

*When the Heart Hears,
the Mind Sees:*
**The Art of
Right Understanding**

Message on the occasion of the 126th Birth Anniversary of

PUJYA SHRI BABUJI MAHARAJ

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When the Heart Hears, the Mind Sees: **The Art of Right Understanding**

Dear friends,

When Love Flows, Understanding Blooms

There's a quiet insight that has been visiting me often these days: When there is right understanding, everything settles. Discord dissolves, friction fades, and complexity untangles itself like a thread slipping free from a knot. This truth indirectly conveys the effectiveness of Cleaning via igniting true understanding.

The wisdom behind making the *sankalpa*—the heartfelt resolve—of **correct thinking and right understanding** helps us crystallize

the concepts. It isn't a casual pairing of words. It's an intimate dance. One might assume that correct thinking leads to right understanding, and in many ways it does. But look closely, and you'll see that the reverse is truer: Right understanding shapes and refines thought. They are not separate steps on a ladder, but two wings of the same bird. Modern neuroscience confirms what saints intuited: The heart sends more signals to the brain than the brain sends to the heart. Coherent heart rhythms foster clarity in the prefrontal cortex, the seat of complex reasoning. Thus, "love first, thought later" is not merely poetic; it is physiologically precise.

Love as the Root of Understanding

Now, what fosters right understanding?

You might say emptiness. When the mind is free from emotional charge and the heart is not weighed down by past impressions, there is space for understanding to take root. And you'd be partially right. But emptiness alone is not fertile soil. Love is what gives it life.



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We often believe that understanding precedes love: “Once I understand you, I will love you.” But life teaches us something far more tender—it is love that enables right understanding. When we love someone, our vision softens, our judgments melt, and we begin to see things as they are, not as we are or we wish them to be. That is the beginning of understanding.

We tend to think of understanding as a mental process. But in truth, it begins in the heart. It’s source is the heart, its destination is the mind. Love flows from the heart, and when it meets a mind free of ego and bias, it becomes insight. It’s like a stream finding its way to a quiet lake—clear, calm, and deep.



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This reminds me of a parable I read some time ago. There once was a monk who lived in a small hermitage nestled in the hills. Each morning, he would clean the window overlooking the valley so he could see the sunrise clearly. One day, a traveler came by and asked him, “Why do you waste time cleaning this window every morning? The sun rises whether you see it or not.”

The monk smiled and said, “True. But the window is not for the sun to shine through, it is for me to receive the light. If the

window is dirty, I mistake shadows for shapes and clouds for storms.”

In life, our hearts are like that window. When love cleanses them, we see people as they truly are, not as we fear or assume them to be. That is right understanding.

Let us pause and introspect this truth: Love leads to understanding. Can it be that lack of love may lead to misunderstanding?

Misunderstandings in Everyday Life

But what clouds this window? What blocks the heart’s flow?

Bias. Conditioning. The cobwebs of old wounds and rigid opinions. These become barriers.

Consider this: A young couple. She’s feeling overwhelmed. He’s quiet after a long day. She sends him a heartfelt message, opening up her emotions. He replies with just one line, “Okay, we’ll talk later.”

She feels hurt. Her mind fills in the blanks: “He doesn’t care.” But he’s thinking, “I want to respond when I can really be present.”

Both hearts are seeking connection, but misunderstanding sneaks in through the narrow gaps of assumption. Only when

they sit together, eye to eye, heart to heart, does the fog lift. “I thought you didn’t care,” she says. “I was waiting to be fully present,” he replies. And just like that, the air clears.

Or imagine a mother, watching her teenage son withdraw, spending more time alone. She worries, “Is he hiding something? Being disrespectful?” Tension rises until one evening, she enters his room, not with judgment, but with quiet presence. She sits beside him and simply says, “I’m here.”

He opens up, “I’m feeling lost. I don’t know who I am anymore. I didn’t want to burden you.”

In that moment, love untangles the misunderstanding. She realizes his silence was vulnerability, not defiance. He realizes her concern was care, not control.

These moments show us that right understanding is not about agreement, it’s about seeing clearly, beyond ourselves, into the heart of another. It begins with love. It flows unimpeded by ego. And when it meets thought, it creates clarity.



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Listening: The Bridge Between Love and Understanding

“Love enters through the ear before it settles in the heart.”

Right understanding rarely dawns in a monologue; it is born in the luminous silence that follows attentive listening. When we listen without rehearsing a reply, the other person’s inner meaning clicks into place inside us—like two tuning forks resonating. Listening, then, is not passive but an active offering of spaciousness.

Humility: the Gate that Keeps the Window Clean

If love is the water that rinses the heart window, humility is the hand that keeps wiping it day after day. Pride fogs the glass faster than anger. A humble posture—“I may not yet see the full picture”—prevents impressions from crystallizing the moment they arise. Humility is pre-emptive Cleaning.

Cleaning

This is where the practice of Cleaning becomes so meaningful. Through Cleaning, we gently remove the impressions—the samskaras, the residues of past experiences—that cloud the heart’s window, paving the way to look into the infinity of the Sky. Each evening, as we sit in silence and let go, we are not just releasing heaviness, we are restoring clarity. In a non-judgmental affirmation we lighten the field of consciousness.

