



August 1998 Contemplation Theme

Choices

By Rama Berch, C.S.Y.T., E-RYT 500

The two of them walked into the Danish bakery where I was standing, in Solvang, California. I watched as the father urged the nine-year-old to select a pastry for his mother and aunt who were waiting in the car. The boy stared at his feet in terror that he might make the wrong choice. In the end, the father chose them himself. Then, the father said, "Okay. Just pick one for yourself." Immobilized, the boy could not choose. I said, "There is no wrong answer. Anything you choose is Okay." The boy looked up at me with tears in his eyes. Finally, his father made a selection for his son. They left.

We are always facing these kinds of choices. Every moment of every day, we are choosing what to eat, what to do next, whether to turn left or right at the next corner, who we speak to next, how we save or spend our money. The difficulty arises when we have the desire that our choice be the Right Choice, or the Best Choice. This Choice Must Make Me Happy!

But your practice of vairagya (nonattachment) and abhyasa (perseverance) create a difference. You reach the point where you no longer depend on the outer things for happiness. Now a choice becomes a simple choice. You can live with a tremendous sense of freedom, because you can choose anything (or nothing), and you are still completely happy. This is truly the free will that God meant for us to enjoy. Just choose!

Namaste,

A handwritten signature in cursive script that reads 'Rama'. Above the signature is a small heart symbol containing the Sanskrit character 'Om'.