

## **The State of Trance**

As the soul is completely withdrawn from the body and concentrated within, it is said to be in the state of *samadhi*. It is in a trance, and although the body has become senseless, the soul has been awakened from deep sleep. This process has also been described by mystics as one of untying a knot because the soul has been separated from the body and the mind. In fact, it is at this stage that man is able to know his reality as soul. When Socrates said, "Know thyself" it is in this profound sense that he had appealed to his compatriots. And, it is in this sense alone that knowledge of the self leads to knowledge of God. For soul and God are identical in essence. So long as the soul is wrapped in coverings, it cannot know its true nature or essence. Bulleh Shah has made abundant use of verses from the *Qura'n* to expound this truth. As already mentioned, he has quoted God saying to man :

Know me through knowing yourself.

O Bullah, when I have known my own self,

I shall no longer bend my sleeping organs.

Bulleh Shah has also called this process the practice of closing one's eyes, ears and mouth to the outside world. He considers the world known through sense organs below the third eye as the world of falsehood. He appeals to man to lift his attention from the world of falsehood and delusion to the everlasting world of the Beloved within:

Leave this abode of falsehood and delusion.  
 Establish yourself in the ecstasy of love.  
 You will then reach the presence of the Beloved,  
 Where your eyes, ears and mouth are closed.

Other saints and mystics have also dwelt upon the subject of self-realization and its relation to God-realization in the same way as that of Bullah. Guru Amar Das says in one of his hymns: "He alone is pure who has known his self. The Lord of bliss himself comes to meet him."<sup>1</sup> The spiritual meaning of the quotation is to separate the soul from the mind and the senses. As long as it is not separated, it can neither know itself nor can it merge in the subtle essence of the Lord. Jesus Christ had also hinted at the same truth: "That which is born of the flesh is flesh, and that which is born of the spirit is spirit."<sup>2</sup> He too meant to say that the spiritual element can blend with the Lord only after it has been sifted from the coarse material stuff.

Lovers of God often appear as cranks or crazy. They are, however, wise from within. In fact, they are indifferent to the world outside and their attention is

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1. *Adi Granth*: p. 1046

2. John 3:6

fixed on the inner resplendence of the Lord. In one of his *kafis* Bullah says :

Your separation has made me crazy and earned me  
the name "the mad one."

I shut my eyes, ears and mouth, and bide my time.

Throw now a generous glance on me and be merciful.