

QUESTION AND ANSWER SESSION,

Q. 280, BALANCE IN LIFE IS DIFFICULT DUE TO EGO

Om Sri Sai Ram

Prasanthi Sandesh, Question and Answer session.

This question is very much the same as the previous question. Perhaps the person who has sent this question could not understand what I said, or rather I would say, I may have failed to convince and convey what I really meant.

This question relates to the balance which is needed in life. It refers to the need to accept the dialectical principle of life. There is every need to maintain balance between the two opposite polarities.

It has been said that the East became weak because it concentrated on the stillness, on the central point (*Atma*). But, strength is also needed and strength needs activity. Strength needs movement. If you deny activity, strength disappears and you become weak. So the East became weak because it denied activity.

If we think of the East as a body, then we can say that the East lost its muscles completely. The body became flabby. So for thousands of years, anybody could conquer the East, if they so desired. Slavery became the only destiny for the East, due to its weakness.

If anyone wanted to enslave a society, a region, they would turn towards the East. The East was always ready to be conquered because the eastern mind had chosen only one point against the polar opposites. It had chosen the centre, the still point. As a result, the East became silent but it also became dull and dead because this type of silence is not worth anything.

The opposite is happening in the West and it is also happening in other societies. They have chosen the active part, the periphery as opposed to the centre, so they think that there is no soul. They think that activity is all there is. Therefore, the West believes that to be active, to enjoy, to achieve, to be ambitious and to conquer is all that life consists of.

Because the West has chosen only the active point, the result will be that more and more madness will be created in the West. Without the still point, the West cannot remain sane.

So, when you choose only the still point, you cannot remain alive, you will become dead. On the other hand, when you choose only the active point, you become insane.

What has happened to the people which caused them to become insane? The answer is, they have all lost contact with their still point. That's what has caused their insanity. Therefore, the West is turning into a big mad-house. More and more people are being psycho-analyzed and psychiatrically treated.

So when there's only activity and no introspection, it creates madness because it is

impossible to achieve a balance by carrying on only with outer activity. Attaining balance in this way is impossible. In the end, an active civilisation becomes mad, while an Inactive civilisation becomes dead. This can happen to societies and it can also happen to individuals. Therefore, balance is essential. We must accept both the polarities and create an inner balance.

Dynamic meditation, which has been referred to earlier, is the effort towards that balance. So, be active and enjoy activity! Be ecstatic! Be fully absorbed in it! Then, when you go into silence, enjoy that also! Be ecstatic about your silence also. Move between these two points as freely as possible and don't make a choice between them. Don't choose one or the other. Don't say I'm this or that. Don't get identified with either point. Say I am both. I am both.

So, to clarify, when I say to be both, I say it unconditionally. "Both" does not refer only to activity and inactivity. It refers to whatever is called bad and good or the devil and the divine. It refers to all opposite polarities.

Always remember that there are banks everywhere. If you want to be a river, use both the banks unconditionally, just as the river does. This has been mentioned in my answer earlier.

Don't say, "Because I was active, how can I be inactive now?" Also, don't say, "Because I was inactive, how can I be active now?" Don't say, "I am this so, how can I be that?" You are both. There is no need to choose. There's no need to choose at all. The only thing to remember is to be balanced between the two points or polarities. Then you will transcend both.

The devil and the divine will both be transcended. When both are transcended, that state is Brahma. Brahma has no polarity to counter him because Brahma is the balance between these two polarities. There's no anti-pole against Brahma.

Move in life as freely as possible and accept both polarities as much as possible. Do not create any contradictions. They are not contradictory. They only appear to be contradictory. Deep down they are one.

They are just like your legs, the right leg and the left. You use the right leg and you also use the left. While you raise the right leg, the left is waiting on the ground, but it is still helping. Don't become dependent on one. Don't be a rightist or leftist. Both legs are yours and in both legs your energy flows undivided.

Have you ever felt that the right leg has one kind of energy and the left leg has a different kind of energy? Have you ever felt like that? The same energy is flowing in both.

