

### **Why spiritual practice?**

Spiritual practices are complete processes of action performed in a relatively quiet area that involve the whole of us without the interference of ego or personality.

### **Are we talking about a long time?**

No and yes. Time is not a factor in change per se as is psychological. It may take time for inward change to reflect in outer conditions, but the actual change is mental and hence it can be immediate if all of you wants it right now.

## *4. Where*

### **In Life**

We are not only a part of life, we are one with life. We cannot divide life any more than a wave can divide the ocean. The mind too can never be divided, as if it could, it could never be whole again. If we can err in life, we can recover in life.

### **But, I experience division...**

True, but you are also aware of the experience of division, so the whole mind must be the intact background which is continually aware. This is also called awareness or the inner intelligence.

## *5. When*

### **Right now**

The whole mind or undivided mind has to live life in such a way so as to discover and experience its universal nature. Just like a boat one wishes to sail on the high seas must be unmoored from the dock, one wishing to walk the spiritual way must let go of all limitations completely.

### **Just walk away from it all?**

Before making any major change of the

environment, change the mind or the inner environment. When the mind changes, external changes will be natural.

### **How do you change the mind?**

The mind is nothing but a bundle of habits. At first, you may find the need to make new habits that support and reflect your aspiration.

### **What has conditioning to do with health?**

The conditioning or mental habits we have today were not there at one time and can be changed—hence they are not part of the natural conditioning. They are patterns of thought that require energy to sustain. The more the conditioning, the more energy is required to maintain body-mind and the less that will be available for important functions, including body repair and cell replacement.

### **Is thought useless?**

There is a difference between thought and thinking. Thought rises and falls in the mind just like the heart beats and the breath rises and falls. It is natural and useful. Thinking is something I do,—I think in some determinate manner.

### **From where you are to who you are**

When you function clearly, you can know where you are; and when you know *where* you are, you can inquire and know *who* you are.

## *Closing Thoughts*

As long as 'you' stand outside your aspiration, the means becomes something you do and there will be struggle, as the old conditioning is who you are and your aspiration is something you are working towards. You have therefore not become your aspiration and so there must and will be struggle.

# End Conditioning, End Sorrow

Concise Brochure



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You have to *become* your aspiration and as soon as you have embraced it, it guides your thoughts, feelings, words and actions. You have to be—not become but 'be'— your own aspiration; and who you are—unconditioned, 'I'-less— has to do what needs to be done. Now is always the right time and the only time for change. What do you say?

## 1. *What*

### **Expression, experience and understanding**

Thoughts, feelings, communication and physical actions are all forms of expression which return as experience. These can raise or lower understanding.

### **What are problems?**

Problems are effects experienced within when the inner world does not correspond to the outer world.

### **What is conditioning?**

Conditioning is habits of the mind that insist on conditioning—interpreting and shaping our lives. There is a condition outside and thought colors it so that we do not see what is actually there—only what thought or inner conditioning tells us is there.

### **What or who is 'I'?**

When the bundle of conditioning is mistaken for ourselves as a separate entity, as the self, it is known as 'I'.

### **Problems, conditions or 'I'**

Our problems and sorrows are not caused by people, things or conditions, they are the effects experienced when we cannot seem to reconcile the inner world of thoughts and feelings with the outer world of circumstances and conditions.

### **Never things outside?**

Never. If situations were responsible for our problems, each situation would affect two different people in the same way.

## 2. *Why*

### **Isn't there a simpler way?**

Yes, this is it: see the cause and stop it, the effects will never come to be. Looking directly at the cause of our problems instead of the

effects or the resulting situation and ending it.

## 3. *How*

### **Ordinary is extraordinary**

Lead a ordinary life in an extraordinary way, most intelligently, so as to prevent conditioning that exists from interfering from perception to action. Life intelligently lived will also prevent you from taking on any new conditioning and will diffuse existing conditioning.

### **Having depth in life**

You get out of life not only what you put into it and how, but by the depth of inner understanding from which action emanates.

### **What is understanding?**

Understanding shapes our actions, and actions or expressions mature into our experiences. Understanding is the state of the inner intelligence—not the intellect which is just the more focused mind.

### **What is this inner intelligence?**

The single most distinguishing characteristic of human beings is 'knowing that we know'. This is also called the inner intelligence or awareness. When you think, you also know that you are thinking.

### **Is the ego and conditioning the same?**

Yes, the ego is the total conditioning that has assumed individuality or entity. Self-limitation and conditioning are synonymous, and when one identifies with this the entity is referred to as ego.

### **Direct Perception**

**1. Direct perception:** Perceive every situation directly (which includes every thought, feeling, word and deed in the moment it arises) without the interference of existing conditioning or

thought.

**2. Direct response:** If the situation does not require action, move on without dwelling on it, complaining or hoping someone else should do it. If you feel it requires action, see the best way without standing apart from the situation and without any interference of existing conditioning or thought.

### **Total Action**

Action, a spontaneous response to a situation which begins when it begins, is without interference of conditioning or personal agenda and ends totally when it ends physically, preventing any further conditioning from accumulating.

1. Action begins when it begins.
2. Fullness is there in action without selectiveness
3. Action ends when it ends.

### **Direct perception and total action together**

Perceive and act without the interference of thought. Use thought as and if necessary but *do not be used by thought*.

### **What is response to a situation?**

Response is doing what needs to be done as part of the same situation without standing outside it from perception to action and fruition.

### **This is quite a task, isn't it?**

Yes, but we have made this mess ourselves and we must clean it up ourselves too.

### **Just how do you tackle all this?**

See the danger in staying the course, awaken and stay alert. Make every act a means of discovery and transformation.