

# Fundamental Expressions

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Just go through what is stated below.  
To go through it is meditation.  
Truth may enter silently.

## Meeting the Moment

Every moment is either painful (unfavourable, unsatisfactory) or pleasurable (favourable, satisfactory) to you.

Can one notice it?

It is so from moment to moment. Mind is reacting in a stereotyped manner.

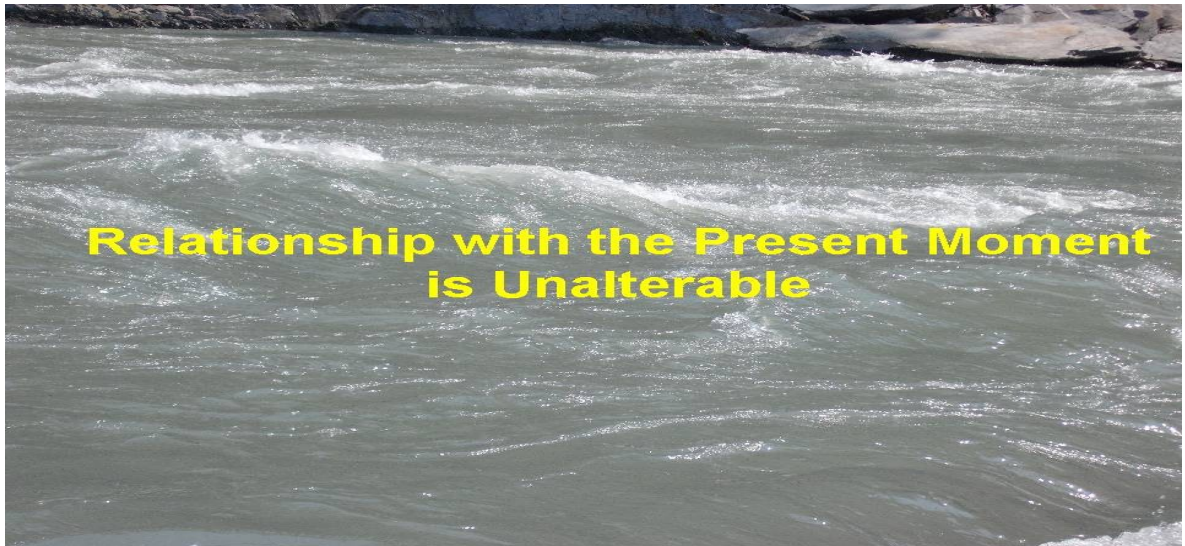
How one meets failure or any unfavourable situation?

By some satisfactory idea. Mind rejects, adjusts with failure or any unfavourable situation by complaining, blaming others, feeling guilty, blaming fate, I will be successful in future and so on.

How one meets success or any favourable situation?

By some satisfactory idea. Mind jumps to take credit, to give credit to others, to eulogise hard work, to hope for further success, to thank gods, to ascribe it to fate, karma and so on.

To question (see) the compulsion to respond to failure or success by some satisfactory idea is the concentration of total energy. It is an invitation to the 'wholeness' to operate.



To operate in the world, every moment has to be taken as given for action. You cannot say that you do not like the moment. It is there like an insurmountable mountain before you. Not to accept it is to break your head by saying, 'why it is there'.

Does it mean that we cannot change the things, if we do not like? Your choice, your action is for the next moment and not for the given moment. In fact, your acceptance of the present moment without any ifs and buts fuses you with an energy, which itself impels you for further action. This acceptance makes you aware of the unaware, automatic responses of the mind. You become aware, how your mind is working in a programmed manner. This awareness puts you on a different track.

Non-acceptance of the painful moment is to fight an illusory battle; the battle can never end because the non-acceptance causes a division within as if some one else is responsible, whereas in actuality this division does not exist.

**Acceptance of the present moment is the first and last step towards that oneness, which is the source of all life.**

But the acceptance of the moment without blaming, complaining, feeling guilty is itself painful?

The difference is that in non-acceptance, you escape the impact of the pain by any wishful thinking, entertainment even by thinking that it will be alright in future.

**In acceptance, the pain pierces you, opens the blocked channels, you automatically move towards oneness.**



Anger, fear, hatred, anxiety, stress, pain, thinking are the expressions of life.

So are the feelings of pleasure, happiness, joy, thinking.

Anger and so on is rejection of (disagreement with) 'what is'.

Pleasure and so on is agreement with 'what is'.

Neutrality is ignoring 'what is'.

These three states are the expressions of life. Life vibrates through these states.

So whatever 'what is' (plus agreement, disagreement, neutrality) is the expression of life.

'What should be' ensnares the mind from 'what is'.

There is no way these expressions can be undone or selected.

You are helpless.

This helplessness lets you touch the no-conflict zone.

You begin to understand the drama of life.

We think as if we can rest with one side within the ambit of the present mind by choosing from good-bad, sacred- profane, moral-immoral and so on.

To find rest within the ambit of duality is to seek in vain.

But how to know that this seeking is in vain?

By disregarding the comfort of choosing.



To like something is natural and impetus of the mind to act.  
But liking one's liking is the error on which the present mind thrives.

Can one be free of the second liking?

Is one aware of the second liking?

To be aware of the second liking is an extraordinary happening.

It is your connection to the 'whole'.

The end of all our endeavours is the understanding of truth.

You feel immense energy rising within you-a total concentration of energy.

You become one with the unending stream of life.

The mystery of existence starts unfolding.

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### Fundamental Expressions (Instant digest)

'You' and what you are observing, experiencing can not stop at a satisfactory point.

Apart from immediate physical danger, all discomforts (insecurity) are psychological discomforts (insecurity). You can always find the resting point within.

One is stressed as one wants to feel satisfied about something, which can not be dealt with or solved now.

Things do not get resolved finally at a point. The momentum of life is (auto)-disturbance and (auto)-adjustment.

The unequivocal understanding that you can not settle with the world (through possessions, relations, situations, ideas) settles you with yourself. Now you can operate in the world as you want.

You can save yourself physically. You can not save yourself psychologically.

Brain is bound by the momentum. Brain experiences any thing as movement from lack to fulfillment (happy) or from fulfillment to lack (unhappy) from moment to moment. It can not stay in the relieved state or in the disturbed state.

Comfort (it is illusory) of controlling the outcome is friction in action.

Unless you do whatever you want (not as a reaction), you can not see the life force.

When you are safe and secured in the moment, only then unpleasant thoughts disturb you. Mind is troubled as it wants to solve the 'unpleasantness' now. Just seeing that nothing can be done Now to feel comfortable about the unpleasant thoughts attunes you to supreme relaxation.

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