

Invoke The Precious Memory Of Self-realisation

Arup Mitra

That which is truth, eternal and joyful, comes to realisation only for a while, disappearing behind the cover of daily trifles that life is generally used to. Repeatedly, mundane affairs divert the mind and engage it in stereotypes, concealing the experience of Self-realisation and its impact. So it is individual effort which is very important to keep a strong watch on the Self and maintain mind focus on attainment of the real goal.

Ramakrishna explained, a pool of water, when covered by a dense deposit of pond scum and algae blooms, will not show any mark of water. At times the scum may slowly shift away and a small portion of the water body becomes visible. But soon after that, once again the water gets obscured by blooms and scum. Similarly, worldly thoughts would soon flow in and cover the

eternity that one had just experienced. The hide and seek game between truth and its exterior goes on forever. Constant practice and sadhana are essential even after Self-realisation and darshan in order to remain focussed and stay free of worldly affairs.

Internalising the experience of Self-realisation and trying to remain in it must become the goal even while performing one's duties and responsibilities. Else, the mind may get engaged in mundane affairs, forgetting the experience it had. Constant competition between the exterior and interior goes

on, the exterior trying hard to prove its dominance and keeping the mind absorbed in it. Thus, disciplined life will be required even for the one who has achieved attainment.

Not all individuals possess the same

energy and capacity, clarified Ramakrishna. While the universal spirit is present in everyone, its manifestation varies considerably. Strength and capacity vary widely. Buddha explained, one has to pursue efforts to experience nirvana again and again in life. In fact, realised souls have a greater responsibility because if they start behaving like

other ordinary people, following worldly affairs and remaining engrossed in them, it will shake the faith of others. So spiritualism also involves sacrifice from the heart. Meritocracy is endowed with talent no doubt but it has a greater responsibility in

society to maintain its dignity. Else, mediocrity will soon demean meritocracy and establish its own domination. Since mediocrity does not require efforts, it is appealing to a large majority: we in general are happy to remain within the

comfort zone.

So where and when does sadhana end? Nowhere and at no point. Even the creator himself is bound by his own creation, as Tagore wrote. Experimentation and evolution go on perpetually.

Each one of us has an enormous task to perform. Let that task go on, let all of us become part of that task itself so that we do not make a distinction between the doer and the (work) done. Let our contributions help us not to gather pride which is the primary cause of all fragmentation and conflict. Let vastness encompass us so much so that eternity prevails in all our tasks we perform, howsoever tiny they might be.

Let the memory of our Self-realisation not be lost so that we dwell in eternity and not harm those who we think are our opponents. In the contemporary context let us try to understand the issue by going into the core of it instead of indulging in violence and bloodshed.



THE SPEAKING TREE