

# *Satsang with Om Baba*

*(January 2016, Tiruvannamalai, India)*

## **What Is Life?**

*Question: 'I would like to know, how can I trust life?'*

First of all, let us ask: "What is Life? Is it a friend of mine or is it something that has no interest in me?"

Is it something that wants to squeeze me, that wants to make a juice out of me? Or is it something that wants to support me, that wants to make me blossom?

Is Life something different from me?

That is the first question we should ask ourselves. Can I be separate from Life? If I don't like life and I am angry with her, and I feel she doesn't take good care of me, can I separate from her? Can we say, "you can go your own way, I will do better without you?"

In truth, and in essence, to understand what is Life, is the main point of spirituality. It is the primal question. Some will say the primal question is 'Who am I?' some others will say, 'What is Life? What is this universe? What is God? What is my connection with God?'

All these appear to be different questions, but in fact they are the same question. And all these questions, together with every other philosophical question, they are answered when the question, 'Who am I?' is answered.

Then there is no question of trusting or not trusting. Then there is a very clear knowledge. Trusting and not trusting can only exist when we don't have a clear knowledge.

However, it is a matter of common sense that life seems somehow to support us. Through every challenge, through every difficulty that we have created ourselves, Life seems to take us through it. Is there any difficulty that we had, that Life didn't take us through it? Not only in this lifetime, for as far as we can remember, Life has taken us through all difficulties.

Ourselves making mistakes, and suffering, reaping the fruits of our own nonsense, that we somehow made out of ignorance – out of not having a clear understanding of how the universe works.

Even the most stupid, the most terrible of mistakes, Life always takes us out of it – for hundreds and thousands of lifetimes. So, I think it is time to start trusting life, even if we don't really know what this Life is.

Life manifests itself as mother, it manifests as father, as friend. It manifests as husband and as wife. It manifests as Guru and it manifests as student. Infinite are the manifestations of life, but Life itself is only one entity - unmanifest. Life can manifest as a human, as an animal, like a tree, like Mother Earth, like the sun, like space, like the wind, like all elements. Seen through clear eyes there is nothing more extraordinarily beautiful.

We can learn from the teachings of Saint Francis of Assisi, praising all possible aspects of Life. Himself, having given up everything, having nothing, just a simple cloth to cover his body. No wealth, no friends, no father or mother, no wife, no children, no work, no facebook-friends. Not a single thing amongst all things that give us joy in our everyday life. Having nothing! And yet again, having much more bliss than anyone of us could ever imagine.

Because, having nothing, having no distractions, he could focus on Life itself.

He could appreciate very small simple manifestations of Life. In great bliss he would sing, "O, thank you for the Brother Sun, that shines upon us and gives us such a delight, that gives warmth to our body, gives us energy, gives us so much joy. That is the most pure manifestation of the Self, a great Guru, available to everyone.

Thank you for the Sister Moon, which is pure and soft light, that shines in the darkness of the night and gives us so much joy.

Thank you for the Brother Fire, thank you for the Sister Water. Thank you for the Brother Wind. Thank you for the Mother Earth that constantly gives support to all of us. An inexhaustible source of kindness and love. Thank you for the beautiful manifestation of Life, Mother Earth."

We are constantly surrounded by all these simple manifestations of Life. But who of us appreciates it? Who of us says 'thank you'?

How much greater Life itself is, the Mother of the whole universe, the constant support of the whole universe. What would this universe be without Life? If we could somehow by some surgery take out Life from the universe, what would remain?

Or, if we can remove the universe from Life, what would remain? The Sages call it Samadhi.

There is one more experience all of us have every single night, that's called deep sleep. Life itself existing in its full glory without the universe, without any object, without any experience.

The universe, what we call the universe, is nothing but a bundle of experiences. Sensual experiences - what we see and hear, etc, mental experiences - what we think, all our desires and memories, emotional experiences, divine experiences, and even the experience of no experience, even the experience of emptiness, of the void. Take all of them together, mix them up in the mixer, and you have a special cocktail - its called 'the universe'.

