## Kriya Yoga | Shibendu Lahiri

## Message 7

Berlin, Germany, 26 May 1999

## At the residence of Magdalena who lives amidst dying processes

Life is not a problem to be solved, but a wonder to be lived through.

Mind makes problems out of the flow of life to maintain itself.

Mind preserves itself through problems. It attempts to convert every situation into a problem for its perpetuation.

The separative consciousness (mind) is sustained by getting involved with an idea and thus escaping from the fact. That is why we are never liberated, but we get into more and more bondage; because mind is bondage.

Mind vanishes into 'no-mind' when it is starved of problems.

Live through all mysteries of life with an art of wonder and a joy of innocence.