



YOGEESH ASHRAM & SIDDHAYATAN

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Life's Rhythm

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People often ask me, "Why do I sometimes feel aware or unaware? Sometimes I feel joyful and happy, or otherwise completely sad? Why do I go back and forth?"

In life everything has a rhythm: happiness, unhappiness. Happiness is always followed by unhappiness, just as night is always followed by day, and summer is followed by winter. These are life's polarities. If you are aware in one moment, you are bound to become unaware in another. I suggest to not create more problems if you are unhappy. Psychologists might have an answer for all of your questions. But, I tell you that answers will always be wrong. Questions and answers will perpetuate more questions and more answers, and the problem remains. No problem can be solved by questions and answers.

First, never create a problem. Know that where there is love there will be hate. Where there is awareness there will be unawareness. Where there is like there will be dislike. Where there is happiness there will be unhappiness. It is simple to understand. Don't create problems. Simply enjoy both aspects, both sides of the coin. You can enjoy both. When you are unaware simply take time and relax. Being constantly aware can create tension. If the teacher tells you to be aware moment to moment, that constant state of awareness can create lots of tension.

Just enjoy both states. They are both beneficial. If you remain awake for twenty-four hours you will become very tense. According to experts, if a person does not sleep for three weeks straight they might commit suicide. A person can stay without food up to three months, but cannot go without sleep for more than three weeks.

There is nothing wrong if you are tense or unaware. It means you need a rest from awareness. This rest gives you energy and strength. Don't separate these states. It is very important if you learn how to enjoy both sides of the spectrum. The problem occurs when you accept one side and not the other, or when you develop a like for one and hate for the other. You only want happiness and you reject unhappiness. Accept both and you will discover the beauty in both.



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There is nothing wrong with being unhappy. In fact you will notice that in sadness there is a hidden beauty. Happiness is like a shallow, bubbly river flowing through the mountain making noise. But, when the river approaches the ground it reaches its depth without creating a sound.

Sadness is like the depth of the river. There is nothing wrong with sadness if you accept it. Truthfully, if you are never sad you will never enjoy happiness either. Sadness by nature is deep and quiet, while happiness is shallow, and on the surface.

Learn to enjoy both and you will transform rising to the third level where you become the witness. Once you become the witness you will no longer be bothered by either polarity. Don't be worried. If you are aware it is fine, if you are not aware it is also fine. Your goal is to move to the third point where both experiences are enjoyed. Your objective is to discover your ultimate alchemy. When you do, you will suddenly realize that you are neither happy nor sad, but you have become the witness of both. The valley and the peak will be equally important and equally observed. Once this point is attained your life becomes a real celebration. You will celebrate everything. You will celebrate your life and your death simultaneously. You will celebrate happiness and unhappiness and you no longer identify with any polarity. Both polarities have become available, together as one.

This is how life is. Happiness does not exist without unhappiness, and sadness does not exist without joy. Even a coin cannot exist without its two sides. Flow within these two polarities and you will be surprised to see how helpful they are to your spiritual growth. Now remember not to create unnecessary problems if you are unhappy, if you are sad, or if you are suffering. It is very simple, in summer enjoy the heat and in winter enjoy the cold. Be the witness and there will be no problems.

During the day, enjoy the sun; at night, enjoy the dark. Polarity is part of life and it cannot be rejected. Simply learn to enjoy everything. Suddenly you will notice that everything in your life is transfigured and transformed. There is no happiness, there is no unhappiness, there is no dark, and there is no light. You have become unaffected by happiness, unaffected by unhappiness, unaffected by darkness, and unaffected by light. You have learned to accept everything. Your life has begun to flow in perfect rhythm and you have become fully neutral. In this neutral state you will discover your real self.

Summarized by Daniela Romero