

Spiritual work: No-doing.

It may seem that the search for truth, of freedom, is something difficult that requires a huge effort, but it is not really so. On the contrary, it is easy.

The good news is that we already are what we are looking for. According to Hinduism “you are that” [tat tvam asi]; in Christian terms “The kingdom of heaven is at hand”.

Spiritual work is not work, it is a non-doing. There is no effort here. Reality is self sufficient, it rests on itself, it exists without any effort. It is that which is.

What, in fact, requires a real effort is to keep the illusion of that which is not real. To pretend to be a separate entity which is free and takes decisions, to be this body, this individual. This effort translates into a constant mental activity necessary to avoid facing the truth of silence, and into a chronic pattern of tension at body level.

But this continuous effort becomes, by habit, something so familiar that it seems to be natural. And therefore we have the sensation, the belief that it is necessary to do something to arrive to some other place. But truly the only necessary thing is to recognize that which it is, that which has always been. Jesús said "Come to me, all you who are weary and burdened, and I will give you rest”.

Truth, reality does not need to be invented, only recognized.

Ma Anadamayi said “Each step that we take towards God takes us away from him”.

Let us not leave our home, happiness is here.

Pedro Brañas