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## SATSANGA WITH BR. SADANANDJI

Today's topic of discussion is "**Tension – and how to overcome it.**"

In the morning I, too, was tensed as I had to give this lecture on 'tension.' What I mean to say is that all of us have to go through tension but some constantly remain tensed while others come out of it. The biggest curse of this century is 'tension.'

'**Tension**' is a state of mind, state of being anxious, we get so caught up with a problem that we have no solution. It could be regarding your child, some payment to be made, and some situation which seems to have no solution. We start getting worked up, we get a headache, lose our peace of mind and we get heart problems. We have no answer as to how to solve the problem. The fact that the whole creation in existence is in balance is beyond our understanding. There seems to be a complex coordination in all creation and our problem is actually a part of the complex creation. We should reach a balanced state where body, mind and feeling are unaffected by tension. If we do not have this balance then we are tensed. Learn to live a balanced life, bring balance back in life.

Tension can be categorized in different categories, but we will list just a few here:

**Physical tension:** where the rate of heart beat increases.

**Psychological tension:** rate of desires increase. Our desires seem to be endless.

**Emotional tension:** this is what leads to divorces between husbands and wives. This is what causes strained relations between two nations.

**The pressure of time** due to limited time causes great tension especially in cities like Mumbai.

Pressure of time had also troubled Guruji. He has written in the Autobiography of a Yogi: When leaving from Sw. Sri Yuktेशwarji's ashram to catch the train back he was always anxious not to miss the train. Sw. Sri Yuktेशwarji disciplined him by making him miss several trains before Guruji learned to stop being anxious about missing the train. Sw. Sri Yuktेशwarji's discipline was so severe that he told Guruji, "Either stop worrying about the train or don't come to the ashram."

**Fear** is another cause for tension. Fear of failure in exams, fear of removal from a job, fear of the slipping away of wealth, fear of strain in relations with people, fear of displeasing others, fear of sickness, old age, weakness and the biggest fear is the fear of death. Fear creates sickness. Well trained soldiers in the first line show fear and report sudden signs of illness. When called back from the front, their symptoms of sickness disappear.

Don't be afraid of anything as you are a child of God. See your consciousness expanding and affirm:

“I am infinite. I am a child of God. I am afraid of nothing. I am made in the image of God.”

**Relationship problems:** This is one of the most common causes of tension. It leads to tension among people, among relatives, among members of the family, tension between juniors and seniors, with neighbors, among business associates, between customers and suppliers. That's why there are so many books written on healing relationships.

Many people may not show anger in their place of work for fear of losing their job, but they give vent to that anger at home. It is so foolish. If you are not in a good mood, keep away from people till you have had time to get back into a normal mood. Don't let people see your struggle to get back your composure. If you seem to have problems in your relations with people it means you have defects to overcome. There is something wrong in your way of thinking. Control your thinking and you will get a balance in your relations. Guruji said, “I vowed I would win my enemies over.”

Guruji established the Yogoda organization. He worked for the welfare of the organization with full zest. One day he realized, “Nothing in the world can be yours forever.” He observed that in many of the ashrams the spiritual leader had left the body and he realized that they did not carry anything with them at death. Even an avatar like Guruji had to free himself from the attachment to the organization.

Most people are looking for a false security; in one second that is taken away from them. Such people are driven by their desires to take rebirth. Even in childhood their innate desires are visible – “When I grow up, I will become so and so.” If in this life their desires are not fulfilled they take rebirth. But the fulfillment of all material desires does not satisfy man and he faces this bitter truth at the end of life.

Let me put it a little humorously:

A man was pacing anxiously up and down on the terrace. His friend asked him the reason of his anxiety. He said, "I have to pay the rent tomorrow morning and I don't have the money. I do not know how I will manage to get it in a day." The friend suggested, "The one who has to pay the money is pacing restlessly and the one who has to receive it is sleeping blissfully. Go and knock on the landlord's door and tell him that you will not be able to pay the rent tomorrow. See how you will then sleep peacefully and your landlord will be pacing up and down." This is called tension transfer.

No one is completely bad. Give love to all. Trust all and don't worry.

One more cause for tension is giving **too much attention to the senses**. Then the energy gets locked in the senses. Sex, spicy food, drink causes energy to get locked in the senses. Loud pop music, loud films with violence and vulgarity are harmful. When watching films and serials avoid watching such films as they affect the subconscious mind. When watching serials and films watch those which do not create tension in your mind; do not identify yourself with the characters. The television is meant for entertainment and relaxation, not to cause tension.

Another cause for tension is **Desires and Ambition**. The desire for a name, fame, material desires all lead to tension. We do need these to a degree but beyond that if we run after them it will lead to tension. Rajarsi Janakanand said that when he earned his first \$10,000 (equivalent now to Rs. 4 crores) he was the most miserable man on earth. He could not rest in peace for even one day.

Another cause for tension: **Uncontrolled emotions** such as anger lead to tension. The anger maybe caused by unfulfilled desires, absence of a member of the family on whom one is emotionally dependent and many more. The angry person first causes harm to oneself and then wants to hurt others. This causes others to want to hurt him further. The best solution to anger is to vow:

**I AM NOT GOING TO LOSE MY TEMPER.**

One more cause for tension is **not listening to our voice of conscience**. Gurujii never expected us to be perfect. Yet he wished that the devotee is sincere and does not try to deceive Gurujii. When we make a mistake we must honestly go and tell Gurujii about it and take steps to correct ourselves. If we cannot show that sincerity then we are tensed.

