

## Avoiding a Comfort Level - II

As seekers we have both an inner life and an outer life. In our inner life we try to connect ourselves with God. We do it through worship, through repetition of the Name, through meditation, through study of the scriptures, through enquiry. We try to grasp the ungraspable until our consciousness is able to know the profound unknowability of the Divine—that the Divine alone is and who we think we are is simply an imagination of our mind.

Our outer life is meant to be a demonstration of the inner truth that we have found—that God alone is, there is no second. Therefore, our life is meant to be lived as a worship, as an acknowledgement, of that One alone. Thus, the fundamental teaching is, “Do unto others as you would have others do unto you.” We don’t like it if someone injures us in any way; therefore, practice *ahimsa*, non-injury. We don’t like to be deceived by anyone else; therefore, speak the truth, do not deceive others. We don’t like to be treated like an object; therefore, treat others as a subject. Act with purity, care, consideration.

Each one of us, in our own way, practice both the inner life and the outer life. The great difficulty is the human tendency to seek a comfort level. Something is bothering us and so we investigate inwardly until we come to some practice that gives us comfort, and then we tend to rest there. The same is true of our outer behavior. If we have been behaving in a negative way, then we correct that negative behavior until the pain it has been causing us goes away. Then, humanly tired of the struggle, we want just to be comfortable and rest there. However, a comfort level will never satisfy us ultimately, because although our life has greatly improved over what it once was, we are still a long way from the goal that our heart longs for.

If we carefully study the teachings of both Gurudev and Pūjya Swāmī Chidānandajī, we will see that, above all, they are constantly urging us to make more effort. One of jī’s favorite phrases was, until the last breath in the body. In other words, we must be aware of this human disease of seeking a comfort level. That’s what the worldly person wants and is delighted if they find it; but, as seekers, we must be ever restless and moving on until the goal is attained.