



Life without struggle - 1

Any form of struggle requires the struggler and that which is struggled with. All struggle is experienced within so the struggler and that which is struggled with must somehow rise in myself. But, I am one and if I somehow preserve this oneness or wholeness – I will find a way for joyful living – no matter how challenging situations get.

When one lives an awakened life, a life where one examines things for himself or herself as they tread – one comes to understand the nature of things and the cause of all suffering to be birth here in this world. The wise regard ending the cycle of birth and death as the only worthy ideal.



To live in this spirit of oneness of being is to live in the yoga spirit and it requires that we first have one single ideal for which we live. This single ideal has to be accepted by one wholeheartedly so the idea of compromise or selectivity does not dare rise against this resolve. This resolve can be as lofty as God-realization or movement towards this ideal which Swami Sivananda puts in two terse aphorisms, “Be Good. Do Good”. These two compact aphorisms cover all the canons of yoga and are the essence of all ethical and moral teachings without leaving anything out but these cannot be interpreted by social or conventional norms.

Can I be good in every thought, feeling, word and action to such an extent so that I become incapable of ‘being non-good’? Can I do good in all ways so that it does not matter what comes at me as my response to anything will be the best response that is possible – one that raises my own inner goodness and is the best for the situation? In talking ‘best’, we are not talking about what I would prefer best or what others may accept best but ‘what is best’?

The inner intelligence will get roused into action if it is empowered to *observe each situation and also act* as it will be free of the clutches of the ego or personality which is filled with likes, dislikes, desires – all based on ‘I’ and ‘mine’.

The inner intelligence will not get roused if you ask it to observe but act with the conditioned mind – as it is wider and more pervasive than the silly mind and so will never be subservient to it. If you empower the ego or personality – the inner intelligence will let you go ahead and dial for lessons that come at a steep price as ‘your choice’.

So, when you have one clear cut ideal – from God-realization or something you bring closer as, ‘Be Good. Do Good’ – you at once remove all struggle out of life as for any and every situation – there is only one response that satisfies, ‘being good’ and ‘doing good’ without ‘good for me, my people or my interests’. One single ideal gives you one single standard or perspective to respond from and all struggle just dissolves as struggle requires choice for conflict, “I must do in this way but I would rather do it that way”, or, “I must do this but I would rather do that”. The first part of no choice in ‘how things are done’ is quite clear. The second part of ‘what needs to be done’, versus ‘what I would like to do’, will also dissolve as you would just not do what does not satisfy, ‘being good and doing good’ – and, there would only be one single course of action.

But, you may say, “What about consequences?” What about them? The consequences of compromising your innate goodness and acting in a way that is the best way possible are a worse consequence than a little less in quantity of things like money, power, fame, recognition and the sort. Why do we never concern with the consequence of what loss to ‘being’ or to our innermost self by a degradation of quality of being?

Each time you compromise quality of being – you degrade qualitatively yourself and no amount of quantity in any form can replace, compensate or restore the balance.

You may feel that this high bar may compromise your duties like taking care of your family etc., but, all things will be taken care of better as quality always trumps quantity. Think about it – peace, contentment, satisfaction, happiness and joy are not quantities – they are qualities. Improving quality of life happens when you improve the quality of the one living life or the ‘liver’. If quantity led to quality – all who have more would be immensely peaceful, happy and fully satisfied but we know that this is far from how things are.

Let us talk about this a little more, the next time.

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