



# Rose Petals

Extracts from Sri Babuji's Satsangs

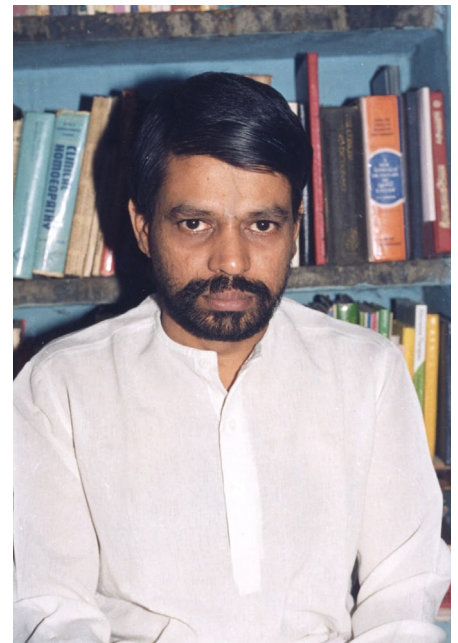
## Boring Into Boredom

DEVOTEE: Why do people try to escape reality by indulging in bad habits?

GURUJI: Because they want to escape their feelings of worthlessness and the boredom of their lives. People try to escape through entertainment, TV, movies, novels, newspapers, chit-chatting, things like that. And if that is not sufficient, some try alcohol and drugs. Then they may get addicted because it takes them to another state where they can escape from reality.

DEVOTEE: Why should they want to escape?

GURUJI: Because their reality is so unbearable to them. First, you should try to know what you are negating, what you are escaping from. Usually, people don't know. Their life is simply unbearable for them, it's so boring, so they want something exciting, and then they get attracted to these things. They search and search for that excitement. That is why people do all kinds of weird things, adventures which are actually dangerous to their lives. You can see how the interest in extreme sports is growing everywhere – sky diving, wild white water rafting, bungee jumping – trying to get some excitement, to escape their boredom. They have everything, nothing is lacking for them, but their comforts have made them immune to the spice of life, so there's no end to their search for excitement. And one of the reasons why people take drugs is because it affects their time sense. This is why many of the sadhus, the so-called sadhus doing spiritual practices, do this.



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DEVOTEE: Why is it so pleasurable to lose the sense of time?

GURUJI: Time is the most difficult thing for us. We have to live our life somehow, so we try one thousand ways to kill time, to pass the time. That is why all the pastimes are there.



DEVOTEE: When you were talking about our conditionings you spoke about removing one pattern with another pattern. When all the patterns are removed, what remains?

GURUJI: What will happen? Once the patterns are removed, you will have to live, just like you do now! [Guruji laughs] That is our problem. That is why you don't give up your patterns. Patterns are there to entertain you, to hold your ego. If there is no need for that, then the patterns automatically wither away. If the experience of boredom and the craving for pastimes are conquered, your patterns will be broken.

DEVOTEE: Did you say we have to conquer the experience of boredom?

GURUJI: Yes, boredom. It's a wonderful experience! If you go deep into it you will get so many insights. This question of boredom looks trivial to us, but just think about what exactly this experience of boredom is – why do we feel bored and what is it actually that is feeling bored? Think about it. Don't give a ready-made answer. It appears easy because we have taken it so lightly, but it is not so easy. Why do we need pastimes? Why aren't we able to sit quietly for some time without doing anything? Or without thinking? After some time we'll create our own pastimes, producing our own movies inside our minds. We are the producer, director, actor and scriptwriter! Why? If you look deeply into it you'll realize a lot of things and have many good insights. It is so vital, and it shows you how hollow you are. Then you'll realize how beautifully T. S. Elliot has written his poem, *The Hollow Men*.

DEVOTEE: Do we keep our patterns for our entertainment?

GURUJI: Not just entertainment, it is our need. They are supports for our ego. If they are not there, it feels as if our ego is crumbling, so it's almost a natural reaction that we don't want to lose them or give them up.



DEVOTEE: I have been looking into boredom, but I don't understand what it means to conquer it.

GURUJI: Enquiring into boredom is just one way to break your patterns. For some people it opens a gate and they get an insight. Immediately they say, "Oh, my God! For so long I have been doing this, this is such an easy way to catch hold of my patterns." Perhaps this kind of approach doesn't suit you. There are a thousand ways you can approach the subject. This is one of the ways. It doesn't mean it is a better way. You have to choose the way that appeals to your heart, which is suitable for you.



DEVOTEE: When we fill our lives with pastimes, escaping from our hollowness, are we deceiving ourselves?

GURUJI: Actually, we don't deliberately try to deceive ourselves. In fact, it is our unwillingness or resistance to face the truth of what is inside us – what we are or are not – that makes us fill our boredom. Our efforts to close our eyes to the truth of ourselves could be defined as self-deception. It's unpleasant for us to come face to face with our hollowness, our inadequacy or worthlessness. So, to cover it up we resort to many things – keeping ourselves busy with some new interest, some new pastime or entertainment. Of course, everyone does this to some extent and in most cases it's not harmful. But when the effort to conceal or hide assumes abnormal dimensions, it can become almost a disease.

