

ACCEPTANCE

Merrill: I know we must sometimes struggle in life to overcome obstacles, especially our own laziness, and I know we must learn to accept and to surrender as well. How do we know when to fight and when to accept? And how do we deal with the impasse that comes when we struggle to accept and get nowhere because we're fighting to accept?

Gururaj: Yes. It's a fight all the way through. Now it's rather to fight for acceptance than to fight the fight. For what are we really fighting? We do not need to fight at all because fighting only breeds more fighting within yourself, but that does not mean that you must take everything too complacently. So a balance has to be found between fighting and acceptance. Now here, one would require discrimination. What am I fighting for? I'm fighting to make people happier. I'm fighting to allow people to really experience themselves, the joy within themselves, so whatever I have to go through, like not eating the proper kind of foods I'm interested in, or sleeping in different beds every couple of nights, and by the time you get used to the bed, you're on the move again, you live out of a suitcase, you are dependent upon others to take out the wrinkles from your trousers, or whatever. But when you sum all this up, is the fight not worth it? It is immensely worth it. It is worth it because even if one word can penetrate the heart of only one person, then it is still worth it. And all fights do not need to be an uphill battle. That is where we make a mistake, regarding all fights to be uphill. Now, you can fight downhill and make it easier for you with the same effect, with the same effect that you desire. Now how do you make the fighting go downhill instead of this extra struggle of uphill? It's just an attitude of mind. In that attitude we would find ourselves thinking, is this a good cause to fight for or not? And as soon as we find that the cause is good, the fight disappears from the fight because it's a good cause. So your attitude is set on the level of the goodness; and when that is held in mind firmly, that the cause is good, my motivation is good, then come what may, rain or shine, I accept it. So here, a reconciliation takes place between fighting and acceptance. A coward can very easily accept. But that does not mean that all acceptance is cowardice. This is where one's discrimination comes into play, one's motivation comes into play.

It's like the serenity prayer, to change the things I can and give me the courage to accept the things I cannot change. Words similar to that. So here there's a double proposal that you are exhorted to change things, but when your mind tells you that I cannot change it, what's the sense of fighting against it? If my legs were amputated through an accident or whatever, what's the sense of me fighting against that? That condition that I can't walk. I shall practice to use crutches so well that I will not miss my missing legs. Because my legs are lost, there would be something else that would develop more in me, and I will be compensated for the loss of the legs. So when you can realize that everything in life carries with

it a compensation, every adverse thing in life carries with it a compensation, that particular thing does not seem adverse to you anymore and neither can it hurt you. It is only when you fight to grab, then it hurts when it does not materialize. Let go of things and they will materialize quicker for you.

You, say, love a woman very deeply, but you find the response in the woman is not there. You've done your best. You have been the kindest person, the most considerate person, and the most nicest person to her, but if the chemistry does not jell, then what's the sense of fighting. You say, "Oh well, there's a lot of other fish in the sea." And you let go, let go of the thought because you have started as a loser already. And yet, you will definitely be compensated by finding someone who will love you very much, as you will love her. There is the law of compensation.

Every adversity can be used so, so beautifully, but we attach too much importance to adversity and that is why we fight that things must just go our way. Otherwise it is no good. That will never happen. If things do not go your way, the way you wish it to go, then remember that you have done something in the past, in this life or a previous life or something you have done that does not make things go the way you want it to go. Now who the devil are you, demanding? The happiest person in the world is he who has the least demands. Yes. You don't demand. You go on doing the things you have to do and seek not results thereof. Results come on their own. This is quoting the Gita.

Work for the sake of work, or in the Gita, fight for the sake of fighting, which Krishna tells Arjuna, that your dharma, your duty as a warrior, as a soldier, is to fight. But Arjuna was so concerned that he will have to fight against his various teachers, his half brothers, the [Korivas?], that he was concerned that "Why should I be the cause of their death?" But Krishna explains that you have to do your duty because the ruling forces, the [korivas?], the hundred brothers, plus the various clans that were allied and affiliated to them, were doing such great harm and injustice to the land that by fighting them and getting rid of them, you're doing millions of people a favor. So if any form of fight is justified in the sense that it is without motive, then fight. Then fight.

