

Inner Peace University - Module 3, Lesson 2

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[00:00:00] We're going to start with a question and I'll warn you it's kind of a no brainer question. When do you want to feel peaceful? When do you want to feel happy? When do you want to feel at ease? And the answer, I would imagine comes, now. You don't want to wait till next Thursday, you don't want to wait a month.

You don't want to wait until you have the perfect job or the perfect relationship or the perfect body. You want to feel peaceful now. We all do. But here's the problem, most of us have a habit of chasing this thing. We call happiness or inner peace or joy or ease in a way that is completely incompatible [00:01:00] with achieving it now.

So to show you what I mean, let's close our eyes and do a little exercise. So take a moment with eyes closed and just ask yourself, what would it take for you to be supremely peaceful now?

What would it take for you to be fully happy now? What would you need?

And once you have a sense of that, you can open your eyes. Now, if you are like most people, the answer that comes when you ask, what do I need to have in order to be peaceful now? Or what do I need to have in order to be happy now? It has something to do [00:02:00] with change, right? I'd be peaceful now, if there wasn't a financial crisis or I'd be relaxed now, if my health was assured, I'd be happy now, if I had a better job or any number of other things, The thing that we need to realize, and this is why I say that the way that we go after happiness or inner peace is incompatible with having it now is because if you are relying on change in order to be happy, you can't have it now. And as I promised, we're talking here about the nature of reality and the nature of reality is such that now is as now is. This moment is the one thing on the planet that can not be any different from the way it is. Now, I know that that may seem like an obvious truth at this [00:03:00] point, but stay with me because as I said, even though that may seem obvious, we have a habit of going to war with the moment as if it could be different.

Now some of you may be thinking well, Now is as now is. Yeah, sure, maybe, but I didn't have to be sitting here watching this video lesson. Now I could have made a cup of tea. Well, and the truth is you could have done that if you had decided, but you didn't and now you're here, so now is as now is. And now if you have one of those really sly minds that conniving quick minds, It might tell you that, Oh yeah well, I could get up and not watch this video right now. And then now it would be different. Well, almost. Because you see, when we're talking about now, we're talking that infinitesimally thin slice of time, called this [00:04:00] moment, this moment, this moment. And so while you could get up and walk away and do something out else in a microsecond from now, for now, You're stuck with this.

So the takeaway here is that if we're truly interested in being happy now, in being peaceful now, and being relaxed and at ease and fulfilled now, we need to figure out a way to do that with now, as it is.