



From my blog

suryadevananda.blogspot.com

Life without struggle - 2

A clear ideal is an ideal that lived by naturally – without struggle or selective application. This ideal should seat deep in the core of one's being so it is not only why we do things but why we live in the first place – the reason for our existence. They say the cycle of samsara or birth and death is rooted in karma and the cause of karma is ignorance of the true nature of things. The only remedy to breaking this cycle has to be right understanding which is the existing unity as the truth of things which must be embedded at least as deep as ignorance's promptings are with the courage to disregard them and empower wisdom instead.

It is essential to have and wholeheartedly adopt without selectiveness a higher ideal and have this as a resolve, "From this very moment on, I will be good in the best way I know how, without selectivity or concern of consequence and I will do good in all ways starting with what and how I think and feel to every way I communicate and in my actions".

All burdens, concerns and struggle will at once be lifted off your shoulders instantly as you have just given yourself a new standard operating procedure that this resolve is what is going to act in your life. The road will be bumpy at first and it may seem difficult at first but everything is difficult at first because of our own lack of wholeheartedness.



When you examine what your own difficulties are sincerely, you will see that they are your own resistance to things as they are. It is difficult to see this because we are so conditioned to believe that others – people, conditions and things – have much to do with our difficulties. Find out for yourself and you will see through them as they will not stand up to reason and will boil down to these: 'I don't want to do this' whose only justification is 'It is not my way' or 'I just don't like it'.

Instead of difficulty or problem solving every day – today this, tomorrow that and who knows what will appear on the mind's radar the day after tomorrow – isn't it perhaps easier to first check, then weaken and finally get rid of whatever is experiencing the difficulty or problem. It cannot be you as you are aware that there is some inner grinding or resistance that wants to take issue with someone, some condition or something. If

you are aware of some grinding within, you cannot be the grinder. Habit has become strong enough because of the importance we ourselves have given it and now, it seems to want to function as a 'duplicate I' or a 'redundant I' – if this bundle of habits called the ego, personality or 'little I' has not already taken over, it is working on it. The good news is that it can be stopped at any stage though the inner strength needed to break its grip increases when left unchecked longer.

Unless the danger is not seen within, caused by our own selves – a solution is very difficult at best. If the danger of habitual living is not clearly seen, all solutions will be cosmetic at best and will not endure. The clarity with which you see the danger is itself the inner strength needed to check conditioning.

We must very clearly, each for oneself that all struggle, difficulties, problems and the weight in our lives is not caused by anyone else or anything else – it is the reaction of the ego or habit to things just as they are. We know this because when everything is going well with you, you are able to absorb little difficulties in stride but when there have already been a few close encounters and say we are not feeling at the top of our game – the blame game suggests targets.

But, seeing things clearly, just as they are and being aware of the inner grinding or dissatisfaction is half of the equation – a better response must be in the heart so it can flow out effortlessly and say, "I will respond this way – the way of my resolve". Initially, you may have to say, "Not that way – this way". Soon, unhealthy choices will weaken by disuse though you will still be aware of their promptings and you will just be able to act in better ways – on the strength of your resolve.

When you see yourself responding in better ways, the things you felt were struggle earlier will no longer seem so as when you respond to situations in healthier and more wholesome ways – the responses spring from your inner goodness and are at once experienced as goodness as well. How can any action that springs from your innate goodness have a negative experience? When you truly do a good deed – you feel good at once – not later but at the moment of doing – whether it is appreciated or not.



All of nature knows this secret and so there is no struggle or sorrow amidst any of its family. The tree exerts to be the best tree it can be in spite of any condition that may come and just look at them – they are always swaying and joyful. The little squirrel runs about to gather its food and some days it may have to work hard and get very

less but nonetheless, it does not stress out as we do when less comes because it knows the art of making the very act of finding food as play.

Sit for a while in nature and observe these things. We are very much a part of nature's family and can find the way to be natural, joyful and struggle free if we only let go of our self-assertive ways, preferences and insistences.

Everything changes – let it and if a response is needed, let the strength of your resolve to be good keep the boat steady so that doing good or the best way to maintain inner goodness while responding is seen. Then, just do it and let go as what was in front of you will flow away on its own as newer situations present themselves. The old carts itself off – no need to push it away and it is foolishness to cling on to it as firstly, we will be dragged with it and secondly, we will miss the new that is already here – just now.

Let us talk a little more the next time.

Swami Suryadevananda

7 April 2014