

CHANGE

Most of us spend most of our lives searching for some change to occur. This search is a struggle, a conflict, a suffering.

Perhaps we hope that some change will occur in our habit pattern, that some tendencies or inclinations, which we have, will change. Perhaps we hope that our circumstances will change. Maybe we wish for a change in our financial circumstances.

Perhaps we seek fame or power. Maybe some day in the future I can have a Red Ferrari.

We seek happiness. Freedom from tension and anxiety. Good health. Freedom from worry.

Perhaps we hope someone else will change. We might wish that the right person will come along who will fulfil all our emotional needs. We search, we seek, we struggle for all sort of changes, hoping that sometime in the future these changes will occur.

We enter into a whole variety of battles in an attempt to bring these changes about. We go to education and learning, to religion and spiritual practices, politics, diets, drugs, therapies, meditative practices, teachers, gurus, exercises, studies, restrictions, travel, sports, entertainment, sexual adventures, denials, relationship, acquisitions, possessions, etceteras.

We do all these, hoping that some change will occur in our present circumstances. But the battle, the struggle continues and the sought-after change never occurs. We remain unhappy, always hoping the situation will change.

Change never occurs in the future. It cannot, it will not occur in the future. All attempts to bring about change is a waste of time, a waste of energy, futile suffering.

Change only occurs in the silence of NOW. Change IS occurring NOW. Feel it. Experience it. Live it. NOW. There is no need to struggle to bring about changes: it's happening NOW.

Throw away all your paths, practices, struggles, teachings, teachers, gurus, techniques, therapies and ex-perience Anicca manifesting itself HERE and NOW in our minds and bodies in the form of feelings, vi-brations and flowing of energies.

There is nothing to be done to bring about change.

There is nothing that can be done.

The Law of Karma is supreme and inevitable. All systems, techniques, practice, teachings designed to bring about change begin with failure, end with failure; begin with conflict, end with conflict. To look for change implies conflict.

Silently experience change NOW. Keep knowing Anicca. Change can only occur NOW. With the silent, alert experiencing of Anicca change is occurring NOW.

No teacher can lead you to the truth. You cannot teach yourself the truth. Teaching involves learning. Learning involves time. There is no path, no way to the truth.

A path involves a journey in time: thought involves time, a struggle, endless sorrow, conflict and suffering. The truth is timeless.

The truth is NOW. Anicca is NOW.

Keep knowing Anicca in the silence of the present moment.
Be happy NOW. Not one year from now.

Not one week from now. Not one hour from now. Not one second from now. But NOW.

This very moment.

Silently keep knowing Anicca.

Be happy NOW.

Do you prefer happiness or suffering?

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