

## **Alienation is the fundamental Problem**

**To my beloved Teacher Pujya Swamiji**

The talks over the last five days have been so helpful to me in terms of clarification. In Western psychology the isolated individual is assumed to be a fact. All therapeutic efforts or interventions are an attempt to deal with what problems are seen to exist WITHIN this isolated individual or with the problems this isolated individual is having. What is assumed to be the problem is what determines the perceived solution. If the problem is assumed to be unconscious forces then the solution will be in the direction of releasing these by making them conscious. If false interpretations are seen as the cause of the individual's problems then arriving at accurate interpretations will seem to hold the answer to the person's difficulties. If interpersonal relationships are seen as the basis of the individual's unhappiness, then interventions in this area will be seen as the solution. Every psychological theory is an assumption as to what the problem of human suffering is and this primary assumption determine all the specific therapeutic methods used by each particular school of thought. But the fundamental existential problem, which is this rupture with the whole, is not recognised, let alone dealt with.

In the world of psychology the fundamental problem of being alienated from the whole, which you have outlined so clearly this

week, is not seen. This is because the alienation itself is not recognised and the whole is not understood. It is an extraordinary thing that when I, as an individual, come into harmony with the whole, I become right within myself. As you say, we become normal when this relation is in fact there. This is all without any psychotherapeutics of any kind. There has been no messing around with any of the mental contents. It is a stunning surprise in many respects that it is the RELATION TO THE WHOLE that is the existential problem for the individual living in the world, not some defect in our minds or the world.

The vision you have unfolded for us this week that shows us clearly that everything is perfectly in place, is an assault against all our subjective assumptions. We have so long seen the world as something out there that gives us what we want or refuses to give us what we want. I always had this feeling that God played dice. Psychologists of various schools of thought have tried to solve the problem of what brings about a transformation of mind in which people can be relatively secure, peaceful and content. Some of these people have had a lot of good will and were and are highly brilliant. However, they never recognised the perfect order present in the way the mind worked; they rather saw it as pathology. They also assumed the location of the problem was with the mind, not the individual. You are

the only person I have come across in all my reading and studies who has shattered this misconception in no uncertain terms. The idea that I am the problem and I am the solution, points directly to the nature of the problem, as well as to the nature of the solution.

This vision that everything is God (which as you have stated, can only be scripturally derived) lifts us out of our subjectivity and brings us into a harmonious relation with EVERYTHING that is. It becomes evident now that this vision that you have been unfolding to us so very clearly in the last five days is the Rosetta stone that we have all been seeking. In this, is the solution to human suffering. Abiding in this vision, we can meet any happening in our life without any psychological friction, relatively speaking. The extraordinary thing to me is that this one vision is THE light in which all the factors in my life can be clearly seen.

I don't need another light. When we abide in this vision (which we can at any one time) it transforms our relation to ourselves, our relation to others and whatever situation we find ourselves within, by bringing us into harmony with these things. It is so wonderful to know that this vision is available to us whenever we turn to it.

My beloved teacher, in the last 5 days we have SEEN God through your eyes. We bow to your feet in gratitude.

### **Bede (Budha)**

*Bede Clifford in his early years studied philosophy, psychology and theology in a Roman Catholic seminary. In his later years he was formally trained in various methods of psychotherapy and completed his Masters in Applied Science in 1999. Bede is a student of Swamini Atmaprakashananda is now studying Vedanta in Annaikatti.*

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This will enable us to act fast.

Thank you

**Editor.**