

## Energy and Intelligence

As seekers, our fundamental purpose is to know and to abide in what we really are. And in this task we have to move from what we presently think we are to the truth of our being. We have to leave behind our illusion and delusions.

One of our illusions is that we are the center of universe. Each person considers themselves to be the subject and everything else to be an object. Indeed, it is difficult for us to realize that while we are considering ourselves to be the subject, everyone else considers us to be just an object.

We are, of course, not the center of the universe, but part of the universe. If there had been no Big Bang 13.5 billion years ago we wouldn't be sitting here today. We are part of the expression of that Big Bang. And what was the essence of that Big Bang? The correct answer is that God only knows, but there are two things that we can observe: a tremendous, inexplicable energy and a very subtle, but obvious, intelligence. Wherever we look in this universe, we see energy and we see intelligence. Even in a stone there is hidden energy as well as the tendency to intelligent order, the tendency to form crystals.

So too within ourselves we can observe the movement of both energy and intelligence. What is it that binds us? Is it the body and mind? Or is it the energy we have invested into our body and mind? What are lust, anger, and greed, which Lord Kṛṣṇa describes as the gateways to hell, except an investment of energy in the form of desire or frustrated desire? What then is the pathway to liberation? It is an intelligent withdrawal of energy from these desires.

What about virtues such *ahimsa*, *satyam*, and *brahmacarya*? Anyone who has developed these virtues has invested energy into these virtues. No one practices truth without sacrifice. Sacrifice requires energy. This perhaps explains why in the last teaching verse of the Gītā, Lord Kṛṣṇa tells Arjuna to abandon all *dharmas* and to take refuge in Him alone. Earlier He had told him that no one crosses this ocean of *samsāra* without taking refuge in Him alone. What does taking refuge mean? It means surrendering ourselves, letting go, which is withdrawing energy from all those things we have invested energy in.

Therefore, we can see that our bondage has been a wrong use of our intelligence and an unwise use of our energy, the two raw materials of this universe. And, in fact, the correct use of our energy and our intelligence is to withdraw that energy from its wrong use and allow it to rest in its source. From there it can be intelligently employed in our daily life.

Therefore, as human beings, as part of the universe, our challenge and task is to employ this combination of energy and intelligence according to the Divine will for the highest good of all.