

Something Is Going On



Life is simple. This existence should be simple. True love is simple. All the things that are good—in you, about you, and around you—are simple.

Peace is also simple, but if I ask, “What is peace to you?” everyone will give a different answer. If I ask, “What is God?” the answer will be based on your religion, your upbringing, what your parents told you, what your friends and other people told you.

You have always wanted to feel good. Your desire to feel good goes back a long way. In fact, it goes back to when you were an infant. You wanted to feel good—that was it. You didn’t have big agendas. When you didn’t feel good, you

cried.

Who taught you to cry? This started from day one. When most people are born, the first thing they do is cry. If you didn’t, a doctor held you by the legs and gave you a little slap until you did. And most importantly, who taught you to be quiet when all was well? When you are satisfied, nothing needs to be done or said or expressed. All is well. This is you.

This is essentially the way you still behave. When all is well—great. When all is not well, it’s, “Why did you leave that door open? What’s wrong with you? Why are you looking at me? Why are you talking to me?” The very existence of another human being whom you actually may love can irritate you, just because all is *not* well. When all is well, everything is very simple, because life is simple.

Some people say, “You cannot say my life is simple. I have all these problems. My cat has left me, my wife is threatening to leave me, my kids keep sending me their bills...”

The complications that we bring into our lives—the good and the bad, right and the wrong, love and hate, doubt—are what make our lives so complicated. We all want simplicity. We have a relationship with joy, and simplicity has a unique way of bringing joy. The question is, how do we get it?

There is a joy that comes from the outside, and there is another joy that comes from inside. I’m not ignoring the joy that comes from outside. But there is a joy that comes from the inside, and it only comes when there is simplicity in your life.



It’s simple because since the day we took our first breath, this energy resides in us. All this time, even if we don’t know about it, it continues to reside in us. How utterly simple is that?

Life wants to be content. Life wants to be happy. You want to be happy. Something is going on here, isn’t it? You can move, you can talk, you can think, you can smile, you can cry. Something is going on here, and one day it won’t be. What is this thing that is going on? Is it your appointments? Is it your job? Is it all the things you do? Is it all your likes and dislikes?

There is something that keeps happening in my good days and in my bad days. All the things that I call *good* or *bad* are irrelevant to the fact that something else is going on. The coming and going of this breath is automatic, and due to this magnificent thing, I am alive. All the complicated will one day go away. So will you. The challenge seems to be to find the simple and hang onto it for dear life while you are alive.

Does this sound like a challenge—to find it and hang onto it for the rest of your life? It is possible. The joy that you have in you needs to be honored. The love needs to be honored. The greatest of all gifts, this most subtle and most beautiful breath, needs to be honored. Recognize it for what it is worth. Acknowledge this most magnificent but simplest of things in your life.

What happens when you honor this life within you? The energy within returns those honors, and the homage that is paid to you is called *peace*. Peace is your reward. It’s also called *joy*, *understanding*, *clarity*. This is how simple it is.

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