

"OM"

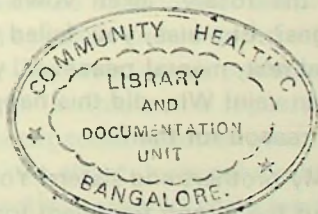
OUR MISERY
&
IT'S ROOT CAUSE



Swamy Divyanand Saraswathi

“OM”

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My devout sisters and brothers,

Come friends, let us all sit together and discuss a problem of our lives in peace. All of you must have tried time and time again to make your lives more comfortable, but in vain. You have collected innumerable things throughout your life and made

friends with many people, but the problem remains unsolved. When people and physical things were of no avail you started kneeling down at the portals of the temple. How many times have you not counted the rosary, taken vows and made pledges? But alas, you failed to achieve mental rest, mental peace. All your efforts were in vain! Why did this happen? What is the reason for that?

My brothers and sisters! You have meted out the wrong treatment for the malady. Your eyes were paining and you have swallowed a pill for stomach ache. You had cruciating pain in the stomach and you were dabbing your eyes with collyrium. Could the illness be eradicated this way? Evidently not. We are making the same mistake in life to-day. You are trying to treat a physical ailment spiritually

and a spiritual illness with a physical medicine. This way no treatment is possible. First try to diagonalise the illness. Have you ever tried to think of the root cause for agitation, strife, stress and sorrow? But have not failed to race to the temple at the slightest agitation and vowed to offer a rupee and a Quarter's worth prasadam or listened to the scripture at a rupee and a quarter. You expected to attain peace and happiness! You might have even without belief or devotion repeated some mantra a few times for a few days. You thought that you had done your duty

I am not ridiculing these things. One should go to the temple, listen to holy scriptures, make pledges and take vows. But if you think you will reach your goal by these things you are bound to be disappointed. That is what is happening with

you now. For some selfish end or revenge if you kill a person and to escape punishment you go to a temple, wrap yourself with divine-worded apparel and count rosary, do you think you will escape retribution. Never. On the other hand to hide your crime if you use faith as a shield then you will be not only committing a worse crime but will also be sowing seeds of discard and unhappiness. You will never be rewarded for your vows, pledges, rosaries. Your heart's desire will never be fulfilled and you will lose your reverence, faith and trust on your Gods, Saints, Scriptures and Mantras.

Look at the anomaly in our life. We never try to analyse the reason for all the sorrow in our life but start blaming one person or the other and even the Lord. How does that happen? As long as your attitude is

external how can you realise your mistake? To understand your folly you will have to turn within, realign your perception and change the course of your life. Only then will you understand the problem, the true cause for the malady and real treatment will be possible.

Now, please come with this Sanyasi and try to fathom out the root cause for the misery. Have you ever seen a bird with a single wing flying away happily towards its nest? Your answer will be a no, because it can not fly with abandon towards its goal on a single wing; it needs two wings. With only one wing it could crawl on the earth, it cannot fly. And what are you doing in life? You also are trying to fly towards your goal on a single wing. No, my brother, you will not succeed. With only one wing you can helplessly crawl but

you cannot fly with exuberance towards your goal. You try to fly time and time again but each time you crash to the ground. Do not be surprised. Like the bird our life also has two sides. When we concentrate on one aspect neglecting the other and try to pamper it then we will also be reduced to the status of a single winged bird. Remember, whenever your life becomes one-sided then no power on earth can save you from sorrow.

You must be wondering as to what these two aspects of your life are? Then listen to me carefully, contemplate on my words, try to put them in to practice and instil them in life. One aspect of your life is the practical one and the other is the spiritual aspect. Unless these two aspects are equally taken care of the problem remains unsolved. At the first signs of distress in

life, to escape it you take shelter in spiritualism, make pledges to Gods and Goddesses. But the moment you see good days you will not be able to find time to think of the Lord. This is pampering one aspect of life. You have not tried to analyse the practical reason for the adversity that has crept up in your life. Until the reason is found the remedy cannot be determined. The doctor first correctly diagnoses and the disease and then treats the patient. The spiritual world is ever pure, there is no necessity for you to cleanse it. It is our day-to-day life that has gone bad and it is necessary to clean it. Will you try to find out the time, effort and power you have invested in rectifying your attitude?

Hear, I am not speaking about the venerable great sages who having severed the bounds of attachment have quit society and

gone away to caves to continue penance. I am not refering to holymen for whom the pebbled earth is the bed, roots and fruits the food, mountain streams quenching spots and tree bark the garment. I am discussing you and me. We are a part and parcel of this society. But a person who is actively engaged in Society in whatever role, has to develop these two aspects of life not only to attain the ultimate goal of human life but also to realise peace and happiness in life.

