

## Message 19

Monday, 7 Feb. 2000

### New Millenium Message from son Ujjwal Lahiri's residence at Indore (India)

#### Root cause of ache and agony is:

- 1 Beliefs have made inroads in the area of the unknown and un-namable.
- 2 Burden of experience has become more important than the bliss of emptiness.
- 3 Images interfere in relationships.
- 4 Subjective entity's (ego's) insistence to be predominant over the state of existence.

#### Десять базовых дисциплин:

1. Don't believe in anything easily. Examine your beliefs and experiences critically through insight into the real nature of the beliefs and experiences and not through interpretations from the garbage of scriptures, authorities and published materials. Please understand that a) belief is a disturbance, understanding is divine; b) belief generates cravings, understanding bring calmness; c) belief is agitation, understanding is awareness; d) belief is bigotry and battle, understanding is bliss and benediction.
2. Don't propagate your faith asserting that it is the best and the last word. Find out if your faith can reduce conflict in yourself, in your family, in your society, in your country and also among nations. Don't convert your faith into a fetter, make it an instrument of freedom.
3. Don't escape from the actuality of the myths, mischiefs and maladies of the mind through centrifugal activities, but face mind through centripetal perception and pondering, and thus generate transformation to end violence of the mind in every form.
4. Don't convert sensory perceptions into sensuality through choices, classifications, cravings and opposites. Remain in even-minded mindfulness.
5. Use information and knowledge for practical purposes only. Don't have any psychological investment in any information. Don't get involved, don't indulge, don't be influenced or inhibited by information. Freedom from information inspite of the existence of the information is the redeeming feature of the human brain, which is not possible in a computer. Information without transformation is gossip.
6. Don't ask meaning out of life. The wholeness of life exists so beautifully, just because it has no meaning whatsoever. If you ask for a meaning, you will ask for suicides and murders. Mind, in the vane and vulgar pursuit of meaning of life, provokes itself into the culture of killing and being killed for the hokum fantasies of religious beliefs and other phony ideals. Mind, which is ephemeral, tries to be permanent through invention and imagination of meaning; whereas life exists in procreation, survival and dissolution symbolised by Brahma, Vishnu and Shiva.
7. Dig deep only at one place in your field. Only then you will strike water. If you go on digging at several places without depth, you will merely spoil your field and can never reach the water level.
8. Don't use Guru only for mental gratification, then guru is only a teacher. Ask him to touch your life, then guru is love. Allow yourself to total compatibility; then guru is the ground, the sacred soil of existence. And that is God.
9. Remember the rot of recycling and repetition of birth and death. Drop out of the wheel of samsar inspite of your confinement in it. This is real sanyas, not merely the costume.
10. Be meditative. Meditate on anything that appeals to you. Meditate on your distractions also. Meditative existence is not the movement of experience. Practice without perception is profane.

**MUCH LOVE TO ALL KRIYABANS,  
SHIBENDU LAHIRI**