



Problems And Solutions Are Within

Radiant Atman! In the onward, Godward movement, 5% of the difficulties, obstacles and problems we encounter are outside us, and 95% are within us. There will be no problem outside if we are not a problem to ourselves within. Heaven and Hell lie within us. Problems and solutions lie within us. We have to contend with ourselves all the twenty four hours. Our inner being, therefore, is everything to us. It is the positive as well as negative, the greatest strength as well as the worst weakness. And unless the sadhaka resolves this situation first, there can never be a cessation of the problem.

Mind is an instrument par excellence given to an individual soul by God. It is Para-Shakti Herself. Our mental problems are also manifestations of this dynamism. If we properly take hold of these problems and give them the proper direction, our problems become our solutions; our liabilities become our assets. The very thing that bothers us can make us transcend all botheration and become fixed in Reality. For, it is through trained, disciplined, concentrated and well-directed mind that deep meditation is attained. And in deep meditation, intuition, illumination, supervenes. The same mind that is the great problem becomes the ultimate solution to all the problems, provided you work upon it with patience day after day to discipline, train, mould and direct it. That is sadhana, that is *yoga-abhyasa*, that is practical spirituality. And in it lies the key to progress, attainment, and ultimate illumination and Liberation.

Do not delude yourself and do not blame the outside world. It is only when we create a fire in our own bedroom – we may see TV – and we get into a catastrophe. We can live without catastrophe if we are careful in our house. We have to contend ourselves, and through ourselves we have to go beyond ourselves and attain the state of *Brahmanhood*. If within ourselves we have forces that will not allow us to go beyond ourselves, then we get stuck. Not all that exists can do anything to you unless you transcend yourself. Think deeply. I reiterate all these truths and ask you to awake, to be alert, to be prepared to make you enthused in facing yourself and dealing with the problem. For, there is no time to lose. The true prayer, therefore is that we may be given the insight, help and wisdom to realise this situation, and we may be given the resources to save ourselves, to liberate ourselves from ourselves, God bless you in this task diving inside! God bless you in this task of looking within and studying yourself!

May God Bless You All!

■ *Swami Chidananda*