

## **PODCAST 198: EFFORT TO BE EFFORTLESS, NO COMPETITION AND POSITION-MONGERING**

Om Sri Sai Ram, Prasanthi Sandesh welcomes you.

Sometimes people move from one Master to another repeatedly. What this really means is that they are moving from one hope to another hope. They go to one Master with hopes, thinking that through his Grace and energy that thing (enlightenment) will happen.

Next, they make some effort, and then they wait. However, they wait with a very anxious mind, because when the mind is filled with hopes, it can never be at ease. So they wait, but with a very defective mind, an impatient mind, and when the mind is impatient, then it is not at ease and it cannot be joyful. It cannot be blissful.

Consequently, they start feeling uneasy. They are no longer comfortable with the present Master because they think to themselves, "Nothing is happening to me!" So they become impatient and restless and they decide that the present Master is wrong. So they move to another Master. However, this is not a movement from one Master to another. This is a movement from one hope to another hope.

People also move from one religion to another, because they are looking for hope. Therefore, conversions happen often. In their search for hope, people have been repeating this mistake over and over again, for many lives.

Now let us try to see the real point. It is neither a question of a Master nor a question of a correct method. It is a question of direct insight. I repeat, it is a question of insight. What is needed is immediate penetration into the phenomenon of what is happening, so you can find out why you hope, and why you cannot be without hope.

Ask yourself, what have you gained by hoping? When you see that you have gained nothing by holding on to hope, then hope will drop by itself. You are not even required to make any effort to drop it. It is that easy.

However, if you find it very difficult, then you must know that this difficulty arises because of you. Hope by itself is false, so it is easy to give it up. It becomes very difficult because of the ego factor in you. In reality, it is very easy to give up hope, and this can happen at any time. Once everything is given up, anything can happen at any moment.

The phenomenon of enlightenment, of egoless-ness, is not caused by any one thing. No cause is needed. It is an outcome created by many factors. It is not a by-product of something else. It is just a simple insight.

So, enlightenment can happen to a sinner and, on the other hand, it may not happen to a saint. What is needed are the necessary conditions. If a sinner can see the reality, if he becomes hopeless, if he feels that there is nothing to be gained or achieved, and if he comes to see that the whole thing is just an absurd game, then enlightenment can happen to a sinner.

Enlightenment may not happen to a saint, because the saint keeps trying to achieve something. He's not yet without hope. This world has become futile to him, but another world has become meaningful. He realises that he has to live on this earth, but there are the heavens beyond, and he wants to reach there, so he tries to achieve that goal.

Also people who lived with Jesus or Buddha would ask futile questions. Even on the last night, when Jesus was about to be caught and when he would be killed the next day, his disciples were asking Him, "Master, tell us, when you are sitting on the right side of God's throne in the Kingdom of God, what will be our positions there? Where will we be sitting? In what order?"

It is said that God would be sitting on His throne and Jesus, the only begotten Son, would be sitting on his right. So the disciples were asking, "Where will we be sitting and what will be the order?" So people who had lived very close to Jesus were asking such foolish questions!

That's how the human mind is! They were not asking questions in order to learn about this world. Instead, they had become like beggars. However, they asked about the other world, so they were not really begging, they were just hoping. There was a prize for them in the next world so this became a bargaining. They believed that they would be there with Jesus, so they asked, "Who will be sitting next to you?"

There must have been competition among those twelve disciples. There must have been politics and ambition. Someone was bound to be up, someone else would be down and someone would become the chief disciple. There must have been much conflict, inner politics, and undercurrents of violence and aggression between them.

So, even being with someone like Jesus, one starts hoping because hope is deeply rooted in us. We convert into hope whatever Jesus says. We are a hope-creating mechanism and this hope-creating mechanism is nothing but the ego.

What is to be done? The answer is, there's nothing to be done. You only need to develop clearer vision, a more perceptive, more penetrating vision. All that is needed is to have a fresh look at your being. Look at whatever you have been doing or hoping. Take a fresh look, and in that fresh look, in that innocent look, ego will drop by itself, of its own accord. It is the easiest phenomenon and at the same time, it is the most difficult.

So, changing Masters, moving from one Master to another Master, is an absurd and useless game.

We should also understand that in the spiritual field, we should make an effort to be effortless. I repeat, we must make an effort to be effortless. However, in the material world, we are used to putting a lot of effort towards everything we do, thinking that it will help us to be successful.

This may be true in mundane matters, in worldly affairs. But on the religious path, there should be an effort to be effortless. For example, you can stand still and you

can sit silently, but if you are making an effort to stand still, your standing is false. You are not standing, you are moving. If you are sitting silently and there is effort, in other words, if you are trying to be silent, then that silence is false. You are not being silent.

Buddha realised that He was the problem, and every one of us should also come to that same realization.

We should also realize that every activity done by every one of us, gives more substance to the ego. This has to be dropped and for that to happen, there is no effort needed. A non-active state is created and we don't have to do anything at all.

For example, the wind is blowing, and as a result, the trees are dancing. Then comes the full moon, and the whole existence is celebrating. The breath comes in and then goes out, and breathing happens. The heart is beating and there is a pulse, while the blood circulates in the veins. Everything is happening and yet you are not doing anything. In this non-doing state, your identity has disappeared and so, by the morning, there will be no one to receive enlightenment, though enlightenment has happened.

In other words, everything happens when there is no doer. It's the doer-ship which creates a block. Blood is circulating and the whole existence is alive and dancing. Every atom in the body of a realised soul dances alive. The body has never been so alive. But now the energy is moving of its own accord. Nobody is pushing it. Nobody is manipulating it. In other words, a seer becomes like a white cloud. Enlightenment has happened.

Enlightenment can also happen to you, but you must not hope for it. Rather, once you understand the point, drop all your hopes and become perfectly hopeless.

However, it is a very difficult thing to become perfectly hopeless. You may reach hopelessness on many occasions, but it may never be the perfect occasion for enlightenment. The reason is that when you drop hope, you feel hopeless and then immediately you create another hope in order to cover up this feeling of hopelessness. So, once again, hope appears and hopelessness disappears.

In conclusion, enlightenment is not to be obtained and it is not to be achieved because you are already enlightened. Since you are already enlightened, you don't need to put any effort towards achieving enlightenment. All efforts are useless and therefore, the only effort needed is the effort to become effortless. This is how we should analyze actual enlightenment.

I have given many examples on this subject, in order to make the point clear to all of you. The point is that most of the worldly things are done with utmost effort, leading to either pride or frustration and in the field of religion also, people want cadre. People run after positions and even if one loves religion, there is still much conflict, inner politics and competition.

While the Master is still in the body, the question is being asked about who is to become the chief when the Master is no longer here. This is an indication that we are absolutely on the wrong path!

What is to be done? Let us have a new look, a fresh look. Let's become innocent and let us not make any effort whatsoever. Enlightenment just happens and bliss settles in our lives. This is just how it is and this is what meditation is all about. Meditation is an energy phenomenon.

There is one basic law which has to be understood about all types of energies. This basic law is that energy moves in a dual polarity. That's the only way it moves. There is no other way for its movement. It moves in a dual polarity.

We will discuss more points in the next session.

Thank you for your time.