth becomes a thorn in your consciousness, it keeps pricking you. If you say : "If I live the Truth, it will not be possible for me to maintain my standard of living, it will not be possible for me to be a millionaire", then I think we are bargaining with the Truth.

Life is for understanding. The clarity of understanding is the sunshine of inner consciousness and living the Truth that you understand gives you a sense






of fulfilment, which no social honours can ever confer upon you. Having discharged your responsibility of living your own understanding, living the values that you would like to see in society, after having discharged that responsibility as a responsible global citizen, there is a kind of peace, a satisfaction inside and after all we are searching for peace, we are searching for satisfaction, we are searching for inner freedom.

I think those who live their understanding enjoy the ecstasy of that inner freedom, peace and satisfaction of integrity - they are non purchasable things, they are from the realm of the infinite, the eternal.

I have tried to describe to you how one can live one's understanding in the society, of how one can live in society and yet not be of it.

Human beings have no choice but to live their understanding because they






are recipients of the faculty - not only of knowing but of Understanding. They are the recipients of an energy which is Perceptive Sensitivity, which is Intelligence. They have the faculty of self-consciousness and self-awareness. So we have a great responsibility to learn, to discover, to understand and to live the Truth that you understand.

Going back to your initial question:

“What is the basic essence of Vimala’s understanding of Life, I would say :

Life is a mystery. It is not knowable in its entirety.


Only some parts even of the manifest, the visible, the visual, the sensual the material can be understood with the help of knowledge - not the entirety of it. Life is worth living because it is so mysterious.





The content of life is the organic inter-relatedness.

There is organic inter-relatedness of the earth, the water, the fire, the skies, the solar system, the planets. In this organic inter-relatedness you share your life with the other and you become enriched by that sharing. There is not the giving and taking but there is a mutuality and a reciprocity, even between the earth and myself, between the sun, the moon and myself, between the emptiness of space and myself - it is constant sharing. This organic inter-relatedness is not created by human thought or knowledge, nor is it an inter-connectedness as in a high technology gadget. There you have the parts and you assemble them together, there is a totality of parts, while in Life which is unstructured there are no parts, there are no fragments, every expression has a wholeness, and yet that wholeness is organically related to the wholeness of the other expression.



Please do see the difference between wholeness and the totality, between inter-relatedness and inter-connectedness. In the inter-connectedness there is no mutuality, no reciprocity but inter-relatedness implies reciprocity and mutuality.

I have seen that Life is a inter-relatedness and that inter-relatedness cannot be defined in human terminology, it cannot be worked out by your mathematics, by your logic. To live with the awareness of that inter-relatedness is to receive what is necessary, to share what you can and to live with a sense of gratitude.

One feels very grateful to Life that one is alive. The whole Life is Divine, the whole Life is Divinity, it is a dance of emergence and merging back, it is a dance of manifestation and dissolution, it is beginningless and endless dance of so many energies.





In Life there is an all permeating energy of Intelligence.

I do not recognise any God apart from the Cosmic Life. One is aware that there is not the creator-and-the creation relationship but there is an all-permeating energy of Intelligence, ever uncovering itself. The infinite, virgin splendour of that Life has its own music as silence has its own sound.

Human life is an opportunity to manifest the harmony, the order and the Intelligence that we observe around us in cosmic nature.

We have not done it upto now, human societies are not humane, there is no harmony, there is no order but I think we are groping towards it. We started from the tribal life, we grew into it from agriculture. We developed industries and there was the industrial revolution. We organised nations and nation







states, we travelled from there into internationalism and we are proceeding from there to globalism.

We have looked upon ourselves as masters of the earth and oceans, as masters of the planet, but now we have realised that we are not the masters or the owners of the planet. The Planet is a being, the Planet is a living being, vibrating with life.

We are developing ecological consciousness, environmental consciousness. We are developing globalism in human relationship and mutuality on the ecological and environmental level. It is not all dark, inspite of the wars and quarrels, bloodshed and ugliness with which we are surrounded, there are also rays of light and hope.


I think the human race wants to share each other's suffering, wants to share the wealth, they do not know how





to do it properly and I think they are groping their way to it.

Globalisation of economics, globalisation of politics, planetary consciousness, cosmic awareness; they are going to be the essential characteristics of the civilization of the 21st century. We have to go through the chaos, we have to wade through the bloodshed and the ugly fights that are going on - that cannot be avoided, it is the culminative effect of our obsession with material affluence, our obsession with desire to dominate individually or as a nation, but we have seen the futility of those obsessions and ambitions of the super powers and mono super powers and what have you.







*A NEW HUMAN CULTURE IS
EMERGING*

I see on the horizons of human consciousness the struggling emergence of a new culture, a new humane culture, a new global human culture, a global spirituality - that is the science of life and living. A dedication by the human race to mutuality and reciprocity rather than to exclusive identifications and exclusive identities.

I know that Europe is today in a very explosive situation, you will feel that nothing but chaos and anarchy exist, but your friend is a witness living here, to the underground currents that are emerging, not through the political parties, not through the known leaders but unknown, anonymous groups are coming up. One is in correspondence and in contact with more than 60 such young groups in different parts of India, working on their







own, they are trying to build up irrespective of the destruction with which they are surrounded. They are busy building up for tomorrow - suffering today for building up the tomorrow.

*SUCH UNDERSTANDING
OF LIFE IS POSSIBLE FOR
EVERY HUMAN BEING*

I thank you for showing interest in Vimala's understanding of Life and how she translates it into her everyday life. Such understanding of Life, such feel of the mystery of Life, such feel and awareness of the organic inter-relatedness of the whole life is possible for every human being.


Some of the understanding can be reached on the sensual level, some of it can be known on the intellectual level and the rest of it is felt when you relinquish all effort, when you relinquish





your grip on the known, on the mental movement and you relax into a sacred state of non-action, non-knowing, non-experiencing. Some of the understanding can be felt through meditation, some can be understood through knowledge and some can be discovered at the sensual level.


This multi-dimensional phenomenon of Life and multi-dimensional possibilities to relate to it is a real benediction. May we have the urge to use this opportunity to its maximum potential.





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