

## PODCAST 173: PEAKS AND VALLEYS

Om Sri Sai Ram

Prasanthi Sandesh, 173rd episode.

We meet people who say that they are very energetic. If you ask anybody, “How are you?” “Yes, I am fine. Very energetic.” “Ahha, good to know that.” So, many think that they have a lot of energy. But let's think of this topic - the energy that we claim to have and declare. Let's have a few ideas on that.

Further, when we have energy, we say, “Energetic.” Then sometimes we may lose energy and say, “Weak.” What is the exact situation? When I say, “I'm energetic,” 'I' is there, and when I say, “I'm not energetic, I'm weak,” even then the 'I' is there. In other words, this 'I' continues in both the states.

Let us understand that we are merely a passage of energy and no more. Better every one of us realizes that I'm only a passage, or else what happens is 'I' exists. On analysis you will know that if you are there, you cannot be a passage. You have to disappear completely. Nobody remains there to realize that I am a passage. Then you are a passage. I think I could make my point quite clear.

Let's know that I am only a passage, and this is possible if 'I' disappears completely. There's nobody to realize that I'm a passage. When you don't realize that, then you are a passage. In other words, the claim of a passage should never arise because 'I' is missing. So who is there to claim? Nobody.

Now if you are little more there as a realizer, understand that the flow of energy will be less and less. On the other hand, if 'you' are less and less, there'll be more and more a flow of energy. When you are not there - even not as a realizer or as a medium - when simply you are not there, the energy starts flowing. In fact whenever you are not, you are full of energy; and whenever you are, the energy disappears.

In other words, God can exist only in your absence, here meaning 'I'. You cannot co-exist with God, but you are still there in a subtle way.

Who is this 'I am'? You are enjoying this, “I am so full of energy.” Energy comes as stated earlier when 'you are not' but then immediately you jump in and say, “I am so full of energy,” and then energy starts disappearing. In other words, when you appear as the one who claims to be a realizer, energy disappears. When you do not claim anything, when there's nothing like I-ness or a realizer, there'll be a flow of energy.

Actually speaking, who is there to contain? Who is there to count how much energy is there? Who is there to weigh? In a subtle way, you are hiding by the side or looking from the corner of your eye. Whenever those rare moments come when you are not, energy flows. Suddenly the mind recoils, comes back, and feels great. There's so much energy, it's impossible to contain. And then immediately you fall to the opposite polarity.

A man from New York by the name of Rosenfeld, is a cloth manufacturer. He went from America on a business trip to Israel. On the way back he decided to stop off in Rome and take in the sights. Two weeks later he finally arrived home. "How was the trip?" asked his sales manager. "Fantastic!" said this man Rosenfeld. "In Israel I sold a thousand more suits than any one of us expected. Ah ha! Then I stopped off at Rome and saw all the historical sites. I joined a sightseeing group and we had an audience with the Pope."

"The Pope himself? You don't say!" exclaimed the sales manager. "What does he look like?" Then Rosenfeld said, "Oh, I would say about forty-four short," meaning his measurements. "Forty-four short," he said. A tailor is a tailor. A businessman is a business man. Even if he goes to see a Buddha, he will come with this information: forty-four short, his measurements.

They say that a shoemaker never looks at people's faces. He goes on looking at their shoes. In fact, that is his only way to judge people. Seeing the shoe he knows whether you have money in your pocket or not. He knows how things are going on in your life, whether you are happy or unhappy. In fact a good shoemaker can predict everything about you just by looking at your shoes. The psychoanalysis of the shoe will show everything about you.

Old habits, old habits, that's what we find. The 'I' is the most ancient habit. For millions of lives we have carried it, so it comes again and again. We have to be a little more watchful, a little more alert. Who wants to keep the flow of energy constant? Exactly the same entity that wants the flow to remain constant is the cause of it **not** being constant. Be a little more alert.

Mrs. Hatten wanted to scare her husband out of his terrible drinking habit. One night she dressed up like a devil and waited for him in an alley. Soon the bar closed for the night and Hatten staggered towards home. Mrs. Hatten jumped out at him and yelled, "Yah! I am the devil!" Hatten held out his hand and said, "How are you? I married your sister. I married your sister."

This is how things happen. This awareness is there, even when drunk. Learn a little more awareness. Be aware. The 'I' will come in many forms, shapes, disguises. It can become spiritual, it can become holy. It can become saintly, godly. It can try every possible way to save itself. When you are feeling full of energy, you are not. Hence great love arises. The ego poisons love. You start hugging people, trees. People have complained to me and trees too, because they may not be in the same energy as you are. So be a little watchful.

When energy flows, one is constantly in a sharing state. Yes. One would like to share with everybody, even with trees and rocks. But when it disappears, you'll feel very, very empty - so empty that you'd like to commit suicide. This happens only when you reach a peak of energy.

Then coming back to the valley is disturbing. People, who live in the valley and never go to the peak, never think of suicide. That's why in poor countries suicide is rare. In primitive countries, it's absolutely non-existent. Animals don't commit suicide. They never go to the peak because they don't know anything about the peak. They never

feel the ugliness or the darkness of the valley because they have never smelt the fragrance of the divine. They can never smell the stinking existence that they are living, yes.

So this is going to happen to every *sanyasi*. He will reach peaks of joy, and then when you fall from the peaks, the only desire will be to be finished with it all. But the fall is not happening on its own. You are the cause of it. But it can be stopped. And the only way to stop it is when you are on the peak, enjoy the peak, enjoy the sun-lit peak, the pure air, the whispering of the clouds, and the closeness of the stars. Enjoy that. And when you fall into the valley, enjoy the darkness of the valley, the dangers of the valley. And don't bring yourself in. Both are good.

In fact the valley will allow you a little more rest so that you can again be ready to go to the peak. The valley is a kind of sleep. It is needed after a day's hard work. Tomorrow morning you'll be rejuvenated again. You can again track your path towards the peak. Enjoy both, yes, and you can enjoy both if the 'I' disappears.

And if the 'I' disappears, I would like to give you the real mystic statement about it. If the 'I' disappears, there's no peak and no valley. Everything is the same. Wherever you are, God is flowing through you. Wherever you are, you are in a state of blessedness. Wherever you are, not only are you blessed, you bless the whole of existence.

Well, in this short talk what I wanted to convey to you is, the energy is the gift of God, and this energy just flows. Be a witness to that. Consider yourself only a passage. At a later stage, just watch energy flowing in. Don't stop it. Just be a witness. Don't claim. That is the way how 'I' should disappear.

So long as 'I' continues you cannot expect the flow of energy. So, energy you can neither stop nor allow it to flow. When it stops, you feel weak. When it flows, you say you are energetic. Don't say that. Let 'I' be withdrawn. Just allow it. Be a passage, and you'll enjoy the peaks of life. Being fully energetic, enjoy the peaks.

When you have to get down, when you lose energy you may fall into the valley, enjoy that valley also. Enjoy peaks and valleys, then there is neither a valley nor a peak. You're only a witness. This is what I wanted to share with you in this short talk.

Sai Ram.