Close your eyes and both concepts of left and right disappear. They are both you and while moving, you can use them both. If you become addicted (dependent) to the right leg, as many people have, then you will be crippled because you will not be able to use the left leg.

So, move but constantly remember the unmoving centre. Do and constantly

remember the non-doer, the still point. Make an effort and remain effortless.

Once you know the secret alchemy of using the opposite, the contradictory, you will be free! Otherwise, you will create an inner imprisonment.

Some people may ask, "How can I do this? I have never done this before!" How silly this question is! You must understand that this is happening because you have chosen one of the two opposites. Having chosen only one, you cannot reach anywhere.

If you identify with the inactive posture, what happens then is that you become frozen. So become a movement instead of being inactive! Be moving and allow life to flow. Once you know that balance is possible between the two opposites, once you have a glimpse of this balance, then you will know the art. Then you will have learned the art of balancing between the two points or polarities.

To say that this balance is to be attained, is not really correct, because once you learn the skill, then balance will automatically follow you like a shadow, in everything you do. This inner balance between the two opposites is the most significant thing that can happen to a man.

Baba expresses this view in different styles, in different ways and on different occasions: You and the shadow are one. You cannot avoid the shadow, so accept it. The shadow may fall on the road or in the gutters but you must not be affected no matter what happens. This kind of acceptance is very essential.

In life, all different points are needed. We cannot be selective. We cannot be preferential. Perhaps this problem of choosing one or the other arises because of our ego. But this kind of choice, this kind of preferring one of the two, will further strengthen our ego.

Someone may ask, what is to be done now? As it is, any gradual process needs effort. It needs something to be done on your part. Yes, effort. Through this effort you will be strengthened more and more. You'll become stronger.

However, everything which is gradual has ego. Only something absolutely not gradual but sudden, or something like a jump, which is not a process, can cause the ego to drop. It must also be something which is discontinuous from the past.

The problem arises because we do not understand what this ego is. Ego is the past. It is the continuity of all that you have done and all that you have accumulated. Ego is also all the *karmas*, all the conditions, all the desires and all the dreams of the past. The whole past is the ego.

So, if we think in terms of a gradual process, then we bring the past in. Therefore, the dropping must be non-gradual; it must be sudden. This creates discontinuity from the past and then the past is no more. The future is also no more. We are left alone, here and now, and then the ego cannot exist because the ego cannot exist in the present.

The ego can exist only through the memory of who you are, from where you come and to whom you belong. It exists in the memory of the country, the race, the religion, the family, the tradition. Ego also exists in all the hurts, wounds and pleasures that were experienced in the past.

All that has happened in the past is the ego and you are that entity to whom all this has happened. This distinction has to be understood. You are that to whom all this has happened and the ego is that which has happened to you. The ego is around you and you are in the centre, egoless. I repeat, you are in the centre, egoless.

A child is born absolutely fresh and young. No past, no ego. That's why children are so beautiful. They don't have any past. They are young and fresh. They cannot say 'I' because from where will they bring the 'I'. The 'I' has to develop gradually. They will become educated and they will get awards and punishments. They'll be appreciated and also condemned. Then the 'I' will gather all this information.

A child is beautiful because the ego is not there. An old man becomes ugly, not because of old age but because of too much past, because of too much ego. But an old man can become beautiful again, even more beautiful than a child, if he can drop the ego. Then there will be a second childhood. Then there will be a rebirth.

This is the meaning of the resurrection of Jesus. It is not a historical fact. It is a parable. Jesus was crucified and then He was resurrected. The man who was crucified is no more. That was the son of the carpenter, Jesus.

Now Jesus is dead, crucified. A new entity arises out of that. Out of this death, a new life is born. This is Christ, but he is no longer the son of a particular carpenter in Bethlehem. He is not a Jew, not even a man. This is Christ. Something new and egoless. This has to be understood.

We'll continue in the next session. Thank you for your time.