

The Teachings of Jiva Yoga®

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Spiritual Knowledge is like Sugarcane

My family grew sugarcane when I was a boy growing up in Mauritius. My father and I would drive our truck to the sugar factory, to add our crop to piles of sugarcane already stored outside. Sugarcane looks something like a very tall, big and tough corn plant. You would not know it contains sugar to look at it and it takes lots of work to get that sugar out.

Inside the factory, different machines pulverise, crush and pound the cane, to make it release its juices. These are boiled and concentrated to make molasses and sugar liquid and then, after even more work and purification, the factory finally has its sugar.

Just as it takes a great deal of work, energy and time to gather sugar from sugarcane, it takes time, work and energy to become *Enlightened*. Reading a book for spiritual knowledge and expecting Enlightenment right away is like expecting to pick the sugar off sugarcane. Neither of them freely let go of their valuable content and in both cases it takes time and work to release their sugars.

Many years ago I realised that though there are many spiritual books for people to read, they do not seem to make people spiritual. If they did we would see many people like Jesus and Buddha around by now. Spiritual books do not *make* people Enlightened because they contain knowledge: and being Enlightened is not about *HAVING knowledge*, being Enlightened is about *BEING spiritual*.

Our culture admires people with knowledge, so we tend to read a lot of books. How many books do you have about seeking Enlightenment and becoming spiritual? How much have you spent on them? Are *you* Enlightened yet? No. If you were, you would not be reading this. So really, you might as well just pile up those spiritual books outside your house, for other people to see.

Many books contain wonderful truths and teachings; it is not that they are wrong. What happens is that it is too easy to gain knowledge from books and think that alone matters, so that *having* knowledge replaces the *being* of it.

*The only way to work towards the Light is to BECOME it
And that process happens inside you*

Books *about* spirituality can *describe* spiritual matters but cannot *make* a person spiritual or Enlightened. Each one of us has to do that for ourselves. Every person has to go *inside*, to process and *become* the knowledge and how many do? Not many. This we know, because we do not see many like Jesus or Buddha.

*Knowledge gives you things to think about
It does not give you things to BE*

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From the Class of December 10th, 2012 – Edit 3

Having lots of spiritual books in your house when you are not Enlightened is like having lots of sugarcane piled at your front door and no sugar in your house. The *potential* is there, but not the final product. Without sugarcane there is no sugar, and knowledge *is* important because it is the raw material and *you* are the factory that processes it.

If you were to take a single sentence, one bit of wisdom from a spiritual book, and work with it, *inside*, to understand and *become* it, you would move further along the Path to God and the state of Enlightenment. If you were to practice that word, sentence, or paragraph, and work with it, question its meaning, and practice what it is, it would become part of who you are and would continue to guide you. It would change and affect how you live and react in daily life.

*Knowledge is about thinking
Enlightenment is about being*

*Enlightenment comes after knowledge
Is absorbed, practiced and understood*

Jiva Yoga gives you *Tools* to help you to go inside and work towards Enlightenment. It takes time, effort, and some skill, and is not something you can just *read* yourself into. Just as you can read a book in one night about building a house but it will take much more than one night to build it, so it is with spirituality. It takes time to transform your life and self; and the important thing to know is *how* to turn the sugarcane, the knowledge, into sugar.

So here is an exercise for you to do:

Pick up a spiritual book you like. Let the book fall open to any page and read just a single word, a line, a paragraph, or maybe even a whole page. Then take a few minutes to think about what it *really* says.

Does it say to *Love*? Then *BE* Love.

Does it say *Love thy neighbour*? Then *REALLY* Love your neighbour. (And *neighbour* means people you deal with every day, people you meet anywhere.)

Does it talk about *Patience*? What *about* patience? Why this word? What *IS* patience?

What does it look like if you practice it? Try it? *Be* it? Whatever the word is, examine, contemplate and *become* it. And don't stop until you understand it... from *inside*.

*The way to become Enlightened
Is to experience the Teachings and BECOME them
It is not just about faith
It is about working on your self
So that you come to know and understand your self
Self-realisation is about you*

*So do not just settle for the sugarcane
Go for the sugar!*

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