



Oasis



**JAGGI
VASUDEV**

Nature of life forces

The spiritual process generally for most people comes in their pursuit of their well-being. Spiritual process means a conscious self-destruction. A very few people are seeking it consciously. But the rest of the people get entrapped in it in their search for well-being. They are only seeking well-being but slowly they realise as long as their individual nature exists, there is no such thing as well-being. So, then willingly and unwillingly, they begin to destroy themselves. Self-destruction is painful unless there's a complete dispassion about who you are. It's painful, but with every bit of yourself being destroyed, you feel more and more beautiful. So, the longing to burn is there. The longing to preserve is also there. These are two forces within you, always.

One aspect of you just knows preservation. Self-preservation is a fundamental instinct in you - in every life form for that matter. So, one half of you is always constantly struggling to preserve yourself. Another half of you is longing to become liberated from this limitation of who you are. These two forces keep functioning within you - one is self-preservation; another is longing to become free. For a few spiritual process is very effortless. For most others it's a struggle as they are unable to choose which of these forces they should align themselves with. Whatever they choose, they feel they have made a mistake. They choose this; they feel they should have done the other thing; endless conflict within themselves. Without the instinct to preserve, there would be no survival process.

To be rooted in the dimension, which is longing for liberation and still effectively handle your survival, needs a certain amount of skill. If you just look at life, depending upon how much priority you accord to something that functions in a certain way, other things can be handled to the best of our ability. But, people always believe that unless they are identified with something, things cannot happen. In identification there is a feeling of security. If you just begin to understand life as various forces working on you, the fundamental life force which is you, which decides the quality of everything that you do and are, and understand its nature and learn to see how to make it happen without identifications; then you see whatever kind of situations you are placed in, there is no struggle. As the external situations demand, you function; that's all.