

## Cast Your Burden Upon the Lord

The scriptures declare something that is not really believable to our minds. They declare that all this is One without a second, and that our fundamental error is wrong identification. We can hear it repeated a thousand times; we can repeat it ourselves ten thousand times, but still we see differences. We don't really see the oneness, and the scriptures and our gurus tell us that that is the source of our sorrow.

Actually, all our spiritual practices are meant to help us to heal this aberration, to let us to see through the falseness of this Mr. or Mrs. So and so. Gurudev especially said, "Enquire who am I? Know thyself and be free," but here is where a fundamental difficulty arises. We know who we think we are—a certain individual human being with a name and a history—but search as we will, we cannot find who we really are. That is why we can't really believe that all in One.

Pūjya Swāmī Chidānandajī did tell us that it cannot be understood. It has to be experienced. Why is this? Because God can never be an object of our thought. Therefore, He cannot be approached directly. Rather, it requires an indirect approach, an approach not of attaining God, because we are already That, but of letting go of our false identity. That is why the practice of surrender, in whatever form it takes, is central.

Taking refuge is an obvious form of surrender, but repeating God's name is also a form of surrender because it takes our mind off our individuality and puts it on to God. If we are carrying some burden, something that is really distressing us, another form of surrender that can be very helpful is to, as they say, cast our burden upon the Lord. It means, once again, we get our mind off Mr. or Mrs. So and so and on to the Lord.

It is all the same movement—letting go of who we think we are and resting in who we really are. We can never grasp It with the mind, but It is always there. It gets a chance to reveal Itself when we totally let go and depend upon It alone.