

7th November 2024  
(On flight from London to Varanasi)

## Message 509

### Baba lives on !

Most of us used to meet Baba (Shibendu Lahiri) in person occasionally, rarely, sometimes at the Lahiri shrine, Satyalok, in Varanasi or when he visited us traveling all around the world sharing the wisdom and teachings of the Lahiri Lore for the last 40 years . Even that reduced very much in the last few years since his aging body meant that he was no longer able to travel as before.

But for many of us Kriyabans, being in his bodily presence was only incidental. He was always with us in our minds and day to day being - as memories of joyful existence whenever one was around him, the love, trust, blessing and benediction he radiated and above all his teachings. He showed us a totally different way of living free from the tension, turmoil, pain, sorrow, violence, constant competition & comparison, wanting and becoming that mankind has reduced itself to in day to day life.

When I heard early in the morning today that he had left his body, there was an intense surge of sorrow and grief. Both I and Sanchari, my wife, wept for a long time with tears from eyes as well as the deepest recesses of our hearts. But then a strange revelation dawned that he is dead only in body, he will never ever die and will always remain in the Existence and Being as Compassion and Comprehension, Love and Life.

And that is what really matters for all of us . Whether Baba really lives or not is up to us. He lived in his body and spread the fragrance of his love and wisdom in his long life. Today, although he is no more in his body, he will still live as long as we are in energy of understanding and we continue to live his teachings, tread the path he showed us and carry on the work of Lahiri Mahashaya that he dedicated himself to.

He will therefore, never ever die. His Teachings and Love are for the whole humanity and for the eternal Life and not for the myth mind.

### Epilogue (written on 2nd December 2024)

The message above was written on my way to Varanasi from London on 7th November following the news of Baba's mahasamadhi that morning . After reaching Varanasi on the afternoon of 8th November , I spent a 13 day period performing sacred vedic practices, rituals and penance that the son does to honour the deceased father according to the Indian belief system. This was also the period of being in deep contemplation on Baba's teachings on Life and Death.

**What is Death ?:** When one dies two things happen - not only the body, the biological organism dies but also the mind , the content of one's divisive consciousness, ceases to exist. Death is commonly perceived as the end , the opposite of life. But are life and death really opposites or complementary to each other ? Isn't Life because death is , in the same way as silence is because sound is . They are two sides of the same coin. If one is able to be in a state where the mind is not constantly preoccupied in thoughts , a state where thoughts arise to solve a practical problem but drops otherwise, then we say that divinity is in that gap between thoughts and nowhere else . When thoughts drop , the mind drops and when the mind

drops there is freedom from the baggage of the known for the eternal to unravel itself . Then there is no you , there is nothing left of the 'you' , the separative psyche that one experiences in day to day life. When that happens death has a totally different meaning and ending of the physical body is not necessary for the death of the mind. There is no difference between life and death. In that state , one functions with full vitality and effectiveness in the day to day technical world but without the baggage of psychological registrations and concomitant mental pollutions.

**Sorrow of loss of a loved one:** A lady came to see a holy man from the Himalayas and her husband was dead. She really thought she loved him and was unable to deal with the sorrow of the loss even after many months. So she said I must see my husband. The holy man said which husband do you want to see ? The one that dominated you, quarrelled with you , disrespected you , was inconsiderate and selfish ? She said no , none of the bad things but the idea of the good which she had built of him in her mind. When the holy man pointed out that it was really the image that she had about his goodness that she wanted to meet , she began to cry . She said she had cried before but she now realized that her tears were of self pity, her loneliness , her sense of void in her life . Now she is crying because she saw what she had done.

For many of us, the sorrow of the loss of a loved one is perhaps the hardest sorrow to deal with. That is reality and there is no running away or undermining that fact . But if we stay with the sorrow, understand it like a precious jewel from all sides , not say why this has happened only to me or run away from it through distractions and escapes , then it is possible to face the sorrow and eventually end it.

**The futile clinging to the body :** We are conditioned to escape and avoid the reality of death . In the hindu tradition, the deceased is cremated at the burning ghats on a funeral pyre. In Varanasi , the world famous burning ghats of 'Manikarnika' (where Baba was laid to rest) and 'Harishchandra' are located on the banks of the Ganges river right in the center of the city . That way residents are always reminded of the impermanence of the body and perhaps also everything in life, forcing all to wake up to the fact that this is the ultimate destination of all our bodies to which we assign so much importance. The ultimate end of our constant desires , running around , hustle and bustle , wanting and becoming in life. Everything has to be left behind and turned into ashes. And this realization is important so that we stop our attachment with the body as the center around which everything in the universe must revolve. When this clinging to the body starts melting there is the beginning of a new dawn , the possibility of an urge , a search , to see (not seek) the eternal.

And that is the essence of Kriya Yoga wisdom that Baba has been sharing for the last 40 years. He also said his job was to throw the seeds of wisdom around . He knew that most people won't listen and his seeds would fall on stone or barren soil and die, but there would always be a handful that would land on fertile soil , grow into a tree and provide shade.

Lots of love , Blessings and Good Wishes ,  
Ujjwal Lahiri

**Jai Guru! Jai Guru! Jai Baba! Jai Baba!**