

On Psychology

Q: Can we talk about the psychological aspect of our being, and in particular the emotional wounds that we carry from our childhood?

So, some people say that many things that you experience today, your life as it is today, your psychology as it is today, it is because of many experiences you had when you were a child.

And the experiences that you had when you were a child, because of what are they?

The psychology that you had when you were a child, because of what was this?

Because definitely all the children they have their particular psychology, very unique - every child has a very unique psychology!

So who is responsible for it?

Even when you are three years old, are the parents responsible?

And who is responsible for the psychology of the parents?

So, to say that our life as it is today it is influenced by the life we had in the past, that of course makes sense. But the life that we had in the past, by what was it influenced?

If we use the same logic, it should be the life that we had in the past of the past! Perhaps a previous lifetime...

And the life that we had on a previous lifetime, by what was it shaped?

We can go back and back and back... And try to put the responsibility on something else.

“The life that I am facing now at this very moment is because of something else somebody did to me in the past. He is responsible!” Like this, eh?

So I say to everybody, whatever you experience today you are entirely responsible for this! You should stop blaming your mom and dad, your neighbor, the government, your brother, sister, your husband, wife, children... Take full responsibility because this is the truth!

The very fact that your parents were the way they were is your responsibility.

And not what you are is the responsibility of your parents.

The very fact that your mother and father were who they were, maybe kind, maybe strict, maybe loving, maybe disinterested, whatever they were, this is your responsibility.

Can you believe this?

The very fact that you are a boy or a girl is your responsibility.

The very fact that you are here as human beings is your responsibility.

If you didn't have anything to learn in this human experience you wouldn't be born.

You would be born as something else or as nothing.

This very human experience that we have here today is our responsibility and what will happen in the future again is fully our responsibility and nobody else's.

So, this is the way a spiritual being looks at life. Doesn't blame somebody else for the conditions he has today, but takes full responsibility. And the more you grow spiritually you will realize that not only you are responsible for yourself but you are responsible for everything that happens in the whole world actually!

You realize that every experience that you have either directly in this very moment, or indirectly, just hearing something happened in another country, just reading something in Yahoo, in Google, whatever, you are responsible for this.

Everything is something from inside that projected itself outside. This dust we were speaking before, a dust from inside, it passed through the filter of the mind and expressed itself outside, it became a reality so we can see it, and understand it and learn something from it. Because it was too much subtle inside, we couldn't learn from that, so it came outside, became gross, took shape, and form and name, so we can learn something from it and grow spiritually.

Patanjali says: "When you perfect yourself in non-violence you never experience any violence."

Can you follow this?

When he says you never experience violence, doesn't say that somebody isn't violent at you... you never even hear of violence happening somewhere else, you never read in the newspapers of violence. If you will take the newspaper there will be cooking recipes, or whatever. Violence is not within your field of experience.

And this is how a divine being lives. When you go to paradise there is no violence or when you live in the “mortal paradise” here, again there is no violence.

When you deserve that paradise you will live in this - even if you have a human body you will live in this. There's not a specific point that you enter the paradise. When your frequency is in that level of non-violence for example, you will experience nothing but non-violence.

That's why I say we are responsible for whatever we experience.

This is the best way to handle it psychologically, because you asked of psychology, because as long as you put the blame on somebody else you can never handle it. You make yourself helpless, you cripple yourself, you say “Yes, it's his mistake!”, and you wait for the other person to do something to correct it.

This is not the way to handle life, not to wait for other person to do something to correct your experiences. This is not a responsible way to live, this is not a conscious way to live. You have to do yourself something, or do nothing – but completely nothing! When I say do nothing means also don't blame the other person, simply accept it and let the dust settle.

This is one way, to simply accept it and let the dust settle.

Another way is to simply transform yourself and in the same way transform all your worldly experience.

So this is how to approach this:

“I can never blame anybody else, parents, any person I know, for what I experience today. I am fully responsible, 100%. And if my psychology is really lousy and terrible, I am responsible for this, I must change it, I must do something about it. I must change my life, perhaps completely! Or I might just become aware of what's happening inside of me, throw some light inside of me, turn on the light!”

Some people might be troubled by negative thinking for example, we were speaking the other day... When you turn on the light inside of you there is no negative thinking. When you are aware of what happens inside of you there can be no negative thinking. When the Sun shines inside of you there can be no negative thinking. It's impossible!

For negative thinking to happen, it must be night inside of you. You must be fully unaware.

When the Sun shines inside, all ghosts and negative beings go away. Either they go away immediately or they go away within minutes, not more than that. Just keep the Sun shining, they will go away.

Keep the Sun shining and your psychology will be very beautiful!

- Om Shanti Shanti Shanti! -