
Work out Impressions

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ADI: So-called yogi, doing meditation and yoga practices [sound of child crying] confined to himself on the top of the mountain, Himalaya or any other mountain for a number of years, that's all, in his own practice, or in his own experience.

Sometime or the other he will have to come back to this earth again to redeem over his life. And it exactly really fits in the, another explanation which Baba had given, that when anybody goes to Baba, that person is just a man not knowing anything about yoga, not having done any so-called spiritual practices.

You see, easy for him to redeem up from where he is. Because he is so simple, he is so receptive. And he's not burdened with his preconceptions and especially of those, of certain practices having been by performed him, given him an impression that he, really, spiritually so high or he has attained the goal and he may not have actually attained it.

Why has he to again to come back to this earth? Why has he to take another birth and then begin over again? That means you see all that he has learnt before, all the practices that he had gone through, he will have to unlearn himself.

What is this type of yoga or what is this type of practice where a man feels himself having been advanced so much spiritually, he is not?

He has to come back again and begin over again like an ordinary man.

A simple reason for this as explained by Baba is that a man does certain yoga practices, he gets certain experiences. He has got to his debit the impressions of so many past lives, which he, for the moment, sets aside. He puts a blanket on it for the time being. All those impressions, puts a blanket on it and that is to his debit.

And he goes on some other way and goes on doing certain practices and gets certain experiences and thinks himself, that he's advancing.

Maybe he gets some experiences, yogic experiences which are not really and truly spiritual experiences but he feels that way that he, to feel certain thing and to be in a certain spiritual stage are two different things.

So, he doesn't bother about what he has, what an amount of debit he has got on his side which he has acquired or contracted through the past life.

If he keep aside, buries it aside and it is buried in his subconscious. It has to be worked out. Baba says any impression, especially gross impression, is to be worked out by another activity.

Without activity it cannot be washed out. Supposing a man has created certain impressions for himself in the past life with doing certain activities. So, to erase those impressions he cannot go into meditation. Recede, recede, it's a way of an escapist.

He wants to escape what he has inherited for himself in the past life. To work that out, to work out his destiny he has actually to do some action in the world with the physical body, so that those actions which he is carrying all along may be erased and Baba helps you towards that.

So, this yoga, maybe how highly it's talked of, how beneficial people may look upon it to be, for the moment it may give a man a good health or maybe a little peace of mind. It has its own advantage, temporary advantage, but it really does not solve the problem of man's life at all. He has to come back again to just wipe off those previous impressions, wipe out by getting into physical activity in a physical body without which there is no way out.

A physical, an impression gotten out of a physical activity in some previous life has to be worked out in this life through a physical action. He cannot work it out through a meditation. Meditation only, you see, concerns his mind. The body is at rest all the time.

So it means that a man wants to do some other business, he has got to his debit ten million dollars from one hand, he wants to score something by making some money by doing a little business of yoga practices on the other hand, maybe one million.

But still he has got nine million to his debit which he has to work out. Even if he doesn't get even one million, he creates other

impressions by doing that meditation or going through other yogic practices.

This, added to the old impressions, he has to come back again, take the physical body and work them out through activity. Baba says without activity an impression cannot be erased or cannot be worked out at all.

Somebody had asked me this question. If there is any other question he may immediately ask me.

PILGRIM #1: What do you mean by physical activity?

ADI: Physical activity means looking after your husband, children, doing business, all the duties, the circumstances under which you are placed you see. Young boy, he has to go to school, he has to learn the studies, if he grows old, if he wants to marry, he marries he looks after his wife, his children, does not waste and while away his energy, anything and everything that he's done, physical body means these are all physical moments.

This is not sitting on one side you see and just meditating and letting your body be at ease all the time.