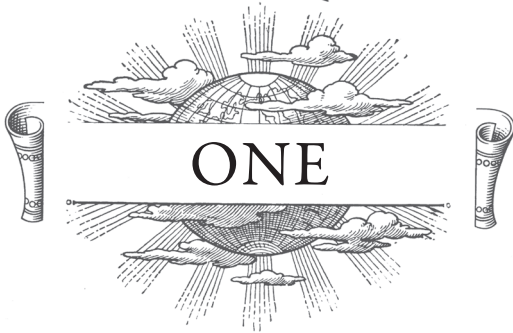


TALK



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*Visitor: The day before yesterday, I was at Dharamsala where the Dalai Lama stays. I have a very big problem and I asked many people if they could help me. They said maybe there is a person in Bombay who can help answer my question – Ramesh Balsekar. I laughed, because I said that I didn't plan to go to Bombay soon. Now, it so happens that I am here. My problem is that for the last one year, I have a feeling that I have lost my anchor, and that I am taken by an unknown energy from one place to another. I cannot resist ... it's like I have lost control and I have a huge pain here (pointing to the heart) that's coming from nowhere. I don't have it now, but it may come any time ... and it's very painful.*

Ramesh: You wish that it would rather not happen?

V: *Yes, my wish is not to have this pain.*

R: Therefore, the whole point is: what is this unhappiness?

V: *What is unhappiness for me?*

R: What is unhappiness for anybody? And, it makes you unhappy, doesn't it?

V: *Yes. Unhappiness for me is not feeling at peace, not feeling peace inside ... not knowing why I am here.*

R: You have described happiness and unhappiness.

'I want something that is not there. I don't want something that is there'. That is happiness and unhappiness. See what I mean?

What is happiness and unhappiness? Happiness is being able to accept what-is, and what-is-not there. Unhappiness is to want something that is not there, or not want something that is there. That is the basic duality of daily living.

*V: So I have to accept what-is, even if it is so painful?*

R: Happiness or unhappiness is not in anyone's control. Trying to accept what you don't like, or trying to accept what you like but you cannot get, is not in your control. That is the basic duality of daily living and that is why my definition of happiness is 'contentment'. By contentment I don't mean that you should not try to get whatever it is that you want. But the basis of life is this: you can do anything that you feel like doing in any circumstance to get what you want but, after you have done all that you can do, you have to accept happiness or unhappiness. That is contentment.

Although happiness or unhappiness has never been in your control, the difference is that there is no feeling of helplessness. If you really want what you want, there is nothing to stop you from doing whatsoever you feel like doing to get it. I'm not saying don't get it – do whatever you feel you should do to get it.

How to be happy in life is the basic question. If you keep on saying "I've been so unhappy ... I've been so

unhappy,” ask yourself if you have been doing the best you can. That is the real question. You will find most people not doing their best. Instead, they are doing what the others like.

*V2: The problem is that being unhappy, I make other people unhappy. Making others happy is not in our hands, yet, many times I find that if your close relative ... let's say your wife is unhappy, then you're unhappy. You feel unhappy even though you are at peace in your mind. If she's troubled and suffering, you feel even more unhappy. I am not blaming the wife ... but making others happy is a very difficult task. If you want your peace of mind, which is better: looking at others' happiness or your own peace of mind?*

R: The answer is: by all means try to make yourself happy. Let there be no mistake about it – your happiness comes first! I must try to make myself happy. The important point, however, is that it may happen or it may not happen.