

# OM SAI RAM

Welcome to Prasanthi Sandesh

## PODCAST 256, “DON’T DO, JUST BE!

August 29, 2024

*The following text contains excerpts from Prof. Anil Kumar’s book  
“Sai-Chology,” pg. 69-74*

### **LIFE IS FULL OF DO’S AND DON’TS**

At all times and everywhere we come across people calling upon us to **do** something. “If you want to have your desires fulfilled, do this.” “If you want to attain liberation, do this.” Thus, life is full of rituals, prescriptions, do’s and don’ts. Right from our childhood we have been told what to do and what **not** to do, but we were never taught what to be. So, we know what to do and what not to do, but we do not know what it is ‘to be’.

There are certain precautions and prohibitions in the field of science and technology. We will be in danger if we do what we are **not** supposed to do in science experiments. Even in philosophy and religion, we have do’s and don’ts like the Ten Commandments in the Bible.

When we do something, it is with the expectation of getting something that we do not have at the time. When we want to earn money, we do business. So, ‘doing’ is the process through which we expect to achieve our goal. Thus we are motivated to accomplish our objectives.

### **SPIRITUALITY IS NOT RESULT- ORIENTED**

However, spirituality is not anticipation or expectation. It is neither a goal nor a destination. Whereas worldly endeavours, pursuits and tasks are goal-oriented, need-based, commercial and result-oriented, in spirituality it is not so. It has no aim or destination. It is a pathless lane. Therefore, one is advised, “Don’t do anything. Just BE! That’s all.”

In life, we generally find that everything we do leads us to further confusion. People offer solicited and unsolicited advice on various problems. Or, we may have our own ideas on how to do things, but this leads to more complications. Whatever we have been doing has not helped. So what is the right course to follow now?

A little reflection will reveal that “doing” is an endless process – a sum of multiplication of expectations. Doing is the process that anticipates positive results. But Spirituality is a preparation to accept what is given to us, whether positive or negative. If anything positive happens, we are grateful to God. If anything negative occurs, we are grateful to God for teaching us a good lesson. All events in life are a lesson to be learnt and a training ground for evolution to a higher state. Therefore, spirituality calls for **not doing**

**anything.** This certainly does not imply laziness or sloth. It means that it is not a question of “doing something” or “becoming something.” It is a question of “being”. **Be Unto Your Self!** All actions are performed for “becoming”. “Nothing-doing” is “To Be”; it is for “being”. To be, to reside in the “Being”, to be in your Self, is “non-doing”.

An example: If one wants to become a doctor or a lawyer, one has to study, pass exams, appear for an interview and finally get selected. On the other hand, one does not have to do anything to become Mr. X or Mr. Y because one is already Mr. X or Mr. Y! One does not “become” because one is already an entity.

Spirituality is the study and experience of “being” and not of “becoming”. “Doing” comes into the picture only when it is a process of “becoming”. When you are in “being”, you are in “non-doing”.

### **LIFE IS FULL OF DESIRES**

Life is a bundle of desires. Only the number varies. Some have few; some have many. Some people prefer to have only one desire that covers all other desires! This is like having one ‘wholesale’ wish to fulfil a thousand others. One may call our wants as ‘goals or ideals’. But even lofty or noble ideals and higher goals are also still desires and **never** die or come to a total halt ever. They continue to multiply till the last breath. If anyone says, “I have no desires”, he/she is full of them. Indeed, life is nothing but a bundle of ambitions and aspirations!

All these go on multiplying. Goals also multiply like that. The *Bhagavad Gita* says, “Even to pray for liberation is also desire.” The title of the last chapter of the *Bhagavad Gita* is “*Moksha, Sanyasa, Yoga*” It means, as a spiritual practice, give up even the desire for liberation. Who, then, is free of hankering?

### **DESIRES CREATE OUR IMAGE**

Our life is full of goals and ideals, which is really our worldly hunger. These make up our personality and image and also include our ambitions, aspirations and life’s perspective. Most importantly, it is our ego that is affected by these attributes. When we are stopped or rebuked by *Seva Dal*, our ego is hurt and we feel humiliated. This is because we feel very important and popular. We have built up this false image and personality on our own and when this image is affected in public, we feel ashamed. We invite damage because of this artificial personality that we have built within us all along. The point is that desires, goals and ideals make an image of one’s own self.

If we want a sip of coconut water, we have to go to the stall. Or, if we wish to have some sweets in the canteen we have to proceed to that place. But, in our false image of a VIP we prefer to have the coconut or the sweet delivered to us instead of going to the stall. We cannot bear to think the impression that others would have if we stand in queue. Thus, left alone, we overestimate ourselves. Yet, at other times, we do not match our image or personality. We want to be free, but the image that we have built will not allow us to be free. Since we consider ourselves to be very important, we develop a certain

aloofness and we can't mix freely with people. A person who cannot communicate easily with everybody is psychologically sick. One who cannot smile is almost dead.

When we cannot freely communicate or socialise with ease because our image will not permit us to do so, then we start condemning ourselves. The image that we have built up leads to the condemnation of our own self. By keeping away from simple things and from friends, we have imprisoned ourselves because of the so-called 'intellectual' title that we have created. We have thus forfeited our freedom and links with the natural world. We then complain that we are in bondage. When others hurt this self-image, it leads to a sense of shame and self-condemnation. It is then a negative world in which we wallow out of misery and self-pity.

### **CONDEMNATION OF OURSELVES LEADS TO OBSESSIONS**

When we have the tendency to condemn, everything is an obsession. When a person says that he/she does not eat much or undertakes fasting or if someone says that he/she keeps awake till midnight repeating Sai *mantra*, it has nothing to do with spirituality. In fact it shows an obsession with food and sleep. We must learn never to torture our body. Let us learn to respect life. It is self-torture to sacrifice food or sleep. Torture is **not** religion and it should never be the philosophy of life. Indeed philosophy is bliss and religion is joy. Instead of life being a torture, burden or punishment, we should perceive it as dance, laughter and ecstasy.

When we are obsessed with things like food and sleep, we become disillusioned. If we perform a certain *puja* or ritual and find no results, we are disappointed. We look for persons who will give us positive results or a place where we are profited. This kind of shifting and changing loyalty, moving from place to place, happens because of our despondency. There are many people who bemoan that they have been coming here for the last twenty years, but to no avail. They are not grateful that they are still alive. But then, such people are also extremely selfish. With such an attitude, how can one prosper?

Obsession is nothing but depression and suppression, leading to frustration and gloom. Finally, it expresses itself as self-torture. Life should be "fulfilled" not simply "filled." Fulfilment is life, not simply the filling of life with desires, objects, power and position. Fulfilling our life is much more important.

When we start doing something, we become full of desires. This will lead to the creation of a personality or an artificial image, which will lead to frustration and self-condemnation. But how can we just 'Be'? **By 'not doing' we can step into living in 'being'**. What is this 'being'? **Don't do!** When we stop our 'doing', we will be in that state of 'being'. **WE ARE the very 'being'!**

Prof. Anil Kumar will continue to motivate us to reach a state of 'being' in the next session. Thank you for your time,

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