

Article 246 : The Stone -part 1

The following story is from a pastlife Reading for an individual who felt strangely burdened all her life, ...and though she had no religious training, she felt her burden was somehow connected to God or religion ...or to a commitment she had made ...and failed to complete. See if you can discover her problem in this story.

In a previous lifetime in India, many centuries ago, you as a devote Hindu, carried a heavy stone wherever you went ...and when asked why you had the stone, you declared, very sadly at that time, "If I am set completely free in life to do just as I want, I will probably do most harmful things to myself and others," ...thus, to control yourself and your temptations ...and to restrain yourself from doing "most harmful things", you burdened yourself with a physical stone ...and seldom set it down, for you reasoned that by limiting yourself in this way, you were freeing yourself from the burden of allowing yourself to do whatever you wanted. You felt you were mastering yourself and your improper desires, ...and you frequently quoted Krishna's words that *the devotee whose understanding is unattached, who has self-mastery, and from whom desires are gone, awakens to the supreme state*, then you frequently added, a little sadly, "This is my obligatory action ...and I will not cast it away. I carry it about as a control of my desires ...and as a constant reminder that whatever I do, I must be controlled at all times."

And you were very controlled, for you didn't set the stone down to make these pronouncements ...or even to eat, for you were following Krishna's words that *by humble submission, by enquiring, by selfless actions, wise knowers of truth will be inclined to teach you higher knowledge* ...and you certainly wanted to reveal yourself as a selfless seeker of "higher knowledge".

You slept upright with the stone in your lap ...and arose each morning to carry that stone until your arms ached ...and the muscles of your entire body were so distressed that it was impossible for you to continue; ...and when others asked, "why don't you set your burden down" ...for if you do this, then, being freed of this physical burden, you will be able to do many things in life." It seems they admired you as a seeker of truth ...and yet, at the same time, they pitied you.

In response, you reminded them of Krishna's words from the sacred texts that, "*when I know the truth, I will not again fall into delusion, for by true knowledge I will see all beings without exception in myself ...and know the true nature of all things.*" You reveled in knowing such words ...and enthusiastically repeated them, then you spoke words of Krishna, saying "*Those enjoyers of the nectars of sacrifice realize the absolute. This world is not for one who offers no sacrifice; how then in any other world?*" and you added, "If I set this down, ...isn't there another sacrifice God will want me to make" ...another burden to carry and endure without attachment?"

In spite of your answers ...and quoting the holy scriptures, others persisted in asked, "Why do you do this?! Why don't you want to be freed of all these burdens? ...and limitations?"

Certain these individuals were sent by God to test you ...to entice you, you declared, Ohh, dear Lord, while others sacrifice hearing and other senses in the fires of restraint ...and still others offer precious objects, I sacrifice all actions into the fire of yoga and self-control which is kindled by true knowledge; ...and because carrying this stone requires control and persistence, it keeps me feeling that no matter what I am doing, I am always following your words, dear Lord, ...and in that I am always letting you control my body and self ...and my life and destiny."

In meditation, you constantly declared, silently of course, "I am ready for your *wise knowers of truth to teach me higher knowledge, dear Lord, ...and you waited patiently, with this stone in your lap as a reminder and an offering, but no wise teachers came to you.*

One day, on a lonely road, a stranger appeared, seemingly from no where, and asked, "If carrying this stone as a burden makes you feel in control of your life and destiny, why not set your stone down and pick up the burden of being out-of-control? ...and allow only that to control you, ...for, in that, you can declare, 'If this is my burden, then I can set it down at any time ...or limit myself at other times ...in other ways,' ...for, in doing that, you free yourself from these physical limitations ...and the burdensome controls you have placed upon yourself."

And as you listened intently and tiresomely, he added, "...and your muscles will not ache ...and you will no longer cry

from the pain of your burdens and sacrifice ...and Krishna will understand.”

Believing the guru was a *wise knower* sent by Krishna, for he certainly spoke wisely, you responded, “I shall set my stone down ...and take up the burden of feeling myself out-of-control ...as you so wisely suggest.” And with those words, you reluctantly set your stone down and took up the burden of being out-of-control. And the stranger disappeared.

To be continued.