

Beyond Traumas

I cannot give one remedy for all traumas. It doesn't exist. One question we can ask is; to whom is the trauma? And who is it that suffers out of this trauma? This is my main question.

One can heal a trauma, no doubt, through different methods. But what is it that caused the trauma? You may say 'some behavior from my parents', 'my parents were very tough with me'. Why were they tough with you? Why were you born in such a condition that your parents, for example, were very tough with you? So, if you want to go to the root, you have to go much before this. The more you go towards the root, the more you reach towards yourself. And you recognize that the root of all your troubles is you yourself. Not only the trauma's, but any sorrow, any pain that you experience in truth comes from you.

So, we need to go to the root. But we must find the real root, not just some evident, and superficial root. I can help you this moment to go to the root. Not just for specific trauma, but for all trauma's.

The root of course is the ignorance of who we are. But lets go just one step at a time. If we don't know who we are, then we make certain choices, choices in the wrong way. These choices that we make, define our whole life. Our whole living experience as conscious beings is defined by these choices. The very fact that we are born as a human being comes out of a choice. The very fact that we have all these conditions around us comes from a certain choice. Maybe we remember, maybe we do not.

Some choices we may remember. We can trace our conditions now in our life, and can remember exactly the choices we made. We can remember ourselves standing in the crossroad and having to decide, will I go left or will I go right? The red pill or the blue pill? Will I take the easy path or will I take the hard path? There are many moments in our lives that are like junctions, crossroads. At these moments we make a choice. Once we have made the choice, we have to go ahead. Many times we cannot do a U-turn. Maybe we have regretted our choice. Maybe we say, oh no what have I done! At this moment you don't have an option, you have to go ahead, until you reach the next crossroad, and have one more chance.

Everything we experience in this life, it comes from our choices. Choices that we clearly made in this life, choices that we clearly made in a previous life. Choices that we made in the stages between. But if you want to find the root, that is yourself, and the choices that you made. If we make a certain choice and we suffer that is good. This is the only way to learn. We will be given a second chance. Will we make the same choice, that brought us to this condition today? Think about this... sometimes you make a choice in your life and you suffer out of this. Then you find yourself again in the same crossroad and you make the same choice. And again we suffer. A third time, we find ourselves in the crossroad, and we need to make a choice. We might make

again the same, old choice. Sometimes, somehow, compelled by our lower nature. Sometimes compelled by our ignorance. Who can say why... so this is one way to grow, to make a false choice, understand the mistake, and don't do it again!

For the vast majority of conscious beings this is the only way for growth. There is a quicker way. That is to trust and listen to somebody who knows the correct way. Should I go this direction or that direction. Ask somebody that knows. And trust him. That will save you much time. And a lot of suffering. And most people don't do so. But you can do it. It is again a choice, you can do it. Especially if you are lucky enough to have a teacher or a guru. Somebody you consider to be more wise than yourself. It does not need to be a Guru, it can be a friend, anybody. If you listen and follow, that will save you time and energy. So, the more we travel in the spiritual path, and we come across these crossroads, the more we learn. At least it should be like this... the more we are supposed to learn. The more we manage to 'smell' the right direction. You can call it intuition if you like. Or wisdom.

The more we understand how to make the correct choice, the more we become free from pain, the more we become free from traumas. Because if we make a wrong choice, the pain is inevitable. If the pain will take a form of a trauma, or the form of a small slap, that depends on the choice. So, what has happened in the past has happened, maybe there is something to learn out of it. Our responsibility now is for the present, what happens from now on.

Whatever trauma it is, whatever wound it is, it will heal. But we should stop causing ourselves these wounds. By taking responsibility of our choices and of our life. Never blame anybody else for whatever pain you are experiencing. You have, lets say, a marriage, and you suffer from the marriage. Who is responsible for this marriage? Did anybody force you to have this marriage? Or maybe you have children and you suffer from the children, who is responsible for this? So, the conscious being that wishes to grow spiritually, must take responsibility. He should take responsibility for the pain, for the trauma's, for all these things, and say with strength: "I am responsible myself for all this."

What I am saying is there is a step in the path of self-knowledge. It is a step to understand our tremendous power. A very great power that we have inside of us, that completely shapes our life. And although all life is shaped by the Self, the Self is completely independent from this.

The mind can suffer, the body can suffer... the Self can have no trauma. So Maharaji was saying; in whatever position you are, no matter in what position of karma you are. Maybe you are a saint, maybe you are a criminal. Maybe you have a hundred trauma's, maybe you have no pain. At this very position... pray to awaken. Pray "Prahbu Aap Jago, Paramatma Jago."

