
LIFE IS NOT A STRUGGLE
ARE YOU A MASTER JUGGLER?

There was a time when survival for a human being meant food and shelter. Today, food and shelter are getting more and more complicated and expensive. It is fine to have all those things but they should not become the determining factors of your life. What kind of food you eat, what kind of clothes you wear, what kind of home you live in – everyone organizes these things according to his capability but they should not become limiting factors; they are only the supporting factors of your life. Whether you travelled from your home to your office by bus, by walk or by a bicycle or whether you drove a Maruti or a Mercedes, it is just a question of different people’s financial capabilities, choice and opportunity. But essentially, the important thing is you get there; the means of travel is only incidental. This is so with every aspect of life but the incidental factors have taken on such phenomenal importance that the basic thing about life has been completely forgotten. The process has become more important than the real thing. We are trying to graduate from a Maruti to a Mercedes because we believe that it is happiness. It is in pursuit of happiness that you are doing all the circuit in your life. Different people may have different ideas about how to get there but everybody is in pursuit of happiness. The human being has been doing so much to achieve happiness and well-being on this planet that in this pursuit, we are destroying the very planet on which we live. We must first understand what our real wealth is. Is it just about more buildings, more machines, more cars – more of everything? More and more is death, isn’t it? In the most affluent societies in the world – for example in the United States of America, 43% of the population is anti-depressants on a regular basis. If you just withdraw one particular medication from the market, almost half the nation will go crazy. That is not well-being. Generally, an American citizen has everything that anybody would dream of. Wealth is there, but there is no well-being.

If I go to the West and ask them, “Why don’t you meditate?” the common statement everywhere is “Oh but we’ve got to pay bills,” I said, “Why do you guys generate so many bills? If your whole life is about paying bills, why generate those damn bills? You can cartful yourself and live more comfortably, isn’t it? To pay all those bills you are just wasting valuable energy. What is possible to the whole society is doing it.” It doesn’t matter they are driven by somebody else. If you have any sense, you must drive yourself to that level. Fortunately, you don’t try to do what somebody else does. When it comes to outside situations, we have not come with equal capabilities. No two human beings are at the same level of capability. There maybe somebody who can do a thousand things in a day without suffering or being stressed. Maybe you can do only three things in a day; it’s okay.

Life places us in many situations where managing things is like juggling. For example, being in the family is a big juggling process, isn’t it so? Keep your emotions aside and just look at it sincerely. Our lives have many complex activities and we have various types of relationships and various levels of involvement with different types of people on a day to day basis; we are constantly shifting from one type of relationship to another. Initially maybe you were just juggling with two balls and it was quite simple. Then you picked up four or five more balls and the juggling was complicated. You meant to take up more activity, there will be more juggling. You can’t help it; that’s the way it is. So, if you take to juggling you had better develop some skill. Otherwise your balls will be scattered all over the place and you will be breaking out everywhere because you can’t hold them. Your juggling has to be such that you can’t spend the rest of your life fighting for survival. It is very important that you simplify your survival process so that the deeper dimensions of who you are and expression in your life.

Survival has always been such a great struggle but now for the first time in the world, the survival process has been put in an organized. This is the time to find ways to find expression to deeper dimensions of what a human being means. Being healthy is not just health but it is because they don’t have a life of their own.

They have some life going on only by hanging on to their children. Otherwise they don’t have any effective life. It is because they are constantly doing this that there is so much juggling. Human beings claim to be the most intelligent of all the species, our children should be free of their parents much faster than anybody else. But unfortunately it is
not true because the whole human society is created on the basis that children are looked upon as some kind of a capital through which people can live their future lives - when they are alive and after they are dead. It is because of this that the juggling seems to be so much of a hassle; not otherwise. Family is not the problem; your own insecurity and your own ‘want’ to cling to things around you is the real problem.

The whole idea of doing everything that a human being is doing is to make his experience beautiful on this planet. Trying to make your experience beautiful by complicating the survival process is a foolish thing because it’s never going to happen.

Human life does not end with survival; human life begins only when survival is taken care of. If we had come like any other creature on this planet, eating, sleeping, reproducing and dying one day would have been a complete process by itself. But once you have come as a human being, you need to do all these things but somehow life doesn’t seem to be fulfilled with them. Whatever action you may have performed, life has not attained any fulfillment. In every stage of your life you thought, “If this happens, my life will become complete.”

When you were a child you thought, “If I get this toy, my life will be complete.” You got it but after three days, you took it and threw it into the dustbin. Life did not attain fulfillment. Then you thought that if you complete your education, your life would be complete. That too happened but there was no fulfillment. After three months you began to think, what is the use of working like a donkey? If you could get married to that man or woman who saw in your heart, your life would be made. That happened and then you know what happened.

