

PODCASTE 203, GO BEYOND TO BE BLISSFUL

Om Sri Sai Ram

Prasanthi Sandesh welcomes you.

Well, the first thing to be understood about pessimism and optimism is that they are not different. Sometimes we call a person optimistic, while we brand another person as pessimistic.

But in reality, they are not different. They look different. But don't be deceived by their appearances. They are just two polarities of the same phenomenon. A pessimist can become an optimist and an optimist can become a pessimist. A pessimist is just like an optimist standing on his head and vice versa. They are not two different people. They are not two different dimensions.

Remember it's not worth the effort to constantly change rooms, going from one room to the other. Instead, get out of both rooms! Under this sky where we are, neither pessimism nor optimism exists. You can be at ease only when both are gone because both are wrong.

Analyze the situation. The pessimist goes on looking at the darker side of things and goes on denying the brighter side. He accepts only half of the truth. The optimist goes on denying the darker side of things and accepts only the brighter side. He is also accepting only half of the truth.

Neither of them accepts the whole truth because the whole truth is both summer and winter, God and the devil, darkness and light, good and evil, life and death. Yes, the whole truth is both.

Both pessimists and optimists are doing the same exercise. They are denying one half and accepting the other half. But both halves are equal. There's no difference. If the pessimist is wrong, then the optimist is also wrong. Both are not ready to accept the truth as it is, so therefore, they choose one or the other of these viewpoints.

But when you move out of both of these rooms, you are under an open sky of choicelessness. So don't choose. Let truth be as it is. Don't try to paint it according to your mood. See it as it is. Don't bring your mood into it. Don't look through hope or through frustration. Don't be positive and don't be negative. That's the highest consciousness possible.

But optimism appeals to us because the world is more or less pessimistic, full of people having long faces. They are always complaining and grumbling. So it is beautiful to come across an optimist. As people are always talking about the thorns, it is fortunate to see and hear somebody who talks about flowers and fragrances. However, that viewpoint is also wrong.

So, the pessimist is the common attitude. Out of a hundred people, ninety-nine are pessimists. They are looking for misery. They are waiting for misery. They are convinced that something wrong is going to happen, and they are ready for it! If it

does not happen, they'll feel very disappointed because they are waiting for the negative, for the dark side to appear. These people are certainly wrong. But, because these people are in the majority, their reality becomes very dominant.

On the other hand, when the optimist is waiting for the morning, he looks for the white lightning in the darkest of clouds. Even when the night is very dark, he waits because he knows that the morning is very close. He is always hopeful.

But again I insist that both are wrong because life is both black and white. In fact, life is grey. On the one extreme, it looks white. On the other extreme, it looks black. But in between these two extremes, there is nothing but shades of grey.

One who understands both sides becomes choiceless. He's neither pessimistic or an optimistic. You'll not find him in either of these rooms. You'll not find him unhappy. Also, you'll not find him over-enthusiastic about happiness.

That is the good goal of the followers of Buddha. They are not in agony and they are not in ecstasy. They don't experience any excitement. They are simply peaceful and silent.

Bliss is not happiness, as happiness has a certain excitement in it. It is feverish. Sooner or later you'll be tired of it because it is unnatural. Sooner or later you will have to change. You will have to become unhappy. But bliss is neither happy nor unhappy. It is neither negative nor positive. It is transcendental. It is beyond duality. One remains tranquil, calm, quiet and centred. Whatever happens, whether it is good or bad, one accepts both because one knows life is both. This is the real man, who is completely without any attitude.

If you have been a pessimist for a long time, it is very easy to realise one day that you are unnecessarily unhappy and miserable. So you change your role and you switch into the role of an optimist. However, you have only moved from one extreme to the other extreme. See that! Our life has been a movement from one extreme to the other because we are hopeful. That's the point.

