

Effortless Living Talk by Swamini Pramananda



Sri Krishna Sweats organised public talks of Swamini Pramananda on the topic "Effortless living- a divine gift". The talks were held on 10th February 2013 at Kikani School, Coimbatore.

CA C.S.K. Prabhu introduced Swamini to the audience.

Swamini Pramananda said that she was happy to be in Coimbatore for the public talks and be amongst her Coimbatore students. Our orientation in life is towards

taking efforts and acquiring possessions. People are driven to 3 P system of running after Productivity, Possessions and Popularity.

The western world has ruthlessly destroyed the environment for short-term profits of business enterprises. The meat industry has done more damage to global warming than even all the automobiles put together in the world. Thousands of acres of Amazon forests have been destroyed for growing fodder to the animals for meat industry.

This consumerism is driving people to suicide due to stress to perform according to physically impossible targets.

Vedas proclaim "Isavasyam idam sarvam", which means everything that is here is Iswara or divinity. This everything should obviously include "me" also. Troubles are due to our identification with the physical body and mind. One should understand that he is spiritual being with a physical body and mind. When one understands his true self, then there will be total peace and harmonious acceptance of Iswara's will.

Our ancestors did not have this stress and pressure and had total peace of mind. Hence they were able to utilise their full creativity and turn out great works in Science, Mathematics, Grammar, Arts, Music and other disciplines of knowledge.

VOICE OF GOD is LOVE. It is expressed as trust, abundance, honesty, unconditional acceptance, availability of spiritual essence each moment, innocence, forgiveness, non-judgmental and freedom. It manifests as

sympathy, empathy, compassion, understanding, joy and friendship.

VOICE OF EGO is FEAR. It is expressed as mistrust, scarcity, deception, conditional expectations, blames others for our problems, victimisation, condemnation and attachment. It holds on to the past and projects into the future without gracefully accepting the present. It manifests as anger, guilt, resentment, sadness, depression, jealousy, lack of caring and lack of understanding.

One should submit totally to Iswara's will. There is really no choice. When one's ego is let go, he will experience effortless living as a divine gift.

Swamini welcomed everyone to visit her Tapasyalayam Ashramam at Uttarkashi. She said that details of the activities can be had from the web site www.purnavidya.org.

Report by N. Avinashilingam

