

Cause and Effect

By Gurani Anjali

In this world of cause and effect, the individual soul and the universal soul are longing for unity through all the changes, through all circumstances. Through all the pleasure and all the pain. The universal soul, the *paramatma* is forever reaching down to the individual soul, the *jivatma*. And the *jivatma*, the individual soul, is reaching out. This is the whole struggle in the world, this yearning for the universal embrace. The individual self (*atma*) is locked within the *jiva*, the conditioned form, the body, the human. And this *atma* that is locked in, in this body, has to be released. Throughout the day, throughout all circumstances, through crying out, through looking, through seeing, through hearing, touching, smelling, through all the senses (*indriyas*), the *atma* tries to reach out, tries to say "no wonder the pain is never too painful, the joy is never complete." There is that reaching out of the *atma* which is never completed. But when that reaching out is completed and when the unity is made with the *paramatma* (universal soul), two become one and the senses have done their work, completed their work. But because of the veil of *maya*, the veils of illusion, the *jiva*, the conditioned human, clings to sense gratification, clings rather than going through it. And when the clinging takes place, the *atma* is not released into the *paramatma* (universal soul).

So let your senses have a real purpose, be a real help. Use the senses just like a carpenter uses a drill to penetrate a piece of wood. Like so, the senses must be used to penetrate the veils of *maya*, illusion. Everything you see, everything we see in front of us is an illusion, it is a veil covering that which is beyond. So the *jivatma* (individual soul) in this human form is in the midst of a great struggle. Know this and set yourself free. The *paramatma* (universal soul) waits. You can feel it all around you. So when you feel tied down, frustrated, pressured, with too much pleasure and too much pain, let your *atma* cry out, let your *atma* speak through your vehicle of speech or *vac*. Let it fly through the power of breath and let it be. Let it move out. Moving out doesn't mean that you are going to drop dead. Moving out will give new life. Life that you have never known before.