There are many people who don't have any trauma. Most of us don't have much pain in their life, at this moment. As long as we are trapped inside the ignorance, inside the ego, it is only a matter of time to create some trauma. That is why we need to awaken

as the Self, awaken as the one life that pervades everything. Discover the natural love, discover the one-ness. Discover your oceanic nature, that can neither have trauma, nor can it create trauma. If you think this is something very big for you, pray for this! Maharajji was giving this prayer, he was praying:

*O Lord, I am incapable of coming to you.
I do not know the way.
I don't have strength to reach you.
You are completely beyond my reach.
I cannot comprehend you
I cannot understand you
I cannot touch you
I cannot see you
You are beyond my reach.*

*So, oh Lord be gracious
and you come to me
Awaken as my Self
Awaken within me.*

*Show me your Greatness
Show me your Beauty
Show me your Light.*

*Reveal yourself to me
Let me know you
Let me know you as my true Self
Let me know you as Love
Let me know you as Oneness
Let me know you as an ocean of Peace.*

*Let me know you as Freedom
Freedom from suffering
Freedom from any cause of suffering.*

*Let me know You
Let me live inside You
Let me live as You.*

*O supreme Being
O Paramatman
Awaken in me!*

*Let me know your beauty
So that I can dedicate myself to you.
Let me know your nature
So that I can know there can be freedom from suffering.*

*Let me know your oceanic nature
So that I can dive into you.
Let me know your shining nature
So that I can be bathed in your Light.
Let me know your pure nature
So that I can be purified.*

*O supreme Being
Be gracious to me!
For me it is impossible to reach you
For you it is so easy to come to me.
Show yourself to me
Let me know my true Self
Let me know I am one with You.*

This prayer is perfect for the seekers of our time. Because there seems to be a strong thirst for Self-realisation. At the same time people feel that they cannot do it. Its ok, if you feel like this... but can you not say this prayer? Can you not, at least, ask for this? Can you not, at least, focus your energy on this, just for 5 minutes? Everybody can do a prayer like this. And a prayer like this is not only beautiful but also supremely powerful.

This is a perfect example of the path of devotion. And somehow, it illustrates very clearly the truth. The truth that we cannot go there by our own effort. The mind is helpless. The Self can never be known by the mind. No matter how clever you think you are, you have no chance to know the Self. It is the Self that knows the mind. Constantly. It is the Self that knows the intellect and all movements, constantly. It is the Self that knows all these traumas. And He smiles on all these things. So, it makes very much sense to make a request like this, a prayer like that; "Show Yourself to me!" This is a practice that everybody can do.

Just like the root of all pain we experience, is our ego, or our "lower self", the root of all joy and bliss we experience is our true Self. So... ask for this! Ask and you shall be given! How we should ask...

Jesus Christ was telling this story: "There was a certain man, he was sleeping in his house and it was late at night. Somebody came knocking the door, 12 o'clock in the night. It was some visitor, some relative who came to visit him very late in the night. He took him inside and it was cold and he was hungry. He didn't have anything to offer to him. So, he went to this neighbor house and knocked at the door, 12 o'clock. He neighbor was sleeping, of course. He knocked again. The neighbor heard it and said 'go away, its late'. Again he knocked, more and more insistent. Again and again and again. He didn't go until the neighbor will open. So, in the end, the neighbor thought: "Better I give him whatever he wants so that he will go away". So he gave him a little bit of bread and some cheese. Jesus Christ was saying, you must pray like this. Knock the door, again and again and again. Until it opens. No matter how much your higher Self is sleeping. It will have to open. It will have to respond.

The greatest trauma that we can have, is to feel that we are a separate existence. The trauma of separation from the existence. Imaginary separation, because it never actually happens. And this trauma can be removed only through truth. The ignorance can be removed only by one thing and that is knowledge. So, we have to strive for this knowledge through all the prescribed methods.

Or, we can simply ask for this. In my opinion, you should do both. The one does not contradict the other. The one supports the other. Maharajji was saying to his Indian disciples: "All of you people come here and ask for my blessing... you should first start doing spiritual practice and the blessing will come automatically! Then my support will come to you automatically. If you don't do any practice, to what will I support you?" So that is why these two things go together, we do whatever is in our hands, and at the same time we ask for assistance. This is the way to remove the root of all traumas.

- Om Shanti Shanti Shanti! -