Fulfillment will not come because of some action that you perform. Only if your inner nature is complete, your life will attain fulfillment. Right now, the human condition is such that without knowing anything about the nature of his existence, he is trying to make a living and somehow pass through the world. Your body, mind, emotion and energies are the vehicles through which you travel through your life. Without any understanding, control or subjective experience about them, you are trying to live your life. This is an accidental existence. When you exist accidentally, if you manage to get somewhere in life, it will only be by accident. So, when a person is going through his whole life in an accidental manner, being in a great sense of anxiety, fear and struggle is very natural. Then we go about saying, ‘Life is struggle.’ Life is not struggle.

You are getting stressed out simply because you don’t know how to function smoothly within yourself. You have no control over your own system. If your mind, body and energies were taking instructions from you and behaving the way you wanted them, you wouldn’t make yourself stressful no matter what was happening around you. So you need to do something about this; you need to get a grasp of these four. If this does not happen, you will live life by accident. You will always be hoping that situations will work out well.

If you are seeking to expand the scope and play of your life, if you are seeking challenging situations, then you have to do something about the way you function. Challenging situations mean that you will face situations that you have no clue about. If you are the kind who gets stressed, naturally you will avoid those situations. When you avoid those situations, you will naturally avoid all possible growth for yourself. Today so many people are getting into challenging jobs, multitasking and things like that but a large number of them may not be naturally equipped to handle that kind of situation. This is why we see so many people losing their effectiveness and just breaking up in the process of pursuing their careers - burn outs are happening.

So especially those people who want to take up challenging jobs and who are constantly looking for challenges in their life, if they do not equip themselves with an inner stability and an inner sense of joy within themselves by their own nature, they are bound to become disasters over a period of time. They may be successful in their career but as human beings they would have failed because they cannot enjoy the process of their life. They are no longer joyful or peaceful; they have become stressful. If you are stressful, that means in some way you have failed yourself, isn’t it?

When you fine-tune yourself to such a point that the fundamental faculties function so beautifully within you, then naturally the best of your abilities will just flow out of you. If you really want to bring quality into your life and to perpetuate that quality into life around you, the first and foremost thing that you need to do is that you establish your inner realities in a certain way with a certain stability. What is within you - your mind, your emotion and your system should not go through upheavals when facing the challenges of life. Only when there are no inner upheavals and issues can you handle the outside issues well.

A step towards Effortless Living
So is there a way to create an inner situation? Yes. As there is a science and technology to create external situations the way we want them, we have a whole science and technology to create inner situations the way we want it. As we have engineered the world, we can also engineer our interiority. If this doesn’t happen, we can only function by accident.

The first and foremost step that every human being should take is: you are capable of making yourself the way you want yourself to be. If this happens, creating the outside will become effortless. You tell me, can you use your mind and body well when you are happy or unhappy? When you are happy you can effortlessly handle things but when you are stressed or unhappy the same little things freak you out. If you are joyful, going up a mountain is also effortless, isn’t it? It may take a lot of physical effort but you feel it’s effortless because you are doing it joyfully. When you are doing it joyfully, everything is burdensome. When you are doing it joyfully, everything is effortless.

Effortless does not mean lying on a couch - that takes a lot of effort. When I say effortless, I am saying, once you get into a certain state of pleasantness within yourself, once you are joyful by your own nature, everything is effortless. When you are happy, you are willing to run around and do everything because you don’t feel the effort of it. Effortlessness does not mean lethargy: effortless means that in your experience, it’s not burdensome. Once a person is at ease within himself, naturally he functions at his best. Bringing this sense of ease, bringing this sense of effortless within you is most essential. So if you truly want to enhance the quality of your life, you have to take this step and be willing to invest a little bit of time for your inner well-being.

If this is done, you will see a remarkable change in the way you function. The necessary technology is there - I call it Inner Engineering, the peak of well-being. Inner Engineering is just this, that you engineer your interiority so that you function effortlessly - effortless living within yourself. This does not mean you avoid challenging situations. When you are effortless within you, you seek them. Inner Engineering means you learn how to conduct this piece of life. If you know how to conduct this, then according to your ability you can also conduct the outside effortlessly.

If this one’s well-being is constantly under threat, you will not handle the outside well. If you want to handle everything well on the outside, if you want to be successful in your life, you must simply learn how to use these four limbs and a few brain cells; that’s all that’s needed. How vibrant and focused your mind is, how vibrant and healthy your body is, that’s what decides how successful you are.