

You Won't Let Go

One time a number of years ago, a disciple casually mentioned to Pūjya Swāmī Chidānandajī that he was having a physical problem. Swāmījī answered, “Your problem is real enough, but it is because you won't let go.” As is his normal practice, Swāmījī did not elaborate. It is up to the disciple to figure out what he or she is clinging to.

What we cling to can be legion; there is no end. But three areas—that all of us can at least look at—include, first, not letting go of our present identification. We come from a certain country, or a certain area of a country. We have a certain family background, a certain professional or service background. We have certain beliefs—cultural and moral—and we're not prepared to see things in a new way. We're not prepared to recognize that everything in this universe is meant to evolve, to move on, and that our clinging to the past is a blockage. That blockage will usually manifest in some unpleasant way, very often as a physical disability.

There is a second area that some of us have great difficulty with, and that is letting go of something unpleasant that has been done to us. Someone has hurt us in some way, and we cannot forgive them. We hold on to that grievance in our heart; we refuse to recognize that nothing can happen except by the will of God. We see individual doership, not universal doership, and that refusal to see the truth creates a blockage within that frequently manifests as some physical or mental aberration.

And a third area where we won't let go is when we have done something wrong and refuse to admit it. We know in our hearts we have done something wrong, but our pride will not allow us to confess it, either to those we have wronged or even to ourselves. This too can create a blockage. That blockage can manifest as a physical disability. We have to, as the scriptures tell us, frankly admit to those we have wronged that we have wronged them and request their forgiveness. We have to do the same with God. We must not let pride stand in the way.

These are just three of the areas that a disciple should look at, because no matter what our problem may be, it is possible that our *guru* would say to us that it is because we won't let go.