In one way, though, everybody is deceiving themselves, so it is almost a natural trait. And the opposite of this is the state of the saint – the state of Self-realization. The opposite of Self-realization is self-deception, isn't it? [Laughter] What we have is self-deception. What great saints like Baba and Ramana have is Self-realization.



GURUJI: Everyone feels boredom. What exactly is happening when you feel bored? Try to look into that hole, that bore, that emptiness in your boredom – and you can see your own self. But you don't

look deeply into your bore.

DEVOTEE: What is a bore?

GURUJI: A hole. If you want water, you dig a bore in the earth. People call this a 'borewell' in India.

DEVOTEE: But, before I can investigate my boredom, I've already filled it up and it's too late.

GURUJI: Just be still and try to see. "What is this I'm experiencing now? What's actually going on for me? Why do I have such need for this entertainment? Is it really my need? In what way does it help my fulfilment? Why can't I live without it?" Fears come when you look into your boredom, it is very difficult.

We are all bores, dry bores [laughter], that is why we always crave some water to fill up that emptiness. But the water doesn't come because we don't bore deep enough – try to go deeper, one step deeper: maybe you'll find water, and it will spring up and fill your bore. Then it will give water to so many people and irrigate the land all around.



DEVOTEE: Gurujii, in the last satsang we were talking about getting a glimpse of the Sadguru's state, and you said that all of us must have had a glimpse, otherwise we wouldn't be here now. I was thinking about that and wondering why it's just a glimpse and not a good looong look! [Laughter]

GURUJI: Actually, that is my question too! [Gurujii laughs] Why is it only a glimpse? Why can't you have a real view? It's because you are happy with glimpses, and you enjoy playing 'hide-and-seek'! Ask yourself that question, "Why am I getting only glimpses and not the full view?" Then you will come to know what prevents the glimpse from becoming a continual experience. Explore, "What is that glimpse? And what turns me away from it?" Actually, it's not a turning away from the glimpse, but, somehow, we want it to be only a glimpse, we enjoy it more. If the glimpse became continuous, we'd become bored because we always want something fresh, new, thrilling and exciting. And, in order to explore this particular aspect of it, let me give you a tip. Everybody experiences boredom: explore it, examine it, dissect it, and it will reveal so many thrilling mysteries about your own self and mind. As long as you experience boredom, you'll always be wanting something new, like saying, "It's enough, one week at the Ganga, we have seen it. Let's go up to the snow-capped mountains, Gurujii, please?" Why do we always have the need to divert our minds to somewhere else? If you bore into that experience of boredom, the living waters will spring up and you'll get beautiful experiences!



DEVOTEE: I've been looking into boredom, but I still haven't found an answer to it.

GURUJI: Keep on doing it. It is not so easy because it is embedded in you, at the basis of your own being. If you really face it, you'll come to know what it is. Boredom is such an abstract experience, even the person who is experiencing it can't describe it. If I start describing it, giving you answers, you'll simply know my answers and stop your own enquiry. Just like giving the answer "I am atma" to the enquiry, "Who am I?". Where is the real enquiry [Gurujii laughs] when you start with the answer? And that's what happens to many people who do Self-enquiry, they think they know the answer before they start the enquiry. They are trying to impress it upon their mind, to hypnotize themselves with the answer. So, now take this as the start of a real exploration – within the question itself is the answer. But if I immediately give you the answer, it will kill your sense of exploration. The more you're troubled by these questions, the happier I'll be! [Gurujii laughs]

DEVOTEE: It feels like understanding boredom is important.

GURUJI: It is important, because it relates to you. It may not be important to know about Ramana, Dattatreya or Sai Baba, but it is important to know about yourself. Why? Because it concerns you – your experience, your frustration, your seeking, your fulfilment or lack of it. I give the most value to you.



GURUJI: People get used to things, even to their object of love. They lose the spirit of it all and get bored. That is why everyone likes a change. When you have no other pulls, then only you don't get bored.

DEVOTEE: Guruji, do you ever get bored with anything? Do you know that feeling?

GURUJI: Usually people ask, "Are you not bored, Guruji, always staying within the same four walls, not going outside, doing the same thing?" People comment even about my food habits, eating the same thing everyday. And I always wonder, "Why am I not getting bored? Why am I not making some changes, some experiments with different varieties of food? [Laughter] Always that cold rice for breakfast, that same kind of chutney, the same chillies, that I have been eating for the last forty-eight years!" But I'm not bored!



GURUJI: Somewhere it is said when a man is realized, he is reborn, renewed every minute. He's not only reborn once, he's constantly reborn, because every minute is so new to him. He's enjoying life as though it were new and not from past memories. This is what we have to see and experience. Then, when you're renewed every minute, there is no such thing as boredom.



Guruji's voice 

