

Asceticism

By Shri Dattabal

If you ever think of denouncing this multifaceted life, if you ever become indifferent to the grandeur and majesty of Mother Nature, if you think of abandoning your house and deserting your wife and children, if intense passions of love and ambition scorch you instead of raising you to lofty height, if you feel that journey on earth is a mirage, if you despise women and consider that they lead you to hell, if you think that innocent and happy children obstruct your spiritual progress, then do not have the wrong notion that asceticism has enlightened you, on the contrary you have become imbalanced and frustrated.

Asceticism, is a form of detachment but surely it is not abstinence from work nor refraining from accomplishing your cherished ideals. It is indeed, an idle gleam to talk about asceticism when in reality you are incapable of being productive after utilising your fullest potential. An ascetic is he who is dynamic, creative and yet is unstained by ego and power motives.

If you are really capable of intuitively comprehending the different ways through which

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Mother Nature expresses herself to you then only you will realise the true meaning of asceticism. Your children are the reflections of your own soul. Several times your aspirations, emotions actually materialise in them. You must see that they fully grow mentally, physically and spiritually. You must help them to bloom completely so that they unfold their true inner nature.

Try to tune yourself to the life stream that pulsates through your thoughts, passions and desires, through the sun-rays, fragrant flowers and vibrations of the trees.

Remember, world is the crystallisation and materialization of Divine consciousness. And the Universe is not going to disappear like a bubble by the cataclysm of wars. Apparently there is abundant diversity but at the centre, at core, everything vibrates harmoniously. This can be actually realised if you can feel the vibrations of a stone, if you can feel God's presence in trees, animals and men. God wants to transform man into Divine consciousness.

Our intense passions too have a creative role in man's evolution. Sex symbolises refracted Divine Love. If sex can be traced to its origin by sublimation, God-realization is not difficult. So do not try to resist or suppress your passions. There will be a rebound action. You will be overpowered. So try to completely understand what these passions stand for, and then

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try to sublimate them. Man need not be taught sublimation, he learns it spontaneously from his inner being. If fulfilment of sexual urge can be learnt without external guidance, why should not sublimation, also, be learnt ? If you intensely desire you will learn that art which will reveal to you a new dimension of life. It is certainly difficult but not impossible.

Mother Nature created men and women to accelerate their spiritual Journey. Why should women be regarded as a "gate to the hell" and why should frailty be associated with her ? A woman represents the universal-creative-force. How can she be weak ? On the contrary her love can enlighten those who are groping in the valley of darkness. Her warmth and affection can help man to transcend the region beyond space and time.

Try to realise the significance of the smallest atoms, try to tune yourself to the suggestibility of Mother Nature and a day will come when your entire personality will be transformed. Wait patiently, moderately till true asceticism will make you pure and bright like a pearl that is formed in the oyster shell after ceaseless turmoil. When light comes, there is no darkness, when you become ascetic, there is no frustration.