With every layer that dissolves, the heart becomes lighter, more open, more attuned. Biases fade. Old reactions lose their grip. And into that space, love flows more naturally. From that love arises correct thinking; fluid, fresh, unconditioned. And from there, right understanding dawns, quietly and unmistakably.

When the heart is clean, love is effortless. And when love flows, understanding follows.

This is the journey of inner transformation—not through force, but through allowing; not through analysis, but through presence. Right understanding isn't something we achieve, it's something we uncover. It has always been there, waiting beneath the noise, in the quiet of a loving heart.



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Understanding as a Shield Against Impressions

In the contemplative tapestry of human experience, **understanding** emerges not merely as an intellectual pursuit but as a powerful, heart-centered force that shapes our inner

landscape. When we speak of “preventing impressions from being formed on our subtle bodies,” we point to a profound truth. Genuine understanding creates a space so clear and loving that negative patterns or biases cannot take root in us. In other words, right understanding acts as a shield against the buildup of samskaras, those subtle imprints of past thoughts, emotions, and experiences. Even simple things, like not being able to grasp topics like Calculus, can create a deep impression that can become so scary that it can become a nightmare!

Consider the difference between a child’s mind, soft and impressionable, and a wise heart shaped by awareness and love. The child’s mind takes on impressions effortlessly, whereas the adult who has cultivated inner clarity can observe life’s ups and downs without absorbing them as binding patterns.

Prevention of samskaras is thus an active process:

1. **Re-cognizing** the early stirrings of judgment or impatience.
2. **Re-centering** in the heart so that love, not fear, guides perception.
3. **Re-leasing** any residue in daily Cleaning, ensuring that misunderstandings dissolve before they harden into resentment or sorrow.

Often, we see understanding as the product of thought: “I must first grasp you intellectually before I can truly love you.” Yet deeper insight suggests the reverse: When we love, when our hearts are open, unburdened by old judgments, we naturally see

the essence of another person or situation without distortion. It is like someone saying, “Let me see Krishna first, only then will I read the Gita!” Love opens the eye, and wisdom then reads the text.

This unfiltered seeing **pre-empts** the formation of reactive patterns and harsh impressions. If our first response is love, there is no gap through which confusion or hurt can enter. In this way, understanding is not an afterthought but a direct emanation of love’s clarity.



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Sahaj Marg experiences conclude one fundamental thing: **The subtle body** is the repository of our deepest conditioning. Every moment that provokes fear, anger, or judgment can leave impressions, like footprints on the shoreline of our being.

Negative impressions form when our heart-window is clouded by ego, bias, or past hurt.

When love illuminates the mind **or** true wisdom grips us **or** right understanding develops, they can surely prevent us from forging new layers of impurities and complexities. Hence, the practice of Cleaning in the Sahaj Marg tradition has a dual function: It dissolves the existing residue in our subtle bodies *and* reduces

the likelihood of fresh imprints taking hold. When we approach life with a heart cleared by love, new experiences do not become burdens, they simply flow through us, leaving wisdom instead of wounds. The process of Cleaning must not become an avenue to escape or unload a specific impression. By doing so, our attention remain focused on what is to be removed, becoming highlighted further, only to develop greater strength.

True understanding is not a static destination but an ongoing unfolding. Each day brings fresh encounters that could, if we are unprepared, etch new layers onto our subtle body. Yet when we cultivate the habit of pausing, reflecting, and seeing each situation through the lens of compassion:

1. **We resist snap judgments.** Instant reactions often harden into biases.
2. **We allow space for another's perspective.** In that space, mutual comprehension takes root.
3. **We remain open.** Being open means we are less likely to form rigid opinions that crystallize into entrenched impressions.



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Over time, this fluid, loving attitude weaves itself into the fabric of our being, keeping our inner mirror clear and receptive.

Correct Thinking and Right Understanding

Correct thinking and right understanding are not two separate phenomena but “two wings of the same bird.” Love provides the warmth and softness that allows understanding to take shape. Thought refines the understanding into actionable clarity.

When **love and thought, heart and mind** integrate seamlessly:

1. Our perceptions are accurate, free of projection.
2. Our judgments are compassionate, aligning with reality rather than with fears or expectations.
3. Our reactions do not congeal into negative impressions because the mind has been oriented by the heart’s openness.

This alchemy ensures that each new challenge in life becomes an occasion for growth instead of another scar on our subtle body.

Ultimately, the notion that “understanding the situation removes or prevents impressions” encapsulates a profound spiritual vigilance. We learn to watch our inner responses just as carefully as we observe the outer world. By doing so, we keep the heart’s window spotless, ever-ready to receive life’s light as it truly is, rather than through the distorted lens of old wounds.

In that gentle vigilance, **love and understanding** intertwine. We realize that by refining our inner vision, we are not only dissolving past impressions, we are also **preventing new entanglements**. This is how each moment can stay fresh, expansive, and alive with possibility, where clarity isn't something we strive to create but something we discover is already within us, waiting patiently behind every barrier we choose to release.

Such is the enduring power of right understanding: **An ever-present potential** that arises whenever we let love guide our perception, keeping our subtle bodies light, clear, and perpetually open to life's unfolding truth.

With love and respect,
Kamlesh



On the occasion of the 126th Birth Anniversary of Pujya Babuji Maharaj

heartfulness
advancing in love

