



When You Finally Trust Yourself You Will Know How To Live

By Dr. Manish Maladkar

Nothing is further from the truth. And yet, we neither trust nor live. Lao-Tzu has said, "A man with outward courage dares to die. A man with inward courage dares to live". We should learn to play the cards we are dealt. Fear often undermines how we live. We fear what we do not understand. Buddha has said that only a person free from passion is free from fear and sorrow. Yet we neglect, knowing fully well that the source of our unhappiness and a feeling of incomplete life is due to a craving for something or the hatred of something. In fact, as per Sophocles, our happiness depends on wisdom all the way. There is always peace in being what one is, in being that completely. Nothing in life is to be feared. It is only to be understood.

If you see through fear you will always be safe. A rose though it smells better than cabbage doesn't make a better soup. When you abandon all hopes and desires just experience the delight that is filled in your heart. No other delight will be as fulfilling. You will feel cheerful. And cheerfulness is the sign of true knowledge. Coleridge has poetically said, "For him in vain the envious seasons roll / who bears eternal summer in his soul". You remain like the ocean, undisturbed and calm, in spite of many rivers entering it. Initially the sweet taste of the river remains and then it merges with the salt water. No experience, good or bad can then unsettle you. What I say is a key to your mind; it can both open and close the lock. But however high you raise the compound wall, the enemy will lie within. Hence a person who is not hungry says that the coconut has a hard shell. So have trust in yourself. Trust is the hostess that will not entertain doubt. In the land of trust there is no winter. Trust is not trying to believe something regardless of the evidences; trust is daring to do something regardless of the consequences. Trust in oneself is the best and safest courage one can have. For a man of courage is also full of trust. Have faith in yourself. When you have

no faith in the wave how can you have faith in the ocean? Tagore has beautifully said, "Faith is the bird that feels the light and sings when the dawn is yet dark." You pray for a good harvest, but you have to keep on ploughing. Keep on having faith. Only after great suffering can you get great peace. And he knows peace who has forgotten desire. Then you will always live fully, prepared to die at any time. The fear of death is a result of the fear of life.

Let me ask you few simple questions. Often the simplest questions are the most profound. Try to answer this; Where were you born? Where is your home? Where are you going? What are you doing? Sounds simple! But don't lock your soul when you answer these questions. You may lose the key! When answering a question dig at the roots instead of just hacking at the leaves. We often think only intellect counts, knowing how to solve problems, knowing how to get by, but intellect is insufficient without faith, love, friendship, courage, compassion and desirelessness. When desires go, joy comes. Everybody has barriers and obstacles. But if you look at them as hurdles to get over rather than fences, then you will reach your destiny. The single most important factor of men and women who achieve great things is a sense of destiny. I know, I cannot teach you anything, only that I can help you find it within yourself.

When we fall on the ground, it hurts us, but we also need the ground to put us back on our feet. Always remember a small truth, never do anything which you would not do in the last hour of your life. This approach will guide you to your destiny sooner. No wonder Galileo has said, "The loftiest edifices need the deepest foundations." Now is the time to introspect, now is the moment when you need to be still. In midst of everything, howsoever busy you may be, be still. Paradox, but you can achieve that state. Sai Baba has advised us, "Before you speak ask yourself if, is it kind, is it necessary, is it true? Does it improve on the silence?"

Wealth and fame are of dubious value when we think that life is like a fleeting dream. The moon is one but on agitated water it produces many reflections. Similarly, the ultimate reality is one, yet it appears to be many in a mind agitated by thoughts.

Never fear that old age will invade your self, never fear that this inner treasure of all reality will wither and decay, the self knows no age when the body ages, the self knows no dying when the body dies. The self is free from old age, from death and grief, hunger and thirst. In the self all desires are fulfilled. If you choose this way, which is the best way, though difficult, custom will soon render it easy. You will find everything in your self only! Often we are like senseless children; we shrink from suffering but still love its causes. We actually hurt ourselves and most of our pain is self inflicted. Yet we make others the object of our desires or for that matter anger. We know anger is like the wind which blows out the lamp of the mind. Yet we are filled with anger. As the rain on a mountain peak runs off the slopes on all sides, so those who see only the variety of life run after things on every side.

Once you have achieved desirelessness you have tremendous power. If you desire something you are weak, if you do not you are strong. You don't need anybody to guide you. You can guide yourself the best. Your present existence is based on the mirror. You would never have known your face and how you look without it. Similarly, you are today identified by others' thoughts, not your own. Someone's opinion of you becomes your reality. Hence you don't know your true nature, your inner self. Learn to live your life, without either your own expectations or those of others. Life will then become sheer joy. You will experience freedom. You will then appreciate the beauty of the moon without asking for any explanation. You will appreciate that birth is suffering, pain, grief and sorrow. So why suffer the suffering. Do away. For there is simply nothing to which we can attach ourselves. And then with time things will change and the conditions that produced our current desires will be gone. Then why cling to them now? If your self becomes firm like a rock and no longer shakes, in a world where everything is shaking, your self will be your greatest friend and suffering will not come your way. There are no bonds formed for whom there is neither dear or undear.

Remember when the heart grieves over what it has lost, the spirit rejoices over what it has left. He who does not long for joy in joy will not suffer sorrow in sorrow.

Flow with whatever may happen and let your mind be free, you will find that suffering does not hold you, rather you hold suffering. Let go. Desires achieved increase thirst like salt water. Embrace your uniqueness. Time is much too short to be living someone else's life. Feed your faith in yourself and all your doubts will starve to death. There is an interesting anecdote about a man who opens a shop in a small village. He placed a board 'Fresh Fish Sold Here'. A villager who was passing by told him that word fresh was unnecessary as no one eats stale fish. So he removed the word 'fresh'. Another villager told him that the word sold was superfluous as no one gives away fish for free. So he removed the word. Why write 'here', asked another, as the very smell of the fish was enough to indicate that it was being sold there. Yet another said that the word 'fish' was unnecessary too, as it was obvious that he was selling fish, not roses. Ultimately the board was removed. Thus if we apply our mind our problems too will disappear.

What then is happiness? Happiness is simply a state of inner freedom. Freedom from anger, desires, anxieties that we tell no one about. Freedom from the fear of being ignored. Freedom from painful cravings that often misguide us into thinking that the attainment of a person or circumstance will make everything right. Happiness is total freedom from whatsoever actually makes us unhappy.

We must learn to walk, by stumbling. Sing like the birds that worry not who hears or what others think. Once you have deep trust then you will find that there is no longer the need to have a sense of control. Things will flow as they will and you too will go along with the flow. You will find happiness in this growth not in any other pleasure. Like if you have to use the ladder then you grab hold of the higher rung and let go of the lower rung. Once you have achieved your destiny, you are with yourself, then you can completely let go of the ladder. You have arrived. Thus life is like the knife, either it serves us for reaching our destiny or cuts us. It depends whether we grasp the blade of the knife or the handle. It is in your hands now.

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