



## **Spirituality: The Seed of Social Action, by Vimala Thakar**

The study of our mind, the psychological structure, does not require isolation, but it does require attentiveness. The movement of the mind is very swift. The shades of movement are so subtle, that unless we learn to observe in an reaction-free way, it will not be possible to find out the modus operandi of the mind, to see how pride comes up, how vanity comes up [...] To watch this movement requires a steadiness of attentiveness, but not isolation. Relationships are opportunities for an intimate encounter with the inner being. The fact of our being is that we are related, not isolated, not each a lone or lonely entity standing forlorn in this huge cosmos. We are not isolated individuals; we are organically related to the mysterious totality surrounding us.

We are related organically, and we have to live that relationship. To be attentive to the dynamics of the inner being is not creating a network of escapes to avoid responsibility. [...] However much we yearn for peace, emotionally we are not mature enough for peace, and our immaturity affects everything we do, every action we take, even the most worthy of actions.

Study of the mind is not to create religious isolates, but to help each being in society mature, take on social responsibilities in an intelligent, harmonious way which reflects the peaceful society we want to create.

The elimination of inner disorder takes place in the lives of those who are interested in being truly creative, vital, and passionate whole human beings, and who recognize that inner anarchy, chaos drains energy and manifests in shabby, shoddy behavior in society. To be attentive requires tremendous love of living.

The total revolution we are examining is not for the timid or the self-righteous. It is for those who love truth more than pretense. It is for those who sincerely, humbly want to find a way out of this mess we, each one of us, have created out of indifference, carelessness, and lack of moral courage.

The challenge is to those who have the courage to pass across traditional barriers, to explore new territory unrestricted by the authorities of the past, to expand beyond fragmentation to awareness of the totality of living, the mysterious wholeness.

-- Vimala Thakar

