

Sahaj Yoga: Way To Effortless Bliss

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Nature's intelligence functions with effortless ease, and when we harness the forces of harmony, joy and love, we create success and good fortune with effortless ease. If we observe nature at work we see how little effort is expended in accomplishing wondrous tasks: The grass just grows, without *trying* to grow; and the fish just swim, they don't *try* to swim:

ਮੀਨ ਕੀ ਚਪਲ ਸਿਉ ਜੁਗਤਿ ਮਨੁ ਰਾਖੀਐ ਉਡੈ ਨਹ ਹੋਸੁ ਨਹ ਕੋਧੁ ਡੀਜੈ ॥

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ਗਗਨ ਮੈ ਥਾਲੁ ਰਵਿ ਚੰਦੁ ਦੀਪਕ ਬਨੇ ਤਾਰਿਕਾ ਮੰਡਲ ਜਨਕ ਮੋਤੀ ॥

It is the nature of the sun to shine, and the nature of the stars to glitter and sparkle. And hence let's accept that it's the human nature to make the dream manifest into physical form easily and effortlessly. When we are in harmony with nature, when we are established in the knowledge of our true Self, we can make use of the Law of Least Effort or the *Sahaj Bhaav*. Minimum effort is expended when our actions are motivated by love, because all of nature is held together by the energy of love. Our energy multiplies and accumulates, and the surplus energy we thus gather in the process can be channelled to create anything we want, including unlimited wealth.

Whereas if the focal point is man's ego, our attention consumes much more energy, and so is the case when we seek power and control over other people without a ray of sympathy and love. And when our internal reference point is the spirit (Self), we become immune to criticism and are unafraid of any challenge. We can thus harness the power of love and use energy creatively to evolve ourselves mentally and spiritually, even while succeeding in the material world.

'Acceptance' is the first step in Sahaj Yoga. Acceptance simply means that we accept people, situations, circumstances and event as they occur – accepting every moment as it should be, because the whole universe is as it should be. This moment – the one we are experiencing right now – is the culmination of all the moments we have experienced in the past. This moment is as it is, because the whole universe is as it is. When we struggle against the moment we are actually struggling against the universe. This means that when our acceptance of this moment is total and complete we shall not be struggling against the universe. It's important to understand that we need to accept the things as they are, and not as we wish them to be. When we feel frustrated or upset by a person or a situation, let's remember we are not reacting to the person or situation, but to our own feeling about the person or the situation. These are our feelings, and our feelings are not someone else's fault.

The second component of the Law of Least Effort is **'responsibility'**. Responsibility means not blaming anyone or anything for our situation, including ourselves. One can have a creative response to the situation as it is now. **All problems contain the seeds of new opportunity** and once we develop this attitude, every so called upsetting situation will become an opportunity for the creation of something new and beautiful, and every so called tormentor or tyrant will become our teacher. If we interpret the reality in this manner, all such situation and people will remind us that "this moment is as it should be". There is a hidden meaning behind all events and the hidden meaning points to our own evolution.

The third component of the Law of Least Effort is **'defencelessness'**, which consists in

relinquishing our need to convince or persuade others of our point of view. If we look around we will see 99 per cent of the people persisting in defending their point of view. And if we desist from this course, we shall gain access to an enormous amount of energy that is wasted whenever we become defensive, blame others and don't accept 'the present'.

A 'defensive' approach indicates that life is meeting resistance, and we should recognise that we are thus forcing the situation and the resistance will only increase. Whereas by accepting the situation we are fully experiencing the present, which is a gift of God.

If by practice we learn to accept the present and be only a spectator of the circumstances, we shall experience the feeling of exultation of spirit in everything that is alive. We shall then become exuberant, joyous and carefree. When we possess this rare combination of acceptance, responsibility and defencelessness, we shall experience the life flowing with effortless ease.

[Courtesy: *Times of India*]

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