

About excessive demands

Worries and needs can enter into our life, demanding a lot of physical, mental and spiritual effort.

The material man hopes to achieve worldly success and the solution of problems by applied diligence, intelligence, aspiration and good relationships. But this kind of success may again be associated with much suffering and dissatisfaction, because the cycle of desires, expectations and responsibilities will increase accordingly.

Jesus says:

"Come unto me, all ye that labor and are heavy laden and I will give you rest. Take my yoke upon you and learn from me, for I am meek and lowly in heart: and ye shall find rest for your souls. For my yoke is easy and my burden is light." (Matt. 11:28)

The spiritual man, however, seeks a constant source of strength in God. He strives to live according to God's will. His focus will be on selfless service to others. The power of this love will provide strength and serenity to the servant which he badly needs for his daily activities.

In the Bible it is written:

"Cast all your care upon Him, for He cares for you." (1 Pet. 5.7)

The conviction that it is not the ego-centric self-awareness, but the divine power itself which is performing the actions, will give him inner peace and serenity, to face problems and tasks joyfully. By letting go of ego, the divine self alone remains. Then the power of God can grow and prosper inside of us, it will take action in our lives. As we are willing to reduce our material desires and to become a good tool in the hands of our Creator, thoughts like 'I-must-do' and ideas like 'I can not do it' will not prevail.

As long as man thinks that he is the doer, he will not find peace of mind. As we put our trust completely in God and think that God is the doer, the illusion will disappear and God can provide for us.

"Be ye not worried and say, 'What shall we eat, what shall we drink and what shall we wear?'" (Matthew 6:3)

Jesus Christ says:

"Look at the birds of the air: for they sow not, neither do they reap, nor gather into barns, and yet your heavenly Father feeds them." (Matth.6, 26)

May we, by strong faith and by the fire of love, come to the realization that God is the doer in our life. Trusting in God's power and leadership, we will reap contentment and joy.

Willibald