

What You Resist Persists

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INTEGRATE THINGS
THAT DISTURB
YOU INTO YOUR
AWARENESS OF
THE DIVINE PLAN.

The greatest problem in genuine spiritual practice is distraction. Here in Vrindavan everything is mostly ideal for spiritual life: the best atmosphere, in which you feel Krishna is very real and close by, supportive people, holy places... what have you not? But there is one problem, at least for me - the noise coming from loudspeakers, or “truth speakers” as they call them here. Probably the ashrams with the loudest loudspeakers think they have the truest message, that’s why they feel the need to turn the volume up that much.

I asked one of my Vrindavan friends how I could deal with the noise more maturely and not get so disturbed. He shared a lesson from one of his music teachers with me:

“In order to learn music,” the music teacher had advised him, “you need a silent place. But that’s difficult to find in a land with many people and animals mixing together all the time. However, when you can’t be in a silent place, there is a second way to deal with noise: stop resisting it because what you resist becomes stronger. In fact, see that all the sounds are in a way Krishna. As He says in the Gita: ‘I’m the sound in ether.’ The whole creation, as they say in Sufism, is full of divine sounds glorifying the creator. You can stay calm by understanding that nothing needs to be resisted, everything can be integrated into a broader perspective.”

This is such a good life lesson. Earlier we said: What you resist, persists. Ask yourself: is there something you are obsessed with negatively? Something you unintentionally think of from morning till evening? Is there a situation you don’t like? Or a person that says or does things you object to?

Try integrating these things into your awareness of the Divine plan, the Divine symphony. Everything and everyone moves under Krishna’s control. Realize this and you will become free from inner disturbance.