

Inner Guru

“O myself, you are an embodiment of God’s Light; know your true origin”

Guru Granth Sahib 441

The truth is not out there somewhere, it’s inside of you. You spend our entire life seeking wisdom, seeking answers, constantly striving outward to find something that can only be obtained by going within. You seek counselors, teachers, rabbis, Imams, pastors, scholars, and wise ones in order to help you understand something that can only come from your true Self. It’s not your fault; you were conditioned to behave in this manner since the very beginning. Here today, I want to introduce you to a truth that has eluded you up to this point. That truth is that everything you’ve been seeking is already a part of your inner knowing. There is absolutely nothing outside the knowledge of your Higher Self. All the answers to all your life’s situations are nestled in your heart’s wisdom. The only requirement to accessing this wisdom is a sincere childlike desire to know the truth. And; *“Unless you become like a little child, you shall not enter into the kingdom of heaven.”* This means everything you thought you knew about the truth becomes subject to revision. It means all of your degrees and accolades thus far have only served your intellect and not your heart. The real truth you seek can only be found in the pureness of spirit through the avenues of your Higher Self.

Within the recesses of your heart lies an ancient wisdom just waiting for you to turn your gaze inward. It’s very liberating once you come into this understanding. You are a “Guru” unto yourself and whether you realize it or not, you are hardwired to receive higher communication from your inner self moment by moment. As the inner guru, you already know everything there is to know you just haven’t experienced it yet. You also know everything that is yet to be learned because to the inner guru, everything is happening simultaneously so there is no past or future only the present. As you begin to embrace this knowledge you will come to understand how nothing is outside of your being and everything is within you. Once this knowing takes place, the truth of who you really are will begin to unfold. You will begin to experience strange and miraculous things. Life will become the most loving teacher you could ever experience. The outside world will begin to communicate in various ways because the inner world is alive and directly connected to the outer world. The two will be in constant communication on your behalf. Your world will suddenly expand and open up in ways that you never imagined possible. Music will speak to you directly, Bill Boards will be strategically positioned along your path, animals will speak to you in the silence and all manner of life will suddenly start collaborating in your favor.

When you call upon the inner guru and start trusting its guidance, the very Universe itself will begin to conspire on your behalf. You will experience a calm embrace allowing you to finally see how everything that could ever happen in your life is whole, perfect and complete and therefore unfolding exactly as it should. I’ve experienced many things in my life that I felt were horrible experiences until I was able to reflect back on what I’ve learned as a result of having the experience. Often times what you see as a calamity in your life later turns out to be your greatest period of growth. But it’s hard to see this while you’re immersed in the lesson. Albeit, your inner guru knows the wisdom behind everything you could ever possibly experience. In fact, many of the situations you find yourself in are actually orchestrated *by* your inner guru. You receive certain promptings to do certain things without understanding the “how” or the “why” and yet by trusting this inspiration, you find that it was really your own Self guiding you in a way that you couldn’t fully understand at the time.

If you look at some of the meanings associated with the word “guru,” you can definitely see how you are already a guru. In Sanskrit, a guru is regarded as “*having great knowledge or wisdom in a certain area.*” This knowledge or wisdom is usually used to guide others as a teacher. However, a guru is somewhat different from a teacher or a preacher. He/she serves as a beacon of spiritual light in the world and teaches us the universal spiritual principles that underpin all religions and cultures. But upon deeper examination, you will find that the word “guru,” has a more cryptic meaning where “gu,” actually means darkness while “ru,” means light. The two serve as a principle for the development of consciousness where it leads the creation from unreality to reality, from the darkness of ignorance to the light of knowledge. This connotation is used primarily in the Hindu belief but it is also accepted in Sikhism, Buddhism and certain other religious movements. Guru Nanak, founder of the Sikh religion said: “*Even if a thousand suns and moons rose, they would be unable to remove the darkness of ignorance within the heart. This can only be removed through the grace of the Guru.*” While many people believe that finding a true guru is considered to be a prerequisite for attaining self-realization, they fail to understand how self-realization is when you discover that *you* are the inner guru. To further illustrate this point, many traditions claim “Guru, God and Self” (Self meaning soul, not personality) are one and the same. According to Sikh belief there is no difference in spirit between such a guru and God:

“The guru is God and God is the Guru; there is no distinction between the two” says Guru Ram Das (GG, 442). “God hath placed Himself within the guru, which He explicitly explaineth” (GG, 466). “Acknowledge the Transcendent God and the guru as one.” (GG, 864). “The real personality of a human being is the Atman, the physical body is only a temporary dwelling place for the Atman which is eternal and is a spark from the Eternal Flame, the Supreme Atman or God.” ; Guru Granth Sahib 441

As such; the Atman of the guru remains ever in tune with the supreme light from which it has sparked off. Therefore, it is thus believed that God is accepted as residing within the guru. God is the source of all light or consciousness. God kindles that light, in the chosen human body. It is in this sense that there is no distinction seen between yourself and the guru.

Spiritually, a guru is one characterized as someone who dispels spiritual ignorance or darkness, with spiritual illumination or light. This knowing can only come from within as no one can truly have the answers for another person’s growth while on this spiritual journey. Some may provide instructions on how to obtain this knowledge but no one can truly guide another person in self-realization for it defeats the very nature of it being realized by the “Self.” A real guru will instruct a person to seek within for the answers understanding that it is a pre-existing knowingness that did not require asking for an answer in the first place. The wise ones who have realized this truth will impart the knowledge to you. A guru is a teacher who shows the way but he/she is not an intercessor, but an exemplar and a guide. They indicate the path to liberation and they are capable of leading the believers to the highest state of spiritual enlightenment. Any so called guru who requires someone to remain under their tutelage is not fully serving the student but rather keeping them in a state of servitude which causes the teacher to feel superior and haughty. Throughout history, many of the purported gurus discovered their Higher Self through introspection and by seeking the answers to their own dilemmas. Never did they seek outside guidance for they knew and understood that the same universal intelligence is available to us all. All you have to do is to trust your inner knowing.

When the word “guru,” is used as a noun, it means the impartor of knowledge. When used as an adjective, it means “heavy,” or “weighty,” as in “heavy with knowledge.” The concept of the “guru” can be traced as far back as the early Upanishads or Hindu teachings where the idea of the divine teacher on Earth first manifested from its early Brahmin associations. But the real unseen guru encompasses the

entire Universe and is within you at all times during your life and even after you transcend this life. It is actually your Higher Self and it guides and supports you throughout your life. At some point, upon coming into a greater awareness, it slowly lifts you from your worldly life into a spiritual way of life and it guides and prompts you according to your spiritual level. If you are proactively seeking spiritual growth, your inner guru will be more active by guiding you according to what your needs are. A recent study indicated:

“Out of the entire population of the world, few take up spiritual practice that is universal and beyond the confines of formal, organized religion. Among these, very few people through their spiritual practice (regardless of their religion of birth) attain a spiritual level of over 70%. The un-manifest guru then works completely through some of these evolved individuals who are then known as the manifest guru or the guru in human form. In other words, a person has to be at least of the 70% spiritual level, to qualify as a spiritual guide or a guru.”

Thus as you become more reliant on your inner guru, you actually become the Teacher and the Beacon of spiritual knowledge for all of humanity as you slowly move into total alignment with the Universal Mind and the intellect of God.

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