

“Surely, life is not merely a job, an occupation;
life is something extraordinarily wide and profound,
it is a great mystery, a vast realm
in which we function as human beings.”

J. Krishnamurti



Photo by Ragini

In today's world, these eloquent words echo what is, all too often, a secret hope quietly whispering in the heart and soul. Oh how we want life to be more than our job and career! But more often than not, this longing just remains a hope. It is not yet our personal knowledge gathered from direct experience. As we navigate the inevitable failure of success to truly deliver what we've been told it offers, we can't help but begin to ponder the point of it all.

Not knowing the purpose of our existence creates a problematic polarity for the majority of human beings – material life vs. spiritual life. Where do we go for meaning and fulfillment? Is it the outer journey or the inner? We have succeeded in polarizing ourselves around this interdependent polar pair with rather drastic consequences. Whether we cling to the material and avoid the spiritual, or cling to the inner and avoid the outer, it results in two difficult and deadening experiences.

First, making one pole of this interdependent polar pair more important than its opposite creates a deaf ear to the paradoxical wisdom that *both* our inner *and* outer lives are equally important to our happiness and awareness. Second, any polarization toward one and away from the other causes the heart to freeze in the presence of what it must now reject. This division immobilizes the heart's natural flow of unconditioned love and compassion. Our essential nature seems to be placed in suspended animation. Our love and compassion seem unavailable to surround and hold both the inner and outer dimensions of our journey.

We *unconsciously* create a great distance between our material and spiritual lives. We are unable to sense or touch the world *beyond* what we call our daily grind. Or, we condemn the modern ways of daily life as a dead end, rejecting their offerings as hollow and unfulfilling.

Whether we are for the material world or the spiritual world as the route to happiness, success, and peace, our polarization invites a real *inner cynic* to begin ruling our perception. We find ourselves distrusting spiritual experiences as 'New Age fluff', and/or scorning the luxuries of modern living as the reason for the world's pain and suffering. We must first pass the majority of our experience through the painful lens of cynical skepticism before we are willing to give the experience honest consideration.

We are often oblivious to this cynicism and its depths. We are unaware our capacity for healthy skepticism has somehow hardened into sarcasm and a depressing pessimism that drains our hope and aspirations for a better future. These are sure signs cynical convictions are in operation. They rest on a disbelief in the goodness of man and a lack of faith in the optimal value of all that is happening.

In truth, we *can* perceive, with our own eyes, the mysteriousness of life. We can personally touch the depth and width of its profundity. We can literally feel how its vastness *holds* us as a part of itself, without rejection or demands that we be different. When these kinds of personal experiences take up residence in your heart and soul, they transform your 'secret hope' into a wisdom born of certainty and faith. This practical wisdom clarifies our function as a human being who is, beyond a shadow of a doubt, essential and inseparable from the Whole.

Until next month when another Reflection will appear, may you be present to life's mysterious nature. And may its profundity embrace your personal knowing and deepen your faith in your *own* experience that there is more to life than meets the non-mystical eye.

Ragini