



Bhaavin Shah practises the science of non-doing which comes from a space of spontaneity and originality

### Be fuelled by love

The force of love is strong enough to make people do things which they otherwise may be loath to. Mothers are the best example of this form of action. Young mothers with small babies can work tirelessly day and night to ensure the comfort and happiness of their offspring. There have been cases when a mother has summoned enough strength to lift a heavy car singlehandedly, to save her baby trapped underneath it. And this is not limited to humans alone. There are examples in the animal kingdom too where mothers have fearlessly taken on animals much larger and more ferocious than them to protect their young. Recently, a video surfaced on the internet showing a female rat successfully fighting a cobra and saving her baby from its grip. My own mother worked tirelessly and uncomplainingly for years to ensure the health and safety of my sister and me. Saddled by the responsibility of managing a home, teaching in college, and looking after two demanding children I never saw her complaining. Up before anyone of us in the

morning, she used to get us ready for school, serve us breakfast, pack our lunchboxes, tidy up the house before getting ready to trot off to her college at 10:30 am. In the evening, after picking us up from our uncle's place, she used to sit us down, help us with homework, feed us supper and make preparations for the next day, in addition to looking after my father's needs. And this she continued to do everyday for years, with no sign of fatigue or boredom until we left home for further studies.

Who can forget the love story of Dashrath Manjhi, a native of Gahlaur, near Gaya district of Bihar, who cut a tunnel across a huge mountain that stood between his village and the nearest town. When his beloved and heavily pregnant wife fell from the mountain one day while trying to cross it, she had passed away by the time Dashrath brought her to the hospital, 70 miles away. Dashrath swore to cut a passage through the mountain, even if nobody came to assist him, to prevent any such future casualty. Even though the villagers laughed and called him mad, Dashrath was undeterred. For 22 long years he kept chipping away at the formidable mountain and managed to dig a 360-foot-long, 30-foot-high and 30-foot-wide passage through it. Thanks

to the tunnel, the hospital is a mere 15 kms from his village.

Mata Amritanandamayi of Kerala is the epitome of this love-fuelled relentless action. Her love embraces the entire globe. Urged by the desire to comfort, wipe tears, and bring solace, she sits for more than 12-13 hours at a stretch to hug a long queue of devotees. She also runs innumerable mammoth projects to help and serve the needy, actions that speak volumes for her good heart.

### Learn to let go

Obsession with achievement can mentally stress and exhaust you and you might find your goal slipping away from your grip. When you enjoy the process of working instead of thirsting for the fruit of your labour, life becomes joyful, free flowing and effortless. You know that joyful action without expecting and fretting over results ultimately leads to the desired outcome. This is especially true for people who are naturally dynamic and action-oriented.

Says Vyjayanti Tejuja, "After one month of getting my license as an Access Bars facilitator and having facilitated a couple of classes in Mumbai, I decided to now have one in Bengaluru. I turned to my sister and cous-

ins to organise a bars class in the city feeling confident that it would all get done instantly.

A few days passed by and my expectations kept building up as invitations were being forwarded and people personally informed. I worked hard on my presentation. But it all came crashing down. Not one person showed interest. I wondered how that was possible after all of us had put in so much effort and time?"

Gradually, it dawned on her that we are not the creators. Rather, our job is to choose with gratitude the creation we would like to experience.

"With this awareness in place, I set out to recreate the class in Bengaluru as a form of play with no expectations attached. Around three months later, a friend brought her sister who was from Bengaluru for a consultation with me. During the course she got drawn to me. She was willing to be my hostess and organise the class with a certain number of people at her home in Bengaluru. This time I was relaxed. Three months later, I received a phone call from my hostess to reach Bengaluru in the next couple of days. I learnt that there were only three participants. I quickly booked my tickets and flew down in total gratitude for what I had got from the Universe."

Eventually, it turned out to be a three-day affair with 12 participants and different sessions as they were eager to learn more than what she had set out for.

Vyjayanti realised that when we try to control things we may create but it would be through struggle and would be limited, whereas when you drop into effortlessness and create with the Universe, you create beyond your limitations and in unexpectedly surprising ways, particularly when you are in a state of gratitude and appreciation. So after you have put in your best foot forward, just step back and let the Universe take over. (Vyjayanti will be holding a workshop on creating with the Universe at the Mumbai Expo on November 13th. For more details, turn to page 52).

### Go with the flow

The flow of life in itself is effortless. If you can witness the giant and unstoppable force and flow of life, you would realise that life with all its ups and down, crests and troughs is anyway speeding you towards your goal.

I personally experience it as a state of non-resistance. I mostly feel in a state of rest, and when an impulse to do something takes over me, I finish it without any second thoughts. I do not fight against blocks and hurdles. Instead, I let them stay their course, knowing that in a synchronised Universe they too have a significant role to play, and at the right time they will clear away, putting me in the effortless action zone again. In the course of writing this article too I was in the midst of a challenging situation at home. I tried hard to write this article but was unable to. Then instead of struggling or fretting, I let go, trusting the flow of the Universe. And then one fine day the haze cleared, and the article began to flow smoothly through me.

Says Bhaavin Shah, "Consistent action is something I do not admire very much. It is driven by ego personality and focuses on one thing to the exclusion of other important aspects of life. Super achievers, highly productive, efficient people may also be very deeply frustrated and unhappy people, because of being highly strung most of the time. Work is worship but overwork is not. Just like innately nourishing food can become toxic when overeaten. To some extent work gives pleasure but beyond a point it can make life difficult for you. You can begin with goals but eventually you have to move to a space beyond goals, where you are like a cloud in the sky, a leaf in the wind. When you refrain from work you fill up the space with other important, self-nurturing things such as family, hobbies, or personal growth. I teach people the benefits of leisure and loafing. In such a state you have no personal goals. If something is welling up inside you, you do it, knowing well that it is the Universe working through you. In such a state you touch the very bliss of human existence. The highest states are natural and spontaneous, when your mind and thoughts do not impede the flow of life gushing through you."

Gradually one comes to realise that your life seems challenging and difficult only as long as your sense of doership is alive. And the moment you realise that you are not the doer, effortless living begins. Says Swami Chidananda, a teacher of Vedanta and Krishnamurthy philosophy, "Effortless living is what happens when our spiritual intelligence is awakened. Effort is the expression or result of the concerns of the ego. In spiritual awakening, the ego is erased. The ego has numerous likes and dislikes, personal preferences and fears. In the context of all these, we experience 'effort' in everything we do. When our ego dies, thanks to the spiritual wisdom, we gain 'utter simplicity' or 'extraordinary objectivity'. Effort then disappears, making way for spontaneous living. To make matters simple, we may say: when there is ego, we are driven by the thought, 'I must win'. When there is no ego, we are driven by unconditional love."

This, my friends, is the ultimate secret of effortless living.



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