

'Desires'

In looking for the gaps between desires, *'iridescent with fleeting samadhi'* how often do we notice the actual moment when a desire arises?

Every desire relies upon a spark of awareness to attach itself to so that it becomes 'conscious'. The spark is pure and arises in our being continually and naturally; then the spark illuminates a form — a word or an image becomes attached to it — and this presents itself to the mind which decides whether to act upon it, or not. That is the process His Holiness tells us to look out for.

Desires arising from bodily functions are often unmistakable, but desires arising from long-term emotional needs and ideas may be less easily identified. Our underlying emotional and mental attitudes may be so habitual — they have worn such deep grooves in our nature, like old vinyl recordings — that we just take them for granted and never see them for what they are. And so we play the same old tunes over and over and over again.

Depending on how asleep we are we may not notice either the arising of the desire, or even the moment of decision. We just find ourselves doing something, or reacting in a particular way and unless it is suddenly disturbing we just go along with it until the next desire pops up and takes over, all without our noticing. Nevertheless, all desires arise in consciousness and can be observed if we wish to do so.

Desires have different wavelengths. There are currents of desire that make up long 'moods' and short desires that impose sharply upon the moment; I want that last slice of cake — but my desire not to be seen as greedy may prevent me reaching out for it. One may habitually crave approval, or recognition, or have an overriding desire always to be 'right' and yet, if we notice it at all, we may represent this habitual desire to oneself as something quite different. Our nature, (essence plus personality), provides the particular repertoire of desires we are prone to.

Many people in a civilized society live in a state of low-level anxiety in which the powerful instinctive survival mechanism is harnessed to quite insignificant performance expectations. Am I late? Am I driving safely? Am I healthy? Am I dressed appropriately? And a multitude of other unnecessary fears/desires.

Almost always one takes the mood of the hour entirely for granted without seeing that it firmly anchors our being to a particular level of energy and experience. Desires always create a tension that demands release, and it may be easier at first to notice the moment of release wherein lies that *'fleeting samadhi'*.

Much of our 'psychology' arises from the physical and instinctive levels of our being. In fact, all of our 'moods' are created and sustained by complex mixtures of hormones and neuro-transmitters. We can't change this at the physical level, but an influx of different energy on the mental, the subtle level, *can* substantially change the way the body habitually responds to life.

By *knowing* something differently, by actually observing some underlying 'mood', we subtly change its nature, and so different hormones and neuro-transmitters can come into play. By learning to regularly remember something different, by practising stillness and remembering the presence of Atman, we can effectively alter our body chemistry so that the habitual flow of desires is profoundly affected.

The main point is that *'consciousness is consumed only by desires'*. If we want more consciousness, with the bliss and peaceful confidence it always allows, we need somehow to entertain fewer desires.

Unless we learn to keep on returning to the state of pure 'I AM', turning away from any feeling of 'I am *this*' or 'I am *that*', the whole lovely but mechanical show just keeps on rolling along.

