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WHY DO I FEEL LIKE ALL THINGS ARE ONLY HAPPENING TO ME?

Q:

Since young I feel and think that as though I am the only one who exists in this world, and all things only happen to me. I really do not know why.

A:

Before I answer this question, you must understand this is a very important question and it's very complex. One can write many books on this, because this is so deep, and much has to be explored before one can really understand and transcend this.

But to start it off, this is what most people feel, and it's one of the most common things. Almost everyone feels that everything is just happening to them, and everyone else is fine. Only they are suffering or going through this. This even comes up more when things start to fall apart, and all becomes a chaos. And what I want you to understand is that this will happen, it's just a matter of time.

This is because most have built them like a house of cards. It's like you take playing cards and start to stack them up and build a house, and a singular move and all starts to fall apart, and then you start to feel all things are happening to 'me'.

In one sense this is true. Almost everything that can go wrong, goes wrong for people, and then one gets so sensitive, and then one starts to have this illusion that it's only happening to them. But if you really talk to people and get to know them, you will see it's happening to most, if not everybody.

When you have a headache, most times you think it's only you, because it forces you only to be conscious of you, and this is the nature of pain, it makes you only think of you and no one else, something in the brain is switched off, but this is normal. But understand this now, that almost all are in this boat.

When I started to teach a long time ago, this is what I realised, that everyone is planning disasters for themselves. They are creating it or experiencing it. It's surprising that it does not happen sooner. Luck must be real and must be on their side.

One of the key reasons is that people move from chaos to chaos, they never move from order to order. This word order is never understood, or even entered.

The Hindus in the East call it *dharma*, and their whole quest is to live in *dharma*. *Dharma* has many meanings, but one of it is to live in rightness. And the understanding is that from rightness, only rightness is born, but this is a learnt thing. Someone has to teach you, but most of our teachers are in chaos, and we learn to be with them, and then we learn how to survive chaos, and that is all we know. And when we grow up, we start to create that, because that is all we know.

So you must understand the idea that this is only our lives, but it is the life of most. I have very rarely been in a family where there is no chaos, where there is order, and rightness. It's always a mad house.

The main reason for this is all is born out of the mind, not out of what is existential, which is out of what is, what is the truth, and the real. All are mindmade, and the mind is always dwelling with that which is not real.

So from the unreal, one moves, and all moves are wrong, and this wrong goes on trying to get itself right and it never does, and it goes more wrong, and at the end, it's just wrong. And then you see everything starts to go wrong, and then you make this statement - I feel like all things are happening to me.

Now what do you do?

The first thing is to find order, not the control based order, but the real order. It's like music, you like it only when it's harmonious, only when it's right, when all the notes are right and it is played rightly. Even one note goes wrong, all is wrong and there is no harmony.

Music has this knowledge to it, it has to be right, if not its just noise, and most people's lives is just noise and they go on making more noise, and in this noise they can't see or hear anything, all is lost.

So the first step is to go beyond this noise and to be able to hear and see rightly. And this noise I refer to is the mind, and only when you can transcend this mind, you can feel, see and hear order. Until then, it's just a movement from one mind to another, from one chaos to another.

But most people are so far gone, sometimes I wonder how they are going to come back, and sometimes when failure happens, it's a gift for you to start right. But this becomes another problem.

It's like someone has to be a painter, but he has spent over 30 years trying to be a singer and a bad one too. How will he find his way? Most often he just goes on, and tries to find some motivation to keep him going, and keep on suffering. His order is to be a painter, but he has gone and taken the wrong turn. And now only some kind of motivation can keep him going. It's strange if you go to the bookstore, you can see so many books on motivation, it must be for these people.

Now what do you do? I don't know you personally, so I can't give you any personal insight, but from your question, this much I can say; first make peace, accept all that is failing, and the next thing, understand why it's failing, or why is this happening.

Next, realise that you are not living your best, your best has escaped you,

You see, life can be a flowering process or a rotting process, and it's up to an individual to participate in either one. If you live in rightness and if you live as you should live, in your order, life will be a flowering process, and things get better and better with time. If not it just gets harder and harder.

The secret is to know what is right for each moment, what is the order for each moment, and to live by it and with it. The moment you fight it, the moment you try to bend it and lose your contact with it, and then all goes wrong.

This is when I will use the word meditation, and what I want you to understand about this word is that it's an exercise to be in contact with what is, to be existential, to be real and to observe the real. To know what is actually happening.

You see most are not in contact with their environment or with each other, to be aware of what is unfolding. This awareness grows, from how you are in that moment, to being aware of how others are, to how and what is real and reality, to how the energy is, and to realise what existence is flowing towards.

Once your awareness has grown to the point you can see where existence is flowing, you have mastered it, and from this point you never go wrong, you become one with this flow, and you always live in order and only beautiful things happen, and even if the bad does happen, it will always lead you to something better.

But you must always start with what is, and make your meditation to see what is, and what is really happening. I heard an interview of a very rich man, and very successful person, and he said the key to success is to be able to see what is. When you miss what is, you miss all.

Most people miss this, and they move from something which is in their mind and their ideas, and this always goes wrong, so start ...every day enter silence for a few minutes, and use this moment to be quiet so that you can feel what is, and how things are really.

It took me a long time to achieve what I have, and how I did it is by doing this, just being aware of what is, and starting to penetrate for the basics; to how existence is at that very moment, and in time when the self dies, you are existence, or there is nothing preventing existence from existing through you.

Now, I don't know how to help you, but I know this much, start with this, and start slow, and many things have to change if you are really looking for a life that is blissful.

The Creation studies will be helpful, it's designed to help you to attain to personal order, to come to rightness.

I have watched this in people, they spend their whole life looking for this and that, and even some find it, like money and comfort, but they miss order, they miss the bliss that order brings, and all that they have done goes in vain, is a loss. So now, be glad that you have come to see this, and come to question this,

it's up to you to make the move, move toward order, and your life would be a dream, if not one just dreams about life.

Ok.