

You must learn how to stay in a balanced state of mind. Equipoised. How to be calm even in calamity. This you must learn, because no matter what direction your path is, you will come to calamity. And how will you deal with it? What will you do? How will you maintain some semblance of consciousness and awareness?



You can be just as peaceful if some other country begins bombing this area as you are now. Of course, some of you are not so peaceful now – but you can be completely at peace even when such a calamity is happening, or when you are sitting comfortably. When you see the suffering as separate from yourself, then it is no longer affecting you. That does not mean it is not going on, but it is not affecting you and, therefore, the presence of your mind is not disturbed.



## **GOURASANA**

September 3, 1988