Every different manifestation of life experiences the universe in a different way, in a unique way. For every different person it is a unique set of experiences. So we have infinite number of universes, all of them supported by one Life. By one Self. By one Subject. One Mother. One Father. One Guru. One Source - and one Destination.

The Upanishads say, 'just like a fire is burning and many sparks jump out of the fire - that fire is Life, and the sparks that flow towards all directions are the many different universes.'

Or there is the illustration, 'just like a spider creates the spider's web - the web comes out of the spider - and the same spider sucks the web back in. In the same way the Self creates the whole universe and then takes it back in.'

Or another illustration; 'the Self breathes out and the universe appears, the Self breathes in and the universe is absorbed again into the Self.' If you like, you can use the word the 'Self', if you like, you can use the word 'Shiva', if you like, you can use the word 'Life' to express the very same thing. To express the inexpressible, to give a name to the nameless. To illustrate somehow that, which is beyond our understanding. Life is the Self - our own Self.

Life is not something that comes from somewhere outside, life was here before this body was born. Everything comes out of Life and everything is sustained by it. Life is like the ocean, all manifestations of Life are like the ocean's waves. And the winds that blow on the top of the ocean are the winds of destiny.

The original question was; 'How can I trust life?' You are Life, but you are not trusting this. You trust more your ego. That faculty inside us that doesn't trust life is nothing else than the ego. It is this false idea, 'I am a separate human being. I am a separate entity. I am a separate wave, and somehow I will survive in this ocean of Life. Somehow I have to survive through my own strength'.

That which is so weak by nature, the ego, is challenging Life. It says to you, 'Trust me, I will bring you higher, I will make you special. I will make you a Queen, I will make you a King, just trust me, follow me. I will bring you to the top of the world. Don't trust this life, it is not interested in you, it is the same to everyone. But I, I am interested only in you. So trust me, I will bring you to the top of the world.'

Many of us, we fail to trust Life, but very few of us fail to trust the ego. We trust fully the ego! We fully surrender to the ego. Yes, I am yours, O ego, pranam!  
You say: 'No, I will trust no Master, I will pranam (touch the feet) to no Master, no Saint. I will pranam to no Jesus, no Buddha, no, I will pranam to nobody'. And you go back to your room, first thing in the morning, "Pranam, O, my ego. I fall at your feet, just give me your orders, how can I please you?" Isn't it like this?

There can be nobody, no human being without a Master, and there can be no human being with two masters. Jesus Christ said, 'nobody can follow two masters – you will follow one and you will disregard the other'. So, nobody can be without a master, and nobody can have two masters. So, you tell me the solution to be free from the terrible master, the ego. How to be free from the iron dictatorship of the ego, that truly squeezes us from lifetime to lifetime. You tell me the solution, I am not going to tell you. You think about it.

To know Life, to trust Life, to love Life, there is only one obstacle, and that is the ego that fights with Life. Life is the same in everyone, in everything, even in space itself, Life is the same. The ego is that which says, 'No, I don't want the same, I am special.'

That is the source of all suffering. And there is only one way to be free from it - to make a revolution. To declare: "You will not be my master any more, I will choose somebody else for my master. I will fall at the feet of somebody else. Somebody much wiser than you. Somebody much more loving than you. You will not be my master any more!"

And that intelligent person, he finds a Master and falls at his feet, and feels an indescribable relief. When the ego is strong, nobody can do it. If somebody does it, it means the ego is starting to collapse. The ancient reign of the ego, it comes to an end.

Being free from the ego, our eyes open to something we never knew before. That is Oneness, that is Love, that is openness, unity, freedom, completeness. Only in this Oneness can we find completeness.

And that Oneness – its name is Life!

*Om Shanti Shanti Shanti!*