For life must be a fight; everything is a fight. Every pore of your body's fighting. Every heartbeat that beats in your chest is a fighting for survival. Your entire biological, physiological, psychological being is composed of fighting all the time for its survival. That produces problems for us. As soon as you let go, then only can peace descend. So, this body will have to go in any case, in a year, two years, five years, ten years, it will have to go. So why fight? Let it just be. It will know when it will terminate itself. There's an inner mechanism in the body that knows when it is going to terminate itself.

There's an inner mechanism in the mind that controls those actions of yours. So let it control. Why fight.

Resist not evil. One of the truest sayings in the world. Don't resist. For example, in judo or kung fu or the martial arts, the secret lies in not resisting. Let the momentum of the attacker make the attacker fall. You just flow and let him bypass so the energy he is exerting throws him down, not you. And there lies the art of life. We resist too much. If we can only

allow things to pass by. You can only know that all this too will pass. Then fighting becomes unnecessary. Then acceptance takes the place wherever it is necessary.

So life, we have to admit, is there because of conflicts within ourselves, and we have taken this body to get rid of those conflicts. If there were no conflicts, then you would not take on this body. You have taken on this birth to resolve the conflicts. So, what do we do to resolve conflicts? Not by fighting the conflicts that are there, but by bringing about a reconciliation between two opposing factors, because it's only opposing factors that create conflicts and nothing else. Black and white makes gray. Blue and yellow makes green. And if you are landed in the position of having the two opposing factors of white and black mixing, what is wrong with gray? If you have blue and yellow mixed and you just can't help it, what's wrong with green? You learn to love the green. Because it all comes from the same source. There's only one color and that's white, seen in different hues through the prism.

So, as you go deeper in this analysis you'll find that you'll ask the question, "What am I fighting for?" And the answer will

come that I'm fighting for lust, greed, avarice, covetousness. Yes. There's one woman who was allergic to mink.

Allergic, she didn't like mink at all, especially when someone else was wearing it. [laughter] So we are allergic to so many factors of life, and fighting will come about because we start comparing ourselves to various other things. We compare with the Joneses, that the Joneses have a better car than what I have, or the Joneses have a better house than I have, so you start fighting, and you start fighting to get a better car or a better house instead of being contented with what you have. And what is contentment? It is the blood brother of peace. It's the same. So, to be contented with what we have is acceptance.

There are so many millions of people in the world that go through life in total discontent. My factory produces 10,000 garments a day, while my opposition's factory is producing 20,000 garments a day, and I feel discontented. Now, what is that discontentment doing to me? It starts me fighting, within myself first, and then I create competition. But yet, I do not bring the factor to mind that if my factor produces 10,000 garments per day and I make one dollar on each garment as my net profit, I am making \$10,000 a day which is far above my needs. But no, why must Mr. Jones' factory produce 20,000 garments a day and I only 10,000? You see. So we sow the seeds for all the problems we are going through. If a person is poor, for example, he doesn't need to be poor unless he chooses to be so. But if a person is poor, he can be just as happy with a dry piece of bread as he can be with a king's feast. Oh, yes. If a person is paralyzed like this woman I think I spoke to you about, she had polio when she was a child. She's in the wheelchair all the time since childhood. And I've never met a more happier person than her. Because she was not able to use her legs, she started diving deeper and deeper within herself there comes the factor of compensation again and going so deep, becoming so integrated, that she's totally joyous. Just to be in her company is a joy. It radiates out.

So, fighting contains a lot of negative elements: discontentment, dissatisfaction, greed, lust for power. All the wars that go on in the world, for example, is nothing else but a lust for power. What kind of power? Economic power. That's what this whole world is based upon economic power. Therefore you want to possess more and more territories and America lends billions of dollars to the Third World Countries. Why? They're not doing the Third World countries any favors. No. They're creating outlets for the products that they could sell to those countries. And make a good profit out of it. You see. Good. But this does not mean that if someone attacks your home, attacks your wife and children that you are not going to put up a fight, because here is a good motivation. You are a protector of those that are weak your wife and your children. So in certain circumstances fighting is necessary. In other circumstances, acceptance is necessary. And you can also accept to fight and you can fight to accept. Ah, there lies the secret.

