

**NAASTI BUDDHIR AYUKTASYA NA CHAYUKTASYA BHAVANA
NA CHABHAVAYATAHA SHANTIR ASHANTASYA KUTAHA SUKHAM**

To the unsteady mind there is no knowledge of the Self. To the unsteady mind there is no meditation. To the unmeditative no peace and to the man without peace, how can there be happiness?

The Lord is teaching us the positive by bringing in the negatives.

When we say “Peace” many a times we do not really mean the “Peace” from the spiritual point of view. The word “Peace” is used many a times without actually knowing its true meaning.

Peace could be:

- Negative peace;
- Positive peace.

Negative peace:

After the passage of experience of deep sorrow which all of us go through in our lives, many a times there is a period when there are no more events that bring in new waves of sorrow. At the same time there are no events that mask the sorrow by bringing in happiness. We tend to say “I am peaceful now”. This is “negative peace.” Absence of sorrow is wrongly interpreted by many as “Peace.” The peace here is conditioned by sorrow.

For examples:

- The eerie peace after a major tragedy.
- The peace before the storm (like the volcanic eruption - appearance of peace outwardly but boiling up with disturbances within.)
- The scenario of cold war.

Tragedy: Deep grief followed by a period of no further tragedies - feeling that one is peaceful after the events of that tragedy - through contrast from sorrow, one experiences mental tranquility.

Positive peace:

It is the peace that emanates from within the soul of the seeker and has no bearing with preceding state of sorrow. The seeker may go through states of sorrow or states of happiness but is not perturbed by either. He is “at peace with himself” at all times.

will be continued