There comes a point when one gets fed up with one role. The pessimist realises one day that there is no reason to keep seeing the darker side. Why go on counting the thorns of the rose bush? He forgets about the thorns and he starts counting the roses. But both are just halves of the rose plant. He has just moved from one half to the other half. But, the totality still remains in the rose bush as it has always been.

The rose bush consists of both the thorns and the rose. They are both joined together there. They are not against one another. They are not enemies. In fact, the thorns protect the flower. They are part of the whole organic being of the rose bush and so is life. Good and bad are joined together. Sinners and saints are joined together. Birth and death are joined together.

Real understanding comes when you have understood the idea of this polarity. By understanding it, you have gone beyond it. When this understanding happens, you become tranquil because you realize that there is nothing to be happy about and there's nothing to be unhappy about.

Remember, if you are happy, somewhere deep in your unconscious you are still carrying the possibility of unhappiness, because you can be happy only if you can also be unhappy. Both possibilities exist together. They cannot be separated. They're two aspects of the same coin. So if you discard one aspect, the other is also discarded. If you keep one aspect, the other is also kept.

If you become a pessimist in your conscious mind, then you'll be an optimist in your unconscious mind. If you are an optimist in your conscious mind, then you'll be a pessimist in your unconscious mind. Happiness and unhappiness exist together. So you can change that role anytime you like

In fact, people go on changing these two roles. In the morning they are optimists, but by the evening they have become pessimists. That's why beggars come to beg in the morning, because in the morning more people are optimistic. By the evening, realizing the nastiness of their life, people become pessimistic, tired, angry and frustrated.

In the evening, beggars don't come to beg because who is going to give? In the morning people are more open as the morning sun brings hope again. The night is gone and they think, "Maybe today something good is going to happen!" So people are more positive in the morning, but by the evening they become more negative.

During the day, you may change your roles many times. If you are a little alert, you will notice this as it happens. A moment before, you were an optimist and now a moment later, you have become a pessimist.

Small things can influence you. For example, changes in the climate, changes in the relationship, or even a small gesture by somebody can make you change your mood. Have you noticed this? You may be sitting somewhere being sad and somebody who is a man of laughter comes and laughs and jokes. Right away you forget why you are sad and you start laughing! Then, while you are laughing, a few friends come and they are all sad. They bring a climate of sadness and so you relapse into sadness once again.

So every man is born with both possibilities. You have to go beyond both and see the futility of both. That's what silence is. It's the complete absence of duality. So please avoid being an extremist. Excess should be avoided because excess is the root of all untruths.

In fact, there are no lies in the world. There are only half-truths and truths. Half-truths are lies, while the truth is not half but whole.

The mind tends to be always moving towards the extremes. So at one time you are moving towards the heights, and then you are moving downward, towards the valley. You keep going up then coming down. You have never become aware that both these extremes are useless.

Like the pendulum of an old clock, you move from one extreme to another. Once the pendulum stops in the middle, the clock also stops. So, once you stop in the middle,

time also disappears. Then you are no more part of the world. Once the clock stops, you become part of eternity.

Watch the pendulum moving from left to right and from right to left. A very strange thing is happening. What is the pendulum doing as it moves? As you see the pendulum moving to the right, ask the mechanic, "What is the pendulum doing?"

He will say that when the pendulum is moving to the right, it is gaining momentum to go to the left, and when it is moving to the left, it is gaining momentum to go to the right.

So, when you are unhappy, you are gaining momentum to be happy. When you are happy, you are gaining momentum to be unhappy. When you are loving, you are gaining momentum to be hateful and when you are hateful, you are gaining momentum to be loving.

Understand this subtle mechanism, which shows that the mind tends to be always moving towards the extremes. So stop cooperating with the mind! Whether a man is a pessimist or an optimist, both these states are within the mind. But the real man, the man of understanding, is beyond the mind!

What has to be understood today is that happiness and unhappiness are together. Therefore, let us be choiceless so that we can transcend both, so that we can become non-dual and lead a blissful life.

Thank you.