

ARE YOU THERE GOD

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Since childhood, we have been taught that God is merciful, forgiving, loving and mighty, he always protects us and he is our savior. Keeping this in mind, an image of God starts forming in our minds. In that image, we see God as someone who is powerful, and reliable and will always be with us when we need help. And expecting this image of God, we pray to him with full faith and reverence! God is unborn, nectar, and causeless. Does God really exist in this universe? Is there really a force that interferes in every sphere of human life? What is called God in common language, does he really exist? These are some of the questions that have been debated for centuries and will probably continue until the answer is found.

There is no work without a cause, this world is the proof of the existence of that cause, that is why you are there, that great cause has been called God in spirituality. She is neither a woman nor a man, she is the formless person who expresses all forms. God creates, maintains, and destroys the world. Is there God? Some people believe on this thing and some do not, why is it that today everyone believes that we can believe only what we can see if this is true then can we see the air, why? We can only feel the wind. Does it mean that there is no air, it is not that we feel some things but they are not visible, it does not mean that it is not there, that is why it is felt? Now this is the thing that we do not feel God, you must be thinking this, but it is not so, sometimes we start some work but sometimes our mind does not want to do any work, why does he do this? Have you ever thought, maybe don't think that our mind gives voice from inside, why does it give voice do you know? Today there is God inside every human being, we just need to recognize, that we see faith in ourselves, this is also the form of God, it stops our mind from wrong deeds, here also there is God, and there is no need to find God anywhere. It's inside us and driving us.



If we talk about the incarnation of God (Shri Ram, Shri Krishna, etc.) in the ages, then they come into the human body and they are also seen. If we take God in the sense of God / Paramatma, then he is definitely there. Part of that is the soul, due to which your body is functioning. Ramcharitramanas says-

ईश्वर अंश जीव अविनाशी।
चेतन अमल सहज सुख राशि।।

It is natural for Ansh (Part) to have the same quality. If you don't see your soul, you don't even see God. The nature of both is the same i.e. avyakt, unborn, imperishable, past the senses. By experiencing this in meditation, the seeker attains the perfection of devotion. It is said in the Bible –

I and my father are one.

In this way it should be said that if it is true that we are the souls, then it is also true that God is the Supreme Soul. If you want to know God, then know yourself. Lord Krishna said in the Gita-

न तु मां शक्यसे द्रष्टुमनेनैव स्वचक्षुषा।
दिव्यं ददामि ते चक्षुः पश्य मे योगमैश्वरम्॥11.8॥

When Shree Krishna asked Arjun in the above two verses to see the cosmic form, Arjun's material eyes prevented him from seeing anything. The human mind is not equipped to understand that universal form, and the physical eyes are inadequate to see it. Thus, Shree Krishna now promises to bestow the heavenly vision, making it possible to see the universal form in all its splendor. The Supreme Lord's gift of spiritual vision is an act of grace. God adds his divine eyes, mind, and intellect to the soul's material intellect through his grace. He also adds his divine mind to the soul's material mind. The soul may therefore perceive, think about, and comprehend God's divine form because it has been endowed with God's divine senses, mind, and intellect.

सब घट मेरे साइयां ,सूनी सेज ना कोए।
बलिहारी जाऊं वा घट को जिस घट परगट होए॥

It has been said by Kabir Sahib ji that without that supreme power, the Supreme Father, the Supreme Soul, the existence of any living being in this world is not possible. The same supreme power resides in every living being, Kabir Sahib ji is saying in this couplet that I should go to Balihari on that soul, that soul in which it has appeared. In fact, the Guru is the pure soul in which he manifests and leads the world from the darkness of ignorance to the light of knowledge. The thirst of the thirsty is proof that there is water. If there is nothing like water, how can you be thirsty? God obey, God, silence, if it was not here then how would your unrest? How is this curiosity? That's the proof. Before questioning the existence of God it is necessary to understand our existence. Understanding yourself is the answer to all questions. If we can explain our existence then we will also understand whether God exists or not.

Therefore, believing in God or sticking to your belief that God does not exist, belief in both is paramount. And where there is faith there is God. The existence of God is a belief. Just like cow dung is Ganesha. But cow dung can never be Ganesha. Similarly, belief can never exist. Gautam Buddha is generally considered to be an atheist but he never explicitly denied God. He believed that if there is a God, then he is bound to give good fruit to man according to the rules of morality and the bad result of his misdeeds. Therefore, its non-existence has no significance in the view of religion. Only by doing good deeds and making efforts for liberation, does the soul gets saved.

