

QUESTION AND ANSWER SESSION, Q. 287: “WHY TRUST?”

Om Sri Sai Ram

Prasanthi Sandesh welcomes you.

Q. 287:

Today's question is, “Why Trust?” In the previous episode we dealt with the question, “**Why don't we trust?**” Now the question is, “**Why trust at all? Why?**” Let me share a few ideas.

People are touchy. They don't want criticism. They don't want somebody to say to them, “Do this!” or “Don't do that!” Also, these people think that they cannot surrender to such requests because they are powerful. However, they are just ill or neurotic!

Only a powerful man or woman can surrender. Weaklings can never surrender because they think that by surrendering, their weakness will be revealed to the whole world. They know they are weak. They know their inferiority complex so they cannot bow down. It is difficult for them because bowing down will mean they accept that they are inferior.

Only a superior person can bow down. Inferior persons can never bow down. They cannot respect anybody because they do not respect themselves. They do not know what respect is and they are always afraid of surrender because to them, surrender means weakness.

Remember that surrender is possible if you are tremendously powerful. When you are not worried about surrender, it is because you know that surrendering will not make you weak. You can surrender and you will not lose your will power. In fact by surrendering you are showing the greatest will power there is.

So if you feel it difficult to trust, then you have to go back. You have to dig deep into your memories. You must have collected a great heap of rubbish from your past. Unburden it! This is absolutely necessary.

When you are with the Divine Master, you are again in another womb. You are again waiting for another birth. That is the function of the Master -- to give you another birth, to make you *Dwija* (D W I J A), meaning ‘twice-born’. One birth is from the mother and father, while the second birth is given by the Guru, the Master.

When you are with the Divine Master, you are again in another womb, a spiritual womb. You have to ‘close accounts’ with your physical womb completely. You have to drop all hang-overs with your physical birth so you can be totally here and now with the Divine Master.

A person who can trust is not aware of what he needs. The need arises when you are starving. Psychologists have concluded that love is food. However, just twenty years ago, if somebody had said that love was a subtle vitality, then the scientists

would have laughed. They would have thought that you are a poet, that you live in illusion and dreams. They would say, "Love is food! All nonsense!"

But now, scientific researchers say that love is food. When a child is given food, that food nourishes his body; but if love is not given, then his soul is not nourished. His soul remains immature. Now there are ways to measure whether a child is being loved or not, whether the warmth that he needs has been given to him or not.

You can give a child all the nourishment he needs and all the medical care he needs in a hospital. Just remove the mother. Give him milk, medicine, care, everything, but don't hug him. Don't kiss him. Don't touch him.

Many experiments have been done on this. The child slowly starts shrinking into himself. He becomes ill and in most of the cases he dies from no visible cause. If he survives, he becomes the bare minimum of a human being. He becomes an imbecile, an idiot. He will live, but he will live just on the fragile fringe. He will never experience life deeply. He will have no energy.

To hug the child, to give your body's warmth to him, is food. It is very subtle food and now this is slowly being recognised. After twenty or thirty years, psychologists will come to reveal that trust is even a higher food of a greater potency, higher than love, more like prayer.

Trust is prayerfulness, but it is very subtle. You can feel it. If you have trust, you will suddenly see that with the Divine Master you are going on a great adventure. And your life starts changing immediately.

If you don't have trust, you will just stand there. The Master goes on talking, He goes on pulling you, but you are stuck. Somehow you go on missing Him.

So let your trust arise! That trust will be a bridge between the Divine Master and you. Then ordinary words will become luminous just by His Presence. His Presence can become a womb and you can be reborn!

In a way, the Divine Master is a killer because He has to cut you completely from your past. But if you have trust, you will be ready to die! If you have trust, you know that resurrection is certain!

The Divine Master cannot guarantee it. There is no way to guarantee your resurrection. Only trust is the guarantee. So your trust is your guarantee! Let us understand this.

We can trust the Divine Master in two ways. That too has to be understood because one way is a wrong way. You can trust your Master because you feel insecure and alone. You can force trust because you can feel more secure with the Master. That's how people live in churches, organisations, and religious groups.

Someone is a Christian, someone else is a Hindu. Being part of a group gives you a certain security. You are not alone. There are millions of Hindus and millions of Christians so you are not alone. You think, "How can so many people be wrong?"

They must be right!" So you hold on, you hang in with the crowd just because you are afraid of being alone.

So, trust can arise because of fear, but then this trust is negative. It will not give you a new birth. In fact it will obstruct your new birth. When trust arises out of love, only then it is right.

Some people trust because they are afraid, because they want somebody to hang on to, to cling to. They are afraid and they want to hold somebody's hand. They look at the sky and they pray to God just to feel unafraid. Have you seen this?

Sometimes passing through a dark street in the night, you start whistling or you start singing. It is not really going to help, but it is helpful in some way. While singing, you become warmer, your mind becomes occupied. Fear is repressed. When whistling, you start feeling good. You forget that it is dark and that it is dangerous.

But it makes no real change in reality. If there's fear and danger, both are still there. In fact, it is more because a person who is engaged in singing can be robbed more easily because he'll be less alert. He'll be less cautious while whistling. By whistling, he is just creating an illusion around himself.

If your trust arises out of fear, it is better not to have that trust! That kind of trust is false! Out of fear you can say, "Absolutely!" But that will not be trust.

Trust is born out of love and if you find that you cannot trust, then you have to work hard. It means that you have a heavily-loaded past but also a wrongly-loaded past. Therefore, you have to clean it and clear it.

In a previous session, we discussed to some extent '**why we don't trust**', and in this session we discussed '**why trust at all?**' So, let us know why trust at all? This has been the theme of this session.

Here I would like to make it clear that mere belief is not enough because belief is a pretense. Never believe in anything! Belief is 'pseudo' trust. Understand the difference between trust and belief. Belief is pseudo trust or false trust. It gives you a feeling as if you trust. It makes you feel "as if" you trust. This is very dangerous.

Please be honest! You have not experienced anything of the Divine. So, there's no need to trust. Also, there is no need to believe in God. Don't make God a logical experience!

Some say, "I believe there is God. There must be something keeping the universe together." Yes, we do accept that this is a logical conclusion. The universe is there and things are really together. Everything is going beautifully together so the logical mind says that there must be somebody who is keeping it together. Existence or life is there, so somebody must have created it!

This is a logical conclusion. However, God cannot be approached through logic. God can be approached only through love. God is not a syllogism (a logical argument).

He is not a conclusion to be made by deductive reasoning. That's why scientists can never reach God's truth.

There are some more points connected to the logic which we'll discuss in the next session as the time is up.

Thank you.