



## The enemy within

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It seems natural at times for us to express emotions of anger, frustration, sorrow, grief and fear. Such emotions, we believe are being born out of situations and are expressed in an instant. These expressions of emotions seem to do two things to us. One is they give us the belief that we are separate. Secondly it generates or strengthens our beliefs that the situation made us express these emotions.

Our life seems complex which revolves around a socio-economic structure that one is obliged to follow. We believe we do not have a free will enabling us to be what we want to be. We are what our parents, friends, relatives, colleagues and society wants us to be. Our possessions, wealth, family, outlook and lifestyle are what we consider as our identity.

Truly speaking, these are the things that should give us the happiness we seek, isn't it? We believe we are beings who make happiness and pleasure through such material means which are ordinarily not available to the Universe. We make them. How else can we explain the amassing of wealth, luxuries, antiques, memorabilia and such others which constantly remind us of our glorious past and help us be happy? But are we happy?

We have come a long way seeking happiness and it is time we get it. Isn't that what scientists and inventors are thinking about? The truth is somewhere out there. We need to find it. Where is this happiness? What is its nature? How do we get it? Is it available in some kind of a place?

Not only scientists, but all of us, are looking for happiness, love, peace, harmony and joy, in some space, in a place where it will be available. We say, 'I want to be peaceful, so I am going out.' Or 'I want to be happy and that is why I travel.' We condition ourselves and believe that if I do this, then I will be happy, if I don't do this, then I will be sad. What is the meaning of all this? How is it possible that we can be happy in one situation and we become sad in another situation and we are angry in a third situation?

Let us try to understand ourselves. This is something many of us haven't done. We are always reading books about how to win others, how to make friends, but we haven't thought of winning over ourselves and being friends with ourselves.

We are a species who have been bestowed with a gift which is; the power of choice. The power of choice simply means that we have a free will to choose what we want to do and how we can do what we want to do. This requires certain faculties which are again made available only to our species, which are the mind and the sense organs. We all know that the mind uses the sense organs to observe and perceive the external world and that gives rise to various emotions like happiness, sadness, pleasure, pain, anger, lust, attachment, greed, jealousy, guilt, and so on.



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## *The problem starts here*

All the choices we make are done so with the use of the mind. Our choice making essentially happens by using a mind which is a storehouse of all experiences and emotions born out of these experiences. This therefore has led us to believe that we are the mind. The mind has taken precedence over our true nature. We begin to live in a world of duality, rights and wrongs, good and evil, victors and victims. We judge situations, people and justify our actions, compare and contrast and go through a mental roller coaster.

There is another personality who expresses and experiences within, which is the spiritual being that we actually are. There is this deep knowing that we must not judge or compare at all times. There is this unity and integrity within us, which shows up at times which we either choose to listen to or ignore. This is evident with our attraction to the different forms of spirituality which we try to get a grasp onto through books, audio tapes, lectures, workshops etc.

## *What prevents us from bridging the gap?*

The gap is a narrow window through which we get a peek into our spiritual existence. That is our true nature. That's what we get attracted to each and every time we experience life.

The world we live, the Universe we live in is a world of change, a Universe of impermanence. Nothing on this world or in this Universe is permanent. This impermanence is called Maya, or illusion. When we perceive the objects of our world and our Universe through our senses, the mind gets attached to these finite objects. Attachment causes pain and suffering by bringing in emotions of greed, lust, jealousy, enmity, anger, sorrow, and such other emotions.

The more these objects move away from us due to their impermanent nature, the more the mind expresses attachment with it. One of the classical examples of the mind getting attached to a highly impermanent concept is time. Less impermanent than time is wealth in the form of money, fixed assets, friends and relatives and our own physical bodies. The degree of attachment to all these aspects depends on how we have experienced life with these forms of impermanence.

When we get attached, that which is permanent seems to be less preferable than the impermanent. This is because, our minds seek change and change is the nature of impermanence. The mind with the senses gives us the feel that what we are seeing, hearing, feeling, smelling and tasting is for real.

When we give in to the senses, we forget our permanent and true nature. Then the mind has a free run with the expressions and emotions. The devil is let loose. This devil in the form of the mind and the senses that brings disharmony to oneself and others is the enemy within.

## *How do we bridge the gap?*

The simplest and direct ways of bridging the gap is to practice that which helps you to get in touch with permanence. These are the ways of being in the moment, beyond the concept of time and space; to be in the field of infinity. That which is infinite, cannot be impermanent. When something



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is infinite, it doesn't change and the only one that doesn't change is our true nature whereas our bodies change, surroundings change, possessions, passions of the mind, everything around us, changes.

To know our real nature, we need to be as we are, in the state of permanence, in the state of infinity. When we are in the state of infinity, without getting attached to any of the finite elements, we are in a state of love, bliss, joy and peace. This is the same state infants are in. They know no attachment. Infants live in the present all the time. They live in the infinite moment. Though the English word 'infant' is derived from Latin where the meaning is 'unable to speak', spiritually, infant could mean 'one who lives in infinity'.

## *How can I be in the infinite moment?*

Conscious living is the key to the infinite moment. Conscious living is a practice of living in the present moment. Conscious living can be practiced by getting ourselves to practice sitting meditation. Sitting meditation gives us a peek into the gap and gives us a feel of the present-moment energy. The present-moment energy while consciously living is enhanced many folds compared to our existence through the mind and the senses.

Once we have practised a sitting meditation we carry this experience of being in the present moment into other parts of our active life. The same practice of being in the present moment is consciously experienced repeatedly. Experiencing sitting meditation and conscious living on a daily basis helps us connect with our permanence and this is the state of becoming an infant or being in infinity.

This does not mean that we don't use our mind and senses! It simply means, when you are living consciously, we use our mind and senses, but are not attached to the impermanence it projects.

When we switch off the lights in the night and sit in the dark, slowly our eyes get used to the darkness, the pupils dilate and when our eyes are accustomed to the dark, we are able to see in the dark. Then our dependence on all forms of light diminishes. In a similar way, when we practice being in the moment, we slowly open ourselves up to our core, our inner self, our true nature of love and bliss. Our dependence on our mind will reduce. We will then realise that we are not alone anymore. I am in my company. I am the friend I am looking for, I am the love I have been seeking.

This knowing of us as the infinite being is what unites us, because truly, we are one as many.

Come, let us be in love, once again.