

## Enjoy the moment of stillness between desires

Two fishermen are sitting on a white sandy beach looking out on the tranquil blue ocean. They reflect on the many fish they have caught with their fishing rods.

“What are you going to do with all the fish?” says one fisherman to the other.

“I am going to sell all my fish and buy a fishing boat so I can catch more fish” says he.

“What are you going to do then?”

“With the fishing boat I will be able to catch more fish, make more money and buy a second fishing boat”

“What are you going to do next?”

“With all the money I will get from catching so many fish, I will buy a fleet of boats and catch thousands of fish”

“And what are you going to do next?”

“With all the money I will be able to do what I like, buy a big house by the beach, and sit on the beach enjoying myself in peace and quiet”

“Is that not what we are doing at the moment?” says the other.

When one is a child, one wants toys, when one is boy or girl one wants education, when one's education is over, one wants employment, when one gets employment, one wants promotion. Thus from the very beginning to the very end, there is never contentment.

This is what we call the “Gotta Gotta “ mind. I “gotta” to do this. I “gotta” be somewhere. I “gotta” have that. I gotta say something. And when we have whatever the “gotta” is we “gotta” have something else.

We all seem to looking for something. Some look for wealth, some for health, some for property, some for fame, some for power, some for freedom from troubles and some for food and the basic necessities of life.

Moreover, all want what they ask for to be on a permanent basis, nobody wants a temporary cure or temporary riches. Also we want things in full measure, nothing less than full and complete is good enough. So what is the solution? How do we get what is full, complete and permanent?

Every body has desires, we are plagued with desires. But there is some time between each of them. Most of the time we do not allow this interval to stretch at all, no sooner is one desire, then we let another desire spring up. If we allow ourselves the luxury of a little interval, however short it may be, we would recharge ourselves without doing anything but being quiet for a moment or two. By stretching this interval, we would discover great power within. The fewer our desires the more the power and ability to fulfil any desire, and the greater the power to fulfil the universal desire. We would discover the power to discover that which is permanent and complete. We would discover our true unlimited self, the “Self” that is full of permanent joy, love and reason.

So this week, remember to enjoy the moment of stillness between two desires.

Dr. Kelly