Where have you come from and where are you going to? You don't know. Millions of mental speculations, but you do not know. You know that you were born and you know for certain that you are going to die, and that is life's only certainty. So between the birth and death the rest is a gift. Enjoy it. And you can enjoy anything. Everything can be thoroughly enjoyed. You can enjoy looking at an ugly scene and you can enjoy looking at a pretty scene. Like for example, some of Dali's pictures or even this multi millionaire Picasso's pictures. Some of them seem very ugly to me, though I understand the deep art that went behind it, so I enjoy that picture. Visually it contains ugliness for me but I do not look at that only. I look at that wonderful draftsmanship, that wonderful combination of colors, plus so many other factors, and I enjoy it. So what does this mean? That even in ugliness there is beauty, that we only set our minds on the ugliness of life and we fight, where there's really nothing to fight for. You came empty handed and you're going to go empty handed. You can't take anything with you. And the more you enjoy your present circumstance, the more the circumstance will better itself and a minimal amount of effort is required because by enjoying that circumstance, whatever it is, your mind is channeled positively. But not enjoying the circumstance, negativity arises, and all fighting is but negativity.

Now, let us not only consider fighting and acceptance. What about non acceptance? Ahh. Non acceptance does not include any fight and neither does it include acceptance. That's the middle road, non acceptance. It's another road. Where you refuse to see whatever circumstance good or bad, for you rise above them both, and you land in the area of non acceptance. Non acceptance of this mundane world around you, with all its negativities. And if you reject all the negativities, you also reject all the positiveness and be in a neutral sphere where nothing can hurt you. For life contains both these things, negativity and positivity. But if you can rise above the good and the bad, then life assumes different proportions. Then you're looking at the world from the opposite end of the telescope. When you look at this world through the end which people normally look through, things are magnified; but when you look through the opposite end, things

become smaller. Try it out with a telescope. So this means that you're minimizing the adverse circumstances and not enlarging it because most of the fighting takes place because we create mountains out of molehills. It is human nature at this present stage of evolution. Everything, and especially hurtful things, they assume a great big proportion, out of proportion, you see.

When you can take any circumstances in life and look at it at its true value, you'll never find it to be so bad that you cannot tolerate it. You can tolerate not finding a person at the present moment, for example, that you can really love, you can tolerate that. You can have the forbearance. What do you do with those energies? Take them inside start loving yourself more and when you start loving ourselves more you will actually attract that which you are seeking for.

And it is like that in every circumstance. We can make a change. Now, I've no food to eat in the house. I've got wife and kids to feed. There's just a half a loaf of bread to go around. Most people would say, "Oh, look at my circumstances." They will feel so pitiful. They will indulge in self pity. But why not look at it the other way? Self pity is also a fight, a conflict within yourself. Why not look at it the other way, that look at all the forces of nature that went into this one slice of bread. Look how the water got evaporated and how it came down to make the food grow, how the seeds have germinated in the ground. The seeds first have to explode in order for it to grow. Think of all the minerals that went to the aid of the seed from the ground, the right amount of air, the right amount of sunshine, the right amount of rain and all that went together to make the wheat grow. And look at the harvesters when they harvested the wheat, how hard they worked: first planting, then harvesting and all the other processes that go. And then the milling of it into flour. And then the bakers. Look at all that that went into it. So this one piece of bread which I have has been supported by the entirety of nature the sun, the moon, the water, everything has supported this one slice of bread which I am holding in my hand, and I'm going to enjoy it.

You see how we can look at things. I would enjoy it because I know the whole of nature, the whole of creation, everything went into it. All the energies of divinity went into this piece of bread. Why should I not enjoy it? So, you're still in this world, yet not of this world. You're enjoying it all because you are non attached. You're non attached to ideas, for everything is a creation of ideas. First, you formulate the idea in your mind of the king's feast, and when you don't get it, you feel disappointed. Expectation is the mother of disappointment, I always say. So, by being non attached, you do not expect; and when you do not expect, there's no hurt.