But the main and biggest cause, often a hidden cause of tension is **Ego**. Greater the ego, greater is the tension. When a clash of principles, emotions and thoughts jerk the ego, we get tensed. We must learn to handle the ego. Then we will realize that tension is given by God and Guru to teach us a specific lesson, to make us spiritually strong; as well as due to some karmic reason.

### **How to overcome tension:**

Tension can cause hypertension, blood sugar, heart problems, cancer, sleeplessness and various other problems. Tension is a slow poison. We do not even realize when we have become slaves of tension. So we need to become aware of tension and remove it. Again humorously put: A wife knew her husband allowed little things to make him tense. One day when she saw her husband pacing up and down in anxiety she asked him, "What is making you so tense?" He said, "I am tensed today, because I have no tension."

**Strengthen your will power.** God made us as divine beings made in his image. We have made ourselves into helpless beggars. You say I can't earn a living. You have made that judgment on yourself and your own decision makes you a beggar with lack of prosperity.

You can take the following steps:

1. **Relaxation.** Relax both body and mind.

Perform the Hong sau technique to relax the mind. To relax the body, tense any part of the body that needs to be relaxed and then relax it completely (the way we do in the energization exercises). All the yogoda techniques of meditation relax the mind.

2. To free yourself from tension **introspect**. Look at the situation, see all the steps involved, what you can do; decide what you will do to reach the goal. Worry is the break which spoils the way breaks spoil a car. Don't treat anything as impossible.

3. **Energization Exercises.**

Cold water bath in winter and warm water baths in summer are very useful in releasing tension.

4. **Sleep:** sleep reduces tension. When you are too tensed go to sleep. If you can succeed sleeping then you will wake up to find that he is freed of tension. Even if we die the earth continues to revolve, then why be tensed?

Sleep is a blessing. It frees you at least temporarily of your problems and worries. But learn to rid your consciousness of worry in the waking state and you will be successful, calm and happy. God will never abandon you as you are his child created in his image.

5. Perform the **20-20-20 breathing exercise** to remove mental tension.

**Hong-sau** makes you aware of your divine nature and relaxes the mind. When the mind is very disturbed you cannot do Hong-sau, but that's the very time you have to do Hong-sau.

When you go deep into meditation there is no death, no fear – that is the state we are looking for. Perform the Om technique; when you concentrate deeply on Om you will feel closer to God.

#### 6. **Recreation.**

Guruji was very much in favor of recreation, even for sannyasis. He himself played badminton, swimming even in cold water; he would often take monks and nuns separately for picnics.

Music can also be relaxing if it is not loud and disturbing. Music can be very sweet and soothing.

7. **Laughter** is one more method of releasing tension. If there is tension at home just crack a good joke. Sw. Sri Yukteshwarji, Guruji were very jovial and very loving.

8. To free yourself of worries try everyday to stay **without negative thinking** for one full minute. Recollect some pleasant incident, keep on visualizing it and keep bringing it to your mind till you do not forget your worries completely.

9. The Bhagwad Gita constantly mentions that we must perform all actions **without expecting fruits of action**. Surrender the fruits of all actions at the feet of God. How can one do that? One of the ways is by meditation. It is not the only way. Prepare the mind to do that. Don't make your meditations mechanical but perform them devotionally and spiritually. If you do not perform meditations with alertness then 'ram ram' will become 'mra mra'. When we are tensed to be able to reach the office in time, and if you say 'ram ram' say it from every pore of your existence, from the depths of your heart. Don't allow 'ram ram' to become 'mra mra'.

When you meditate daily realizing that you are just a bubble of creation, and are not attached to anything then you will feel peaceful.

Affirm: ***“I am a prince of peace, sitting on the throne of poise, directing my kingdom of daily activities.”***

Leave everything in the hands of God. Guruji and Ma advised monks that they should not burn in the fires of worries dying a hundred deaths daily. When your heart is follow of sorrow think of someone who is even more dejected than yourself. Your worries lead you to death. You have attained human birth after millions of births in the bodies of animals and plants and added to that you have been born as the devotee of a peerless Guru. You shed tears of blood to receive this privilege. Now are you going to throw away all this by worrying yourself sick?

Other affirmations in English (from the lessons) resembling what Brahmachariji said in Hindi:

***“O Eternal Energy! Awaken within me conscious will, conscious health, conscious vitality, conscious realization, Goodwill to all, vitality to all, good health to all, realization to all. O Eternal Youth of body and mind abide in me forever and forever.”***

***“I am youthful; I am youth. I am healthy; I am health. I am strong; I am strength; I am joyful; I am joy. I am successful; I am success. I am peaceful; I am peace. I am immortal; I am immortality.”***

***“I am the Changeless, I am the Infinite. I am not a little mortal being with bones to break, a body that will perish. I am the deathless, changeless Infinite.”***

***“I am everlasting youth; I am eternal joy.”***