



On Living Alone

Words 'LIVING ALONE' has lots & lots of RAMIFICATIONS BEHIND IT DEPENDING ON STAGES OF SADHANA & ONE'S FITNESS

(1) SIMPLE - At house have no company - LIVE IN SOLITUDE. YES, this is in the beginning very essential. So long as the SPAGHETTI & VENISON is before me, controlling desire is very difficult.

ALONE also means - WITHOUT TEMPTING THINGS AROUND YOU - Cassettes of nice songs, collection of NUDE PAINTINGS, FILM MAGAZINES etc too - NOT ONLY MEN.

In such a case we should have an integrated ROUTINE - IN THE BEGINNING READING DAILY A FEW PAGES OF GITA & BIBLE SAY - WHETHER YOU UNDERSTAND OR NOT - JUST READ IT LOUDLY TO YOURSELF DOES WONDERS.

KARMA YOGA - IT DOES NOT MEAN AT ALL PAINTING, SEE SCULPTURE, GARDENING - AGAIN they'll INVOLVE YOU DEEPLY INTO THE WORLD.

Words "Living Alone" has lots and lots of ramifications behind it depending on stages of sadhana and one's fitness.

1. Simple: At house have no company. Live in solitude. Yes, this in the beginning is very essential. So long as the Spaghetti or Venison is before me, controlling desire is very difficult.

Alone also means being without tempting things around you like cassettes of nice songs, collection of nude paintings, film magazines, etc. too.

In such a case we should have an integrated routine. In the beginning reading daily a few pages of Gita or Bible say, whether you understand or not. Just reading out loudly to yourself does wonders.

Karmayoga: It does not mean at all painting, sculpture, gardening – again they will involve you deeper into the world.

KARMAYOGA means ^(IF IT IS IN YOUR CAPACITY) helping those who are needy + APPROACH IS VOLUNTARY (MOST PREFERABLY UNKNOWN STRANGERS – NOT FRIENDS & RELATIVES) – DO NOT GO IN SEARCH OF NEEDY.

YES, INITIALLY – ^{Once in a while} GOING TO TEMPLE, GOING AROUND ARUNACHALA HILL, or even (3rd grade YOGA –) going to Geriatric WARDS OF HOSPITAL & very average old age homes & just hearing the words of old people [Too much of it & deeper involvement will again pull us down to worldliness]

② LIVING ALONE at a little higher level means – WITHOUT the EGO (I) & VASANAS which are CONSTANT COMPANIONS – SHAKE THEM OFF. ANY ACT INCLUDING MEDITATION START WITH A DEDICATION "LORD – I DO NOTHING – I AM NOTHING – WHAT ALL I DO IT IS YOU"

Karmayoga means helping if it is in your capacity those who are needy and approach is voluntary (most preferably unknown strangers and not friends and relatives). Do not go in search of the needy.

Yes, initially once in a while going to the temple, going around Arunachala hill or even (3rd grade yoga) going to geriatric wards of hospitals and old age homes and just hearing the words of old people. Too much of deeper involvement will again pull you down to worldliness.

2. Living alone at a little higher level means – without Ego (I) and vasanas which are constant companions. Shake them off. Any act including meditation start with a dedication, "Lord, I do nothing. I am nothing. What all I do, it is you"

who make me do. I have neither the will & persistence to do SADHANA nor do I know what Sadhana is. I only WATCH YOUR BEAUTIFUL PLAY - HOW YOU MOULD CLAY INTO A BEAUTIFUL CHILD JESUS - ALL DIVINE². THUS REPUDIATE YOUR DOERSHIP IN BEGINNING & @ END OF EVERY ACT - INCLUDING GOING TO THE URINAL WASHING THEE TEETH. THIS WILL ALSO HELP IN CONSTANT REMEMBRANCE. Secondly never bother about MONEY & Possessions. If something COSTLY IS STOLEN or broken - DO NOT THINK OF IT & REGRET IT for more than 3 minutes initially (because many can't help it) & then forget it THOROUGHLY. So if I, the DOER & possession both are gone Ego is gone. Ego created VASANAS. When I is gone VASANAS won't survive.

who make me do. I neither have the will and persistence to do sadhana nor do I know what sadhana is. I only watch your beautiful play – how you mould clay into a beautiful child Jesus – all divine.” Thus repudiate your doership in beginning and end of every act – including going to the urinal and washing the teeth. This will also help in constant remembrance. Secondly never bother about money and possessions. If something costly is stolen or broken, do not think of it or regret it for more than three minutes initially (because many can't help it) and then forget it thoroughly. So if 'I', the doer and possessions are gone, Ego is gone.

Ego created vasana. When 'I' is gone, vasanas won't survive.

(3) STAGE III

Whether 1000 people are around you,
it does not matter, internally be the
COW OF YOUR MIND to a stake
driven deep in the heart. You may
talk, joke (Tell inside, Lord it is
you who are doing it all - How nicely
you TALK - IT IS A pleasure for me
to watch you at work). So Solitude
is to be maintained every MULTITUDE.
ALWAYS ABSORPTION IN THE SELF -
I AM THE SELF - UNCONNECTED WITH
THE WORLD

When you found out the Rope which
was mistaken as a serpent, the
ROPE never had any NEXUS WITH
THE SERPENT. The World is the
Serpent - Self is the Rope.

3. Stage III:

Whether a thousand people are around you, it does not matter internally in a state driven deep in the heart. You may talk, joke and tell inside, "Lord, it is you who are doing it all. How nicely you talk. It is a pleasure to watch you at work." So solitude has to be maintained, always absorbed in the Self – I am the Self, unconnected with the world.

When you found out the rope which was mistaken as a serpent, the rope never had any nexus with the serpent. The world is the serpent - Self is the rope.

(4) IT IS NOT ENOUGH IF I REMAIN
alone at home.
If I read NEWSPAPER, the entire
world, all the cricketers, all the
film actors are with me. I am
VICARIOUSLY ENJOYING THEIR COMPANY
Where is alone-ness.
If I go out & talk to others
including Sanyasis on worldly matters
or gossip about spiritual matters &
ashrams, ~~what~~ what is the use of
living alone. You seek it outside.
BETTER THING IS HEAR WHAT ALL THEY
SAY - NEVER INTERJECT WITH SIGN OF
appreciation or disapproval - SILENTLY -
Let your lips VISIBLY MOVE & TAKE
the name of God so that the talker can
see. let him talk. NEVER INVITE
WORLDLY PERSONS NOR HONOR THEIR
INVITATIONS.
I can't exhaust: - ANYWAY
MOST IS COVERED.

4. It is not enough if I remain alone at house. If I read newspaper, the entire world, all the cricketers, all the film actors are with me. I am vicariously enjoying their company, where is aloneness?

If I go out and talk to others, including Sanyasis on worldly matters or gossip about spiritual matters and ashrams, what is the use of living alone? You seek it outside. Better thing is hear what all they say and never interfere with signs of appreciation or disapproval silently. Let your lips visibly move and take the name of God so that the talker can see. Let him talk. Never invite worldly persons nor honor their invitations.

I can't exhaust – anyway most is covered.