

Ramesh: So having read all that, my question is, Rajhans, what do you think the spiritual seeker is seeking enlightenment for? What does the average seeker, spiritual seeker, expect enlightenment, self-realization, truth, ultimate understanding, whatever you call it, what does the average seeker expect self-realization to do for him for the rest of his life?

*Rajhans: For me, it is clarity.*

Ramesh: I see. Clarity of what? Clarity of the understanding?

*Rajhans: Clarity of the understanding, and devotion, and also clarity of 'a oneness' with what is happening.*

Ramesh: So, clarity of 'a oneness' with the Source. Oneness with God. Now, 'clarity of oneness with God', how will that help you, Rajhans, to live the rest of your life... in what way better than it was before? That is my core question about seeking. Do you see what I mean?

*Rajhans: I suppose for me, to answer your question, for me that feels like an absence for me. That is the only way I can explain.*

Ramesh: Quite right. That is, I am afraid, that is the concept. That is the understanding. Rajhans disappears. My point then is: if Rajhans disappears, who continues his practice as a lawyer? If Rajhans has disappeared... Do you have a family?

*Rajhans: I have an extended family, but I am not married.*

Ramesh: So, who lives his life with his extended family? Who carries on his practice as a lawyer? There is no Rajhans! If there is no Rajhans, who lives his life? Who does his practice? Whatever it is, you are a lawyer, someone is a doctor, someone is a banker, someone is a tailor. So, the occupation whatever it is, if Rajhans disappears, then who lives the rest of his life?

So my basic concept is, even if there is enlightenment or self-realization, it is an impersonal happening. It is a happening. So somebody has a heart operation, somebody's appendix has been removed, somebody has another kind of operation but he continues to live his life exactly as before. Doing whatever he was doing before. And my point is, the heart operation has happened, enlightenment has happened! One is physical, the other we can say is mental. But the one who has had the heart operation has to live his life for the rest of that life. So a person who has had this spiritual operation still has to live his life. You see? So the spiritual operation that has happened, how does it help the spiritual patient to live the rest of his life in any sense better, smoother? In what way is the spiritual seeker, when he is successful in his quest, helped to live the rest of his life?

My whole point, Rajhans, is: this is basic and it has been totally ignored. Why? For the simple reason you have just mentioned, that once enlightenment has happened Rajhans will no longer be concerned with his life. Not true. And because of this illusory aim of self-realization, a lot of confusion and frustration exists amongst seekers, according to my concept, for this precise reason. People come here and they say: 'I have come here because I am frustrated. I have been a spiritual seeker for thirty years. I have done this, I have done that and nothing has happened.' And the words are actually: 'Nothing has changed!' Do you see what I mean, Rajhans? 'Nothing has changed.' Therefore, I ask: 'What did you expect to change?'

What did you expect enlightenment to do for you? What do you expect enlightenment to do for you?

*Rajhans: I suppose that part for me is not getting sucked into the emotions that I have going on, and how to deal with those emotions when they occur and not get sucked in.*

Ramesh: So... I keep pressing on this point. Rajhans who came

here says, 'Yes that is true. I am looking for something. I am looking for something!' And what am I looking for? What I have put into words. What every spiritual seeker is truly looking for, whether he knows it or not, is to be anchored in peace. You can use some other word, to be anchored in peace while facing life from moment to moment. With the total acceptance no one can change what the next moment is going to bring for anybody. The next moment may bring for me pleasure or pain. So, what I expect self-realization to do for me is to enable me to live my life, accepting whatever the moment brings, because I have no choice and yet feel anchored in peace and harmony. Do you see?

