

Live Each Day as a New Birth

Sometimes people will ask the question, “If we have been born many times before, why don’t we have some clear memory of it?” We go to bed at night, lose consciousness, and die, so to speak, to our previous day. We wake up in the morning and we have a memory of our previous life. Why not previous lives?

We actually do bring with us memories of all our previous births. They are in our DNA. They are in our karma. We respond from all the things that we have previously experienced. So in that sense, although it is not conscious, we very definitely have memory of our previous births. But then, the fact that we can’t consciously remember them may contain a lesson as to how we should live our present life.

We are meant to discriminate in this life, try to decide what the right thing to do is, try to discriminate between what is true and what is false. But the Bible warns us to judge not. Judgment is based upon conditioning. It is based upon what we like and what we dislike, whereas discrimination is ever new. It’s an enquiry. It’s trying to find out the truth. Therefore, discrimination is a positive way to function, whereas judgment, based upon like and dislike, *rāga-dvesha*, is a negative way to live.

Some wise people have suggested that we should live in day-tight compartments. Gurudev wanted us each day, or perhaps a number of times a day, to offer everything to God, It is as if before we go to bed at night, we should have a spiritual bath. We should offer everything to God, let the whole day go and enter into the next day with all the scars of the previous day washed away—all the judgments made, all the experiences, everything washed away, given back to God.

The memories will be there in our experience, but we face the next day as if it was a new birth. We discriminate, we don’t make judgments. We’re ever fresh. We come from newness, not from staleness. Perhaps this is why Lord Kṛṣṇa didn’t want us to be concerned with results. Naturally, when we are doing something, we want to have it successful. We try to get good result. But then, when our action is complete, we are meant to let it go and leave the results to God.

Therefore, discrimination is a very spiritual activity. We're trying to decide what is right and what is wrong, what is true and what is false, but it is ever meant to be fresh, and we are meant to let go the results of our actions. We are not meant to carry them through to the next day as a burden. "Except you be as little children you cannot enter the Kingdom of Heaven," Jesus said. A little child is fresh every day.