I love my beloved in totality, with my body and spirit. And if she does not love me, what can I do about it? Just let me enjoy loving. The very act of loving, just let me enjoy that. And that comes from inner strength, that comes from integration, that even without any response the love is there. People always want a response, always. You do some little thing and you expect the person to say thank you. You want a response. Why do you want a response? To satisfy your

own ego. By saying to yourself that I have done this. I've carried the woman's large bag across the road for her. I, I, I. And why should I expect to be thanked? I've seen this old woman struggling with a big load. And I did my duty helping her to take the bag across the road. I don't need to be thanked. But there is one surety I can give you, that the thanks will come in a most natural and even in an unexpected way, for good deeds as well as bad deeds do find their rewards. So I feel angry with the old woman. I say, "Oh she didn't have the decency to thank me." But I never think that I haven't got the decency. I haven't got the decency because I expected thanks so I'm not decent.

So, acceptance is a far greater value than fighting. Not fighting should not depend on laziness. Then it's a distortion of fighting. But if you're not lazy in your pursuit of something worthwhile and that does not happen, you must not be disappointed. So you are fighting and at the same time, you are accepting, do you see. Accepting what life brings. It's not made for everyone to be born kings. It is not made for everyone to have this, that, or the other. You have exactly what you need. But let us look at the good side of it as well, that I am put through certain trials. What are the benefits that are accruing to me in those trials, in those tribulations. Think of that. Is it not making me stronger? For the finest steel is made in the hottest heat. So I am building character. I am becoming stronger. So let the troubles stop, for I know for sure that when the rain comes, can spring be far behind? Shelley, I forget the words, "Ode to the West Wind," I think it is. It's a beautiful poem.

So know that these adversities I am going through, they cannot last forever. But spring is round the corner, yes it will come, blooming it's glory in a million colored garden of life. So simple. So let us fight to accept and accept to fight.

Whew, an hour goes so quickly doesn't it. Let's see if we can find a few laughs, laughs, I'm sorry. This newspaper editor got an invitation to a party, and it was a nudist party. So this editor thought, look this might make an interesting story what people do at a nudist party. So he sends one of his junior reporters along, and next morning he questions his junior reporter, "How was it?" He says, "Oh it was wonderful, it was exciting. No one wore any clothes at all. Not even the butler." So the editor asks him how he knew that man was a butler if he had no clothes on because butlers dress differently. So the reporter replies, "Well, surely he wasn't the maid." [laughter]

You know, two women were chatting and one woman says to the other, "You know, I just can't understand my husband. On Monday he told me he likes baked beans. So I gave him baked beans. Then because he enjoyed it so much Tuesday, I gave him a lot of it. And Wednesday also he ate it. And today Thursday, he says he doesn't like baked beans." [groans]

That is how we go through life, don't we. We get tired of things, tired of things. The finest things in life we also get tired of. Therefore we do not enjoy life. Therefore I've said some time, that if you have a Rolls Royce motor car, within three weeks it'll just be a car. No more Rolls Royce. But you're fighting and fighting and hankering to have that Rolls Royce.

Why? To show off to people. And if you really examine yourself, how many people knows you in this world? Of four thousand million people, how many people know you? Ten whom you might be close to? A hundred perhaps that you are just an acquaintance of? And if you are a public figure, say a few thousand might really know you. And so you can fight and struggle to show off to those 10 very close friends that I have a Rolls Royce. See the senselessness of it when what you just need is a car to take you from point A to point B. Let the car be trouble free.

You know, there's always these problems with mother in laws. So the wife tells the husband, "Darling, don't wear that tie that mother gave you for Christmas. Especially not around your waist." [laughter].

You know, a woman driver was going fast around the bend, so a policeman stops her. Yes, 45 the policeman replies. So she says, "Well, in this hat I always look a bit older." [laughter]

This kindergarten teacher was sitting in a bus and this man was sitting on the bus and she gave the man a smile. So afterwards she realized her mistake and she told the man, "I'm sorry I made a mistake, I thought you were the father of one of my children." [laughter] And hurriedly she got off at the next stop.

It's funny, when you're teaching you always address them you will bear me out my children.

You know, some people have so much trouble getting the vacations. Sujoy? So this one commercial traveler got marooned in a snowstorm. So he sends a wire "Marooned in a snowstorm. Please send instructions." So the instructions came back, and it read, "Start your summer vacation from today." [laughs]

Oh well, it's time to eat I think.

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