

## SOME QUESTIONS ON REALITY

The student approached the teacher.  
She didn't know she was the student, she merely knew she had many questions. They had been in her mind for most of her life but had never been satisfied. There were always other concerns to address. Lately she had felt uneasy with her circumstances. The same questions had again become prominent. She was nervous and uncertain and in this manner the student approached the teacher.  
The teacher knew he was the teacher but he had not said so.

### **What is going on?**

*You exist and the world exists. There is a great beauty in it*

### **Why do I exist?**

*Because nature needs you to exist. No one can tell you why existence has come about but it is here*

### **But what does it mean?**

*It means you have been created, the world expresses itself and you strive to know your potential. It does not need a meaning other than that*

### **So what am I then?**

*You are the wholeness within which all this is happening, we call it spirit*

### **But what about this personality, this me, surely that is who I am?**

*It seems like that but it is not so. A separate and individual personality thinking and acting is being experienced but it is only a temporary compilation*

### **But I can think, I can direct my life**

*Yes, all that is happening, is it going well*

### **Why is there fear and suffering?**

*Because of selfish tendencies and desires. Fear and suffering are however temporary and superficial. Your existence sparkles with flair and brilliance and is primarily suffused with love and happiness*

### **Then why can't I feel that all the time?**

*Because of the strength of the ego and the habits of the mind. This has been in place for a very long time. Desires and fears dominate you; you have to look beyond them*

### **How do I look?**

*Enquire into your own nature, asking "Who am I?" questioning and searching within Spirit is what you are*

### **Where will I find it?**

*You can recognise it in the obvious knowing I exist. That joy which is present when thought and desires subside. Go in that direction and take less interest in thinking*

**Why is my life like it is now?**

*Because of all the actions that have occurred to bring reality to this point  
All is interconnected and interdependent; you are part of an intricate matrix of activity.*

**Why is life in this world so unfair?**

*On whose terms is it unfair? Your perspective can only be limited to the knowledge you have. Who can say what the bigger picture is and how the long term view may explain things*

**How can I make the right choices?**

*Through integrity and discrimination, engagement with the events of life as they arise is natural. Whatever functions come to you in this world fulfill them bravely and honestly*

**Then on what should my actions be based?**

*Your actions should be based on simple good qualities such as friendliness, tolerance, compassion and kindness in the presence of strength and the courage to be original*

**Then how should I arrange my life, what should I do?**

*Dreams, hopes and wishes there will be, pursue them by all means but to be human is principally to live a practical life. Directing arrangements to support a well ordered practical life is wise and honorable. A well ordered life involves work, rest, relationship, study and play*

**How can I find satisfaction?**

*Consider what you have in place now and appreciate it. Where a strong theme of change endures it will establish its own momentum and lead to fruition but not on your terms, accept that*

**How do I avoid disappointment and loss?**

*Loss is inevitable because all is passing and that cannot be avoided. Loss of a thing is not the problem; dependence on the thing is the problem*

**Why is my mind so restless?**

*Because it has learnt to be so, has established habits and has never been checked*

**Why is the world in such a mess?**

*The present condition of the world is the result of the cumulative desires and weaknesses of people. It is both magnificent and tragic, but it is not by any means all in a mess. Acknowledge that the majority of event is good natured and collaborative. This is the default position of the human heart. Also the world is very very beautiful, around every corner; amidst any hardship, beauty is easily apparent  
Take strength from that*

**What is the purpose of it all, why am I here?**

*The purpose of life is to live - evolution demands it. You are destined to grow, to be and to know yourself. For now you could say the purpose is to love and to serve There is a greater and primary purpose but it is known by no-one*

**Why is life so hard?**

*Growth and change is always hard. It is the nature of human experience to provoke this.*

*Embrace it. It may also be hard because you lack discrimination and acceptance*

**How can I make it easier?**

*Apply discrimination and adopt acceptance*

**Why is understanding not sought by all?**

*Because it takes effort and is arduous.*

*In most the impetus to reach beyond the known does not arise and satisfaction is sought through desires and the mundane habits of life's ordinary routines*

**What happens when I die?**

*Death of the body is similar to going to sleep and then waking up. Experience continues but the memories and details of this life are eventually lost just like dreams. The fundamental impressions, tendencies and desires from the life just lived remain as potent seeds. This shapes into new experience. All this takes place within spirit. That is what continues*

**Is it to late to learn?**

*It is not*

**What should I do now?**

*Reflect on these truths and raise questions about them*

*Trust in the higher power that guides and sustains you, surrender to that and do your duty as it arises.*

*The final advice and the finest advice is this - Accept what comes, Release what goes, Claim the moment, Trust the future, Realise the spirit, enjoy this life*

**Thank you - how can I repay you?**

*By taking action*

The student was inspired by the teacher but she had many questions. It all seemed somehow not immediate enough. All this talk of spirit was interesting, even exciting but what could she do that brought her satisfaction and contentment now?

In the past when she had felt like this she had turned to habits and comforts. This tempted her but somehow it did not seem right after what she had just heard.

She pondered what to do, then she cried and then she prayed.

Later she sat quietly in the evening light and said to herself, "Who am I?"

The teacher sensed this and from a place of deep compassion he smiled.