The practical life does not consist only of somehow feeding oneself and the kith and kin, continuing the clan, collecting a few things, building a house and things like that. This much even animals and birds manage to provide for themselves. They also eat, build nests and reproduce. if our lives are also restricted only to these activities what is the difference between beasts, birds

and ourselves? No my brother, our lives are not meant only for this. Every being exists but living the human life is an art. Only who is aware of this lives a life of happiness, peace and exuberance. One who does not will continue his existance full of pain and humiliation. The rest of his life he will do only this.

I am only urging you that the eternal is ever pure. You purify your conduct so that you need not shed tears or feel sorrowful. Your worldly life influences your mind, thought and intellect. A person leading a fast life will always be agitated and be seething with discontent. His mind will always be scheming. How to dishonour others? How to orders others about? How to take revenge for past insults? Thinking about all these things he is not only always unhappy and agitated but makes others' life also

unbearable.

This saying sums up all the reasons for your sorrows. Listen carefully, contemplate over it and finally try to guide yourself into the correct path-

“Love of one's self and neglect of others is the root cause of your sorrow”.

This axiom is insignificant in size but is heavily loaded with meaning. Please think coolly; How will you feel if others want from you the same behaviour that you expect from them. It is hard truth that you have always expected exemplary behaviour from others. But when other people also expect the same good behaviour from you, you insult them by conducting yourself arbitrarily with them. All the relationships in the world whether it be of father and son, husband and wife, brother and brother, friend and friend, the master and the des-

ciple, mother-in-law and daughter-in-law, neighbour and a neighbour or any other relationship - all are cursed with an endless anguish only because of this lopsided worldly attitude. Everybody expects from others but no one is bothered about others. No brother, this will not do. Do not trample on the emotions of others, try to respect them and love them. You hurt the feelings of others by your conduct and they hurt you by ignoring yours. This way both your lives become hellish. I do not know whether there is a hell or heaven anywhere else. But you are making hell or heaven of your life by your own behaviour.

If you could instil this idea into your life you can make your own life and that of others heavenly. I have already revealed the nature of the malady to you and now I will let you know of the treatment. if

only you can firmly put this rule into practice you can really make everyone's life divine. That rule is

“You meet out the same virtuous behaviour to others as you expect from others towards you.”

I can assure you that if you could put this rule firmly into practice in your life then animosity, enmity, tension, agitation and mutual difference of opinion will all disappear from your lives.

I am not referring to any person belonging to any particular faith, religion, caste, creed or sect, neither to people living in any particular region or country. I refer to mere human being. To-day I am here to narrate the story of the human being, not from any mythology or epic. If you only listen to this story of your life with great intent all sorrow from your life will vanish. I am not

here to skip through the pages of any volume. Your life is a book whose pages you have not been capable of going through because of mundane irregularities and extravert nature. It is this book which contains all the secrets which can take you from death to immortality, from darkness to light, from sorrow to happiness and from strife towards peace. I am going to lay the pages of this divine book bare. It is the study of these pages which is called self-study. Whatever is written in these pages of the Book of Life is no doubt a bitter pill for you but if only you could swallow this you are going to attain immortality.

Please let me know if you want to learn truth from your wife, son, friend or a person known to you? Or is it untruth you want? How would you feel if your family members suppressed truth and fed you on

falsehood? You would tell everybody that you wanted to hear the truth not lies. My dear friend, I request that you practice truth with others as you would like to listen only the truth from others. Do you really do it?

Just imagine that you are walking down the street and that there is nobody with you. Suppose you meet with an accident. You are wounded. You are lying on the road in a helpless condition. In this state of helplessness will you not expect help and cooperation from others? You wish that someone helps you and also gives information to your house. In helpless moments you wish for help from others. So it becomes your duty to render help to the helpless, the destitute, the afflicted. you have to give aid by way of money, clothes, medicines, food etc., to the maximum extent

you can. But, do you really put this to practice?

You are here in devout company. By carelessness your purse or some other thing is misplaced. You realise that you have lost the thing when you had gone to listen to Satsang. You immediately return to the place. You will be wishing that nobody would find your belonging, that none would handle it. You are worried about your property. Then it is your bounden duty not to take away something belonging to others. You are not even supposed to look at other's things. But do you practice this? Then is it not a crime to do anything unknown to father, son, brother and wife at home and outside without the knowledge of the Government? Is it not stealthy behaviour?

