

Brother Nirwair Meeting Double Foreigners – 20th December 2014 - SV

Renunciation - Questions and Answers

Q: What does renunciation mean to you?

A: When children get something better or new they renounce the little things that they had before. And it continues like this – shortcomings and negativity have to be renounced on an ongoing basis. It is not that we renounce once and it is finished. When we have the understanding, the courage and the strength to take action to renounce something we become very enthusiastic and it is then that the tests come.

Firstly you have to understand why you want to renounce something. This understanding has to be clear in your heart and it has to be very important to you to renounce it. We take decisions about renunciation but then from time to time we find things come up again and again in different forms and then we recognize that we have yet to renounce. The renunciation is not without reason. If you look at the philosophy of what we are learning, the acceptance of our own selves that the soul was once a pure soul and didn't have those shortcomings and negativities and therefore there is an inner desire to renounce them. So we keep courage to think about renouncing first and then someone inspires us to give it to Baba, to take a piece of paper and write to Baba. Once you give it to Baba, Baba encourages you and tells you not to take it back and that if it does come back to give it to Him again. Invoke Baba again and again so that Baba's presence is in your heart and in your mind and you have the courage and strength to renounce it. That is how the process starts.

Q: It is a process. Inner strength and courage are needed for renunciation. You are a royal renunciate. Time is short. From your journey are there any short cuts that you can share with us to avoid the process as it is otherwise a long process?

A: Reflecting back on my own journey I can tell you that we recognize what is not good for us and take a decision to renounce. There are a few very subtle things that stop us from understanding why something has happened. You have thoughts of renouncing your anger or you decide to renounce your attachment to someone very dear to you and when you renounce you take a decision and then a test comes. It comes through the same source in one form or another and so it takes a lot of effort to fully renounce it and then there comes a day when you decide in your mind and in your heart that this is not a good thing for you. You have made so much effort to progress and by just slipping a little you lose so much. Extra effort is then needed to go ahead.

Sometimes your own weak sanskars become obstructions. When you are attached to someone his or her sanskars become an obstruction. Sometimes, due to your own ignorance or due to over confidence you make mistakes. It is a long term learning process even if you think time is short. It takes time to learn that finally we have to take a firm decision in our life and when that firmness comes the problem is solved.

Very quickly there is acceptance of Baba, knowledge and our divine life but even the Dadis when 380 were staying together in the early days had problems. If they hadn't had any problems they would not have needed to have the court that Mama resided over.

They had different sanskars but similar knowledge, meditation and goal in life spiritually but each individual had a different role to play and according to that role the sanskars were different. Once this is accepted the problem is solved.

In our lives we can insist on following only one way of life, one thought, one process but it doesn't work. We have to accept variety.

Q: The whole aspect of disinterest and being firm sounds quite hard and heavy. Where

does love come into it?

A: Love for Baba, self and other souls is there. If we have love for someone we sacrifice out of love. If we don't love ourselves we won't sacrifice anything for ourselves. It is pure love that is needed.

Q: Linked to renunciation is disinterest. If we take disinterest literally disinterest would mean not being interested in anything.

A: On seeing sanyasis we accept that they have renounced the world whereas we are in the world. We go to our work places and we earn and we spend, but we have found something so beautiful by understanding this spiritual aspect of life. There is no need to renounce the world or a job unless we will be serving in a different way. We should be able to enjoy our work and our relationships in a way that is not temporary or short lived.

We have different backgrounds but because of our spiritual understanding and outlook and our spiritual way of life, we enjoy being together.

If you can become an observer of your own thoughts and actions, you will find that when your thoughts are accurate, as per the spiritual values, you will feel very rested and comfortable with it and others will feel very comfortable with you. The moment there is some change - some negativity comes in a very subtle form - it starts creating a disturbance in your own mind. That restfulness is gone, that happy mood has gone, that happy smile in the eyes has gone, A very powerful brake is needed at that time and the easiest way is to invoke Baba immediately: "Baba, this thought is coming in my mind. Baba, this thought has come and it is not good". When you think in this way Baba will take that thought away and He also takes away your anxiety.

This is very subtle and very important and can be helpful at every moment. Slowly it will become natural to be in tune with Baba and the smile will continually be in your eyes.

(Questions from the floor)

Q: How do I make sure that I don't suppress my weaknesses? I am aware of them and I am suppressing them.

A: Write them on a piece of paper and hand them over to Baba. Give it to Baba and He will take care of it. It is easy. When anything happens invoke Baba.: "Baba, this is my problem what should I do?" You will find the answer. Put the piece of paper in the box in Baba's room. If any of those weaknesses erupt in your mind again invoke Baba's image in your mind's eye and share it with Him that you already gave it to Him.

It will take one week to clear and you will be like an angel flying all the time from then on without any baggage.

Q: For me, attachments are the most difficult thing to renounce as I see relationships as a way of expressing affection. How do I let go of attachments while keeping love in my relationships. I think I am not being human if I let go of attachments. What is the right way to do this?

A: Have meals together and have chit chat and see the change taking place. Spending time with them is fine and if you can have higher and higher thoughts it will create the atmosphere and vibration and it will be more comfortable being together than avoiding those relationships. The more we think of renouncing attachments the worse it becomes. We have to be very relaxed and natural. If someone calls you listen and be nice and if you want to call them, then you call. Communication is not attachment - it is good. Good people talk about good things when communicating. We are not going to talk about things that are not good for us. Then there is nothing to be concerned about. Slowly the attachment becomes less and less. Om Shanti