

Give up the past

Papaji

When you are out walking and you become tired you stop, you sit down, you relax. So when you get tired of trying to find solutions to your problems, when you find no solution, sit down. By sit down I mean, don't try to solve the problem at all - the problem is in the past, it is not now. Don't think about past problems, just leave them alone and sit down. This is the moment of relaxation. You only have to allow this, listen to it, do not do anything. Just listen: Don't go to the past. The past is a problem, the past is mind. When you go to the past all will be problems so don't go to the past. The mind is the past and the past is a graveyard. Don't go to the graveyard. All problems are dead, so return to this moment without trying to solve the problem. Trying has put you in trouble, so don't touch this trying any more.

Simply sit down, keep quiet. Keep quiet for one moment. This is the moment you need, this is the moment of rest. Keep quiet for a moment without going to the past and you will find relaxation. There is no other way - simply do not think of the past. First help yourself - which means to not think - and then if you still need to you can ask me for help.

Just for this moment do not think, but direct your mind to its Source. Bring the mind which is thinking - which is going to the past - to face this present moment, and this will give you eternal rest. Help yourself not to look to past moments and do you find any problems? In this moment, without going to the past, where is the problem? Has it gone away? Then you have helped yourself. This is truly Self help.

You cannot buy this in the market, you cannot acquire it, you cannot purchase it. It is not something to be had. It is something that is already here. Do not try to get things, to achieve things, to attain things which are not already here, because whatever is absent - once you get it - will also be lost. Instead of reaching out after anything which is absent discover that which is already here, which you do not need to try and attain. This will be something fresh, something which is here, which is now. Give up your desire to get something tomorrow, do not allow this desire to stir, to rise up from the ground of mind.

Abandon all your desires to get something which you do not already have. No desire is needed for that which you already have here.

Instead of trying to get it offer yourself up so it can get you. Be so beautiful that this will be attracted by your beauty. It will come and get you instead of you getting it. Who are you to get it, anyway? Allow yourself to be taken by it - that's the only way. You must be immaculate, which means to be without desire. Your own nature is immaculate so sooner or later you will know this. When there is no desire there is Beauty, there is Love. You cannot disturb this beauty even by giving rise to a thought to get it. This thought will only be an impurity. Make sure that no desire arises and you will be so immaculately beautiful - so perfectly pure and spotless - that everything will be instantaneously unfolded before you. Then this beauty will hug Beauty itself.

Simply keep quiet. Do not do anything and it will happen. Abandon even the intention to get something in the next moment. Do not even make the distinction between "this moment" and "the next moment". Then something will happen instantaneously.

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