You send your son or a servant to the

bazar with a hundred rupee note to purchase some things. On their return do you expect the person to give you a correct account of the things and the remaining money? Or do you want him to hide some things and keep some money for himself? No, you do not like dishonestly, you want others to be honest with you. Then it becomes your duty to behave honestly in every sphere of life. Do you do it? Traders think of adulteration to make more profit. Government servants want to make a fast buck by presenting mythical bills. The wife thinks nothing of padding up the saree bill by fifty rupees. The husband returns home late and tries to gain the sympathy and love of the wife by pleading extra work at the office. The students want to stay back home to rest by telling that it is a holiday for the school. This way we find dishonesty

pervading every sphere of life.

You quarrel with some one over a person, thing or situation. Both of you declare that you are speaking the truth. You cannot come to a decision by yourselves as how to solve the problem. Then you approach a third person for arbitration. Do you expect justice or injustice from the arbitrator? Naturally you expect justice in this situation. You would have the arbitrator listen to both of you fully and then pass a just judgement. My dear brother, you do not like injustice done to you. Therefore it will be your obligation to meet justice to others also. But can you do it?

Imagine a lady belonging to your family is walking down the street. Some body informs you that a person is teasing her and abusing her. You become wild, your eyes glare and your lips quiver. Why, what is the

reason? Why did you flare up by hearing the news. It is evident that it is distasteful to you that a rogue should misbehave with a lady of your family and use filthy words. Then, my dear friend, it becomes your bounden duty that you never look at any lady with covetting eyes and you treat her as you would a lady of your own family. But, have you been practicing this?

In the dead of night an unsocial element gets into your house and points a knife at your chest. At that moment you start begging him for your life. You offer him all the wealth you have amassed through toil in your life. But, you are not prepared to surrender your life. Why do you do it? Do you love your life so dearly that you are prepared to give away everything you have to save it? You love your life very dearly. You beg for your life, with folded

hands you besiege him to spare it. But what is it that, for a little taste or for a little self-interest you turn a demon and ruthlessly snuff out the life of some defenceless person or thing? That animal is dumb and is incapable of expressing the pain you experience when you are at the receiving end. It is incapable of even begging you for its life. But ruthless you, take away its life in a second without any pity or remorse.

When any one even justly crosses your path of progress, self-interest and ambition you will not tarry to consider that person is somebody's child, someone's father, somebody's husband and brother of somebody else but the demon you have become you will ruthlessly kill him or get him killed. No, my brother. Just imagine yourself in his place for a few moments. Suppose he had behaved with you in a similar

fashion, how would you have felt? You have started to shiver on hearing this, let alone actually losing your life at the hands of your adversary. You satan in human form bent on killing at the drop of a pin! You might amass wealth and fame but you will never attain peace or happiness. When you are not ready to give up your life it is your duty not to take any life whether human, animal or bird. How I wish you could have practised this in life!

How many pages of your life can I skip through? I can not guess as to how many escapades have filled these pages. Naturally, you have never bestowed any thought on them up to now. How I wish you went through these pages of your life! For months together I can narrate your life history. Even then I cannot completely do that. I do not want to go into more details. You

know very well that whatever the farmer sows in his fields he reaps. If he sows wheat and wants to raise a crop of Bengalgram he is sure to be disappointed. You have no doubt heard this saying:

“Sow the wind and reap the whirlwind.”

The Great and the wise compare human life to a field. Whatever you sow in this field you reap. If you sow seeds of hatred, enmity, jealousy, dishonour and disrespect in these mobile fields, then please be sure that you are going to reap the same crop many folds. In such a case just imagine how helplessly you will feel? How agitated would you be? You will be looking piteously at every passerby and they would pass by without paying you any attention. Therefore, my friend, please be careful.

“The person goes and only the ashes remain”

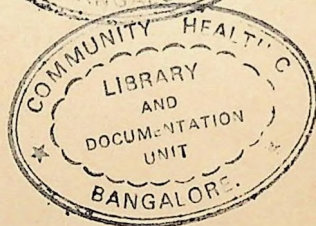
I have already made it clear that you should behave in the same loving and friendly fashion with others as you expect them to practise in their day to day life. You expect in others truth, compassion, forgiveness, justice, happiness, respect, love, honour, righteousness and therefore you should bestow the same on others. This gives sanctity to your worldly life.

There is no necessity for any one to guide you in your daily life. For gratification of personal interest and to please you some people may praise you even for your wrong doings. Fired by jealousy and hatred some others may call your noble acts mean. Therefore, please do not be guided by others' opinion. You be your own judge. Make your own decisions. But remember only this much, that before you act would you approve of this behaviour in others

towards you? What would be your behaviour in such a situation? Yes, if only you could do this much your wordly life will be free of strife and tension as a result of wrong behaviour in day to day life. It will become divine and sublime.

Om Shanti ! Shanti !! Shanti !!!

— English version : Dr. Ramachandraswamy



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