So, then what does being anchored in peace and harmony – lovely phrase, very attractive – what does it really mean in practical life? In daily living what does it mean? What it means, according to my concept, is you live your life accepting whatever the moment brings but you leave whatever happens in the moment with the moment. If there is pleasure you enjoy the pleasure and forget it. If there is pain you suffer the pain and forget it. You do not carry on in horizontal time, and you carry it on in horizontal time only if you say, 'I had this pleasure this moment, what can I do to make it last? I have suffered pain in the moment, what can I do to ensure that it doesn't happen again?' Do you see? Either way this sense of 'What can I do to prolong it or to stop it' is the basis of why you cannot leave whatever is in the moment to the moment. That means a great deal of pressure. Mental stress. This doership.

My point is, how do you know what you are looking for is real? Real in phenomenal life. How do you know it is not an illusion? That is the second point. And the answer to that is, 'I know it is not an illusion because I have experienced it. When I am on a holiday, when I am resting, I have had the feeling of floating with life. I have had the sensation that this moment, what I have, is what I want for the rest of my life.' You see? You have had the experience, therefore, you can know that it is available in this life. When you had that why did you lose it? You see? This is truly

spiritual seeking and, in spiritual seeking, you have to do the seeking yourself I am afraid. Whatever others tell you is their concept.

So the question that I come down to is, when I had that experience and I know what I want, why did I lose it? Why did you lose it? Think of it, Rajhans, and you will come to the conclusion, every time you had that feeling some thought has shattered it. You had that experience; a thought comes 'Oh! I left something undone in the office', that feeling you have may be stirred, but it is not shaken, it is not broken. Similarly other thoughts happen, which are on the surface, they may stir your feeling but they don't shake you out of it. That feeling is not shattered. Therefore, what kind of thought has in your own experience shattered the peace you were enjoying in the moment? And you will find, if you go into it, that the thought which has shattered your peace in the moment is a thought of something you did in the past – the past may be twenty years ago, ten years ago or last week – something you did last week, or ten years ago, which you know you should not have done or something you could have done for your friend and did not do.

To take an extreme case, you remember the time a friend came to you for help, he wanted to borrow a large sum of money which could have changed his life forever, big business opportunity, big investment opportunity, he knew and you knew that you could have lent him the money but you didn't. Whatever reason, mainly because you were afraid the money may not be returned to you and you can't afford to lose a large amount. Whatever the reason, you did not give him the money and the poor beggar was so sensitive, over-sensitive, that when he lost his big chance he committed suicide. I am taking an extreme case. Therefore, that thought of someone you could have helped and didn't help and which led to his death brings about a feeling of guilt and shame. Or another thought comes, the other way around. Somebody could have helped you and didn't, so that you lost the biggest opportunity

in your life. Since then you have always hated the man. In fact, you hate him so much every time the name is mentioned, whether it belongs to him or not, it makes you hate the man.

Therefore, my point is, what surely breaks the foundation of that peace in the moment is a thought of something you did and you should not have done, or something you could have done and did not do – shame and guilt. Or a thought of hatred and malice towards someone, exactly the same thing, who did to you what he should not have done, or did not do for you what he could have done. So you go into it, make your own research and I can tell you, with confidence, that the thought which truly shatters the peace everyone has enjoyed sometime or the other, is a thought of shame and guilt for one's action, or lack of action, or hatred and malice towards the other for the same reason.

In other words, the Buddha said, he gave straight away the question, 'What will enlightenment do for me?' He said, 'Enlightenment means the end of suffering.' Straight. Enlightenment means the end of suffering. So we have to find out what Buddha means by suffering. Buddha was no fool. He knew from personal experience that even after his total Understanding, he could never know what the next moment will bring and if the next moment is suffering, pain, it has to be accepted and the pain has to be suffered. Knowing that, Buddha categorically and boldly says, 'Enlightenment is the end of suffering' and my interpretation of what Buddha meant is, 'Enlightenment, total self-realization that no one is a doer, neither me nor the other, removes the suffering which smashes the foundation of the peace whenever I have it.' And that suffering is the enormous, massive load everyone carries. A load of shame and guilt for one's own action, and hatred and malice for the other's action.

Remove this load and you truly do not have to wait for the peace to occur. Remove this burden of pride and arrogance for good