The proof of this is you and this creation in front of you. Think because of what you are alive. Is that thing manufactured by someone? If it is created, then who is the creator? Whoever witnesses this will be the absolute truth. Because of not knowing the truth, you are the scene and the scene keeps changing i.e. ending and becoming. Like you see your own face in the mirror, that is the scene. It keeps on changing, that is, it ends and keeps on becoming. Whereas the real sight is outside the mirror. This is what is called the virtual world or illusion (Brahma). And this mirror is the mind, inside which we are all living beings who are looking at the soul but are unable to see their own eyes. But this mind also remains alive by taking energy from someone. The energy which we know by the name of soul. He is the witness. Some say that God is inside us, some say outside. When someone says he is neither inside nor outside. There is neither one nor two. That is, everything is within God. This rule applies to things inside. That is, on the things (Maya) inside the mirror. The gradient of superiority among the tools God has given us is explained by Shree Krishna. According to him, the body is formed of gross matter, which is followed by the five senses that can perceive things like taste, touch, sight, smell, and sound, and the mind, which is followed by the intellect with its capacity for discrimination, and finally the divine soul. Bhagwat Gita says-

इन्द्रियाणि पराण्याहुरिन्द्रियेभ्यः परं मनः ।
मनसस्तु परा बुद्धिर्यो बुद्धेः परतस्तु सः ॥ 42॥

God does not mean only that he is such a direct or indirect soul which is mortal, within which immense powers exist, which can create human life as he pleases. God is the center of positive energy which is running this world. He is present within every human being and is with him. Every man who recognizes himself, knows the reason for his birth on earth, has the ability to always stand by the truth and face the false and the wrong with full courage, has courage, he is God. Every human being can become equal to God only by his actions and also

like a demon, it depends on the man what he chooses in his life. The only example of this is also the sage Muni of old times. Maharishi Agastya, Rishi Durvasa, Gautam Buddha, and many others were the only human beings whose deeds we gave them the status of God. Maharishi Agastya was considered above even God. He always stood for truth and always did right and good deeds. People go to worship Sai Baba in a big order, people have faith in him, his deeds, his knowledge, and his rules of life. In the Gita, Shri Krishna, while giving knowledge to Arjuna, had said that God is with every person at every moment, who has always stood with the truth. Kabir Das ji has said –

जब मैं था तब हरि नहीं, अब हरि हैं मैं नाहि।
सब अंधियारा मिटी गया, जब दीपक देखा माहिं।

As long as there is a sense of one's own eternal being, I (aham), there is an awareness of understanding this world as real, till then Hari cannot be realized. It is only after eliminating the ego that the knowledge of the light of the lamp of God is attained, from which all darkness disappears. God always lives for others, is always ready for others, only by his unconditional love our life becomes successful. Therefore, the person who is always present for others, who has unconditional love without deceit in his heart, who always thinks about others, leaving behind his selfishness, thinks about the good of others and does the same, he is like God. Wherever God is in this world, there is progress and experience. God resides within every human being in the form of a positive energy, a force that always encourages man to move forward. The experience of happiness and sorrow in the world, development, there is a feeling of love, hatred, anger etc. Without God, we would not have experienced these feelings. God has no body, humans, animals, trees, plants can be found by any means, if we make ourselves capable of that, keep love towards everyone within us, then we will also find God in every natural life.

यदा यदा ही धर्मस्य ग्लानिर्भवति भारत।
अभ्युत्थानमधर्मस्य तदात्मानं सृजाम्यहम्।।

Whenever sin increased on earth, when religion came under attack, then God took birth in one form or the other and saved the earth. Whenever a man performs a karma, after that he definitely gets the result of his karma, good karma and bad karma, he gets everything, this is also a symbol of God's existence. He does not do injustice to anyone, he belongs to everyone, lives for everyone. Man gets karma, because God exists, he lives on the basis of his deeds, because God exists.

We always seek God in the outside life, seek God in the world with our outer eyes and then complain about not finding God. We have not tried to look within ourselves, we have never found God with the eyes of our own mind. We need to feel God within ourselves. Our pure soul is God. He is equally present in every human being. Lord Shri Krishna has clearly explained – *“What you can see with your own eyes is not God. The one you refer to as God is mortal; God is not this body, the body is just the outer covering which is temporary and gets destroyed after a time. He who is within, who resides as the eternal element, who resides in our pure soul, is the Supreme Soul—that which we call God.”* The soul is an eternal, pure and the only element in every living being, away from deceit, hence God resides in it. Pure soul is considered as equivalent to God. It is said that God resides in every particle. If need be, then just man has to look within himself, to recognize himself, to reach there in order to transform himself from a seed into a delicious fruit. Lastly, I would like to conclude with my self-penned verse-

मुझको तेरे वजूद पर यकीं भी नहीं,
मगर मेरे लब पर नहीं भी नहीं ।
सोचती हूँ तो तू हर जगह है मौजूद,
देखती हूँ तो तू कहीं भी नहीं।।