

**QUESTION AND ANSWER SESSION:
Q. 273 - TALK, PATIENCE, HURRY.**

Om Sri Sai Ram

Prasanthi Sandesh, Question and Answer session:

We have received some questions and I'll try to arrange them in order and answer them in sequence.

Q. 273:

One question is with regards to 'talk'. We go on talking endlessly, or we talk within ourselves, internally. Whichever way it is, talking is going on most of the time.

We have to remember one thing. Mahavira was in silence for twelve years. He would not speak. He would not even go into villages. He would not see anybody.

When he started speaking, somebody asked him, "Why were you not speaking before?"

He said, "Speech becomes valuable only when you have attained silence; otherwise it is futile. It is not only futile; it is also dangerous because you are throwing rubbish into others' heads. So this was my resolve. I would speak only when the talking inside me had completely stopped. When the inner talk disappeared, only then I would speak because then it would not be a disease." It's a very wonderful example indeed!

Now, a few words about 'waiting':

We are very restless today as we don't want to wait. At airports or bus stations or railway stations, we are very impatient if we have to wait. We are always in a hurry to go. We can't afford to wait.

But, *rishis* and seers knew how to wait and wait. Just as I said, Mahavira could wait for twelve years and Buddha could wait for six years. They waited, yes. This waiting is not a weakness. Waiting shows that we are patient enough because only a man with patience can wait.

Well, we in the eastern countries can wait because we believe in reincarnation. So we are never frustrated. We think, "If not in this life, then in the next life I'll be able to attain the goal." So, this waiting means patience.

There are stories which say that a disciple would come to the Master and wait for thirty years. Yes, he would not ask anything. He would just wait for the Master to ask, "What have you come for?"

For us, thirty years is too long. We may think, 'One life completely wasted.' But waiting for thirty years will do the work!

People from the west will usually say to me, "We're leaving this evening, so suggest some key, some way that we can become silent, but we don't have any time to wait! We must go!"

See this! They are thinking in the way they have become accustomed to -- something like 'instant coffee'. They think there must be some 'instant meditation', a key which I can hand over to them and then it is finished!

No, there's no key. It is a long effort. It needs great patience and the more you're in a hurry, the longer it will take. So remember this. If you are not in a hurry, it may happen this very moment. When you are not in a hurry, the pure quality of your mind is there. Silence is there.

Here is a small story. Once it happened that two monks were travelling. They crossed a river in a boat and the ferryman said to them, "Where are you going? If you are going to the city beyond this valley, go slowly."

The old monk said, "If we go slowly, we will never reach. We have heard that the gates of that city are closed after sunset. We have just one or two hours at the most, and it is a very long distance. If we go slowly, we will never reach and we'll have to wait outside the city. But outside the city, it is dangerous because of the wild animals and other things. Therefore, we have to make haste."

The ferryman said, "Okay, but it has been my experience that those who go slowly reach."

The other monk listened to him. He was a young man and he thought to himself, "I am unfamiliar with this part of the country and this ferryman may be right. So it's better to follow his advice." Therefore, he walked

slowly, leisurely, as if he was not going anywhere but just out for a walk, not in a hurry.

The old man hurried and started running. He was carrying many scriptures on his back. Soon he fell down. He was tired, carrying weight, being old and in such a hurry. He was so tense that he fell down. The monk who was not in a hurry simply walked and reached his destination.

The ferryman was coming and he came near the old man, who was lying by the side of the street. His leg was broken and blood was oozing out.

The ferryman said, "I told you that this has always been so. Those who walk slowly, reach safely, while those who are in a hurry always manage to stumble in some place or other. Also, these parts are dangerous. The road is rough and you are an old man. I had advised you, but you did not listen to me."

So we too are always hurrying. But where we will land, we cannot imagine. How things will turn out, we do not know.

There's a Korean saying, which tells us how life should be:

"Go slowly, patiently, not in a hurry because the goal is not somewhere else. It is within you. When you are not in a hurry, you will feel it. When you are in a hurry, you cannot feel it because you are so tense. If you are not going anywhere at all, then you can feel it immediately."

In Japan, meditation is called Zazen Z A Z E N. Zazen means simply sitting and not doing anything. Zen priests or monks have to sit for six hours a day or even more. The Master never gives them anything to do. They just have to sit. They have trained themselves for just sitting. They are not to ask for anything to do, nor ask for a mantra. They are just sitting. It is very arduous, very hard.

It looks easy, but it is very arduous because the mind asks for some work, for something to do. The mind goes on saying, 'Why? Why waste time? Why just go on sitting? What is going to happen by just sitting?'

But for three years or even more, the seeker sits. Then, by and by, the mind drops its asking. Mind is useless now because you don't listen to it. Mind got fed up with you, so it stopped asking.

Slowly, when the mind is no longer asking, you start realising a new life force within you which was always there, but as you were so occupied, you did not listen to it. You could not feel it. Being unoccupied now, you start feeling it.

The mind has always been creating problems and loneliness. Go in solitude for at least three months and decide beforehand that no matter what happens, you are not going to listen to the mind. Decide beforehand that you are ready to 'waste' these three months. Then you need not think again and again that you are waiting. You have decided that you are going to wait three months and you are not going to do anything. You'll simply sit and wait.

A miracle is possible. Just within three months, some day suddenly you'll become aware of your *being*. When there's no doing, you become aware of being. When there is too much doing, you go on forgetting the being, which is hidden inside.

Therefore, there is a lot to know about the importance of silence, patience and the need to go slowly in our life. These are the things that we need to remember in our minds in the times to come.

Besides this, we have certain other things to talk about, such as sin, S I N. A man fears sin and does not crave for any self indulgence. But the concept of sin in Hinduism is totally different from that of Christianity.

Remember the Sanskrit word 'papa' P A P A, sin, has a different connotation. The *Upanishads* say, "That which is against the law is sin," just a natural phenomenon, while Christianity says, "That which is disobedience to God is sin."

Disobedience to God is absolutely different. In Christianity God is something like an aristocrat, something like a dictator. We can paint him just like Hitler or Mussolini. You disobey and you'll suffer. He will punish you, and He is very ferocious in His punishment. For small sins, and sometimes even when you are innocent, you'll be thrown into hell.

Also, Christianity says that hell is forever and ever. Hell is eternal. That does not seem to be justified. A small sin, like falling in love with a woman, and you'll suffer forever and ever and ever?

What did Adam do? Just a small disobedience -- something that God prohibited. God said, "You are not to eat the fruit of this tree, the Tree of

Knowledge. You can eat all the fruits available in this Garden of Eden, but don't come near this tree."

It is human to be attracted to something which is prohibited, and Adam is so human and lovely. He must have become curious. Only if he was absolutely stupid, only then could he have followed God's command.

Even with a little intelligence one would say, "Something is there; otherwise why should God prohibit it?"

If God had prohibited him from eating the snake, then Adam would have eaten the snake and been finished with the devil! But God prohibited him from eating the fruit of the Tree of Knowledge, so then Adam was expelled from Eden because he disobeyed.

In this context, we will have to study some more points, some more similar aspects in the next session.

Thank you for your time.