



Fire

(Since June 1995, people around the world began to eagerly await for the weekly note of practical wisdom from Sri Sri. It started out as a simple exchange with people wherever Sri Sri was travelling. Later, people began to add a weekly “news flash” to convey the events surrounding Sri Sri on his extensive travels.

Sri Sri gave this knowledge sheet on July 24, 1995 in Montreal Ashram, Canada.)

The senses are like fire. Whatever you put into your senses burns in this fire. A fire of toxic material creates pollution and bad smell. But if you burn sandalwood, it creates fragrance.

The same fire that supports life can also destroy. A fire can heat your home or burn it down. Celebration happens around a bonfire. Grief happens around the fire of cremation. A burning tire creates toxic fumes. A ghee lamp lights your way and purifies the surroundings.

Does your fire create smoke and pollution – or are you like a camphor flame that creates light and fragrance? A saint creates light and the fragrance of love. He is the friend of life.

A fire that creates light and warmth is of high quality. A fire that creates light and a little smoke is of medium quality. The fire that creates smoke and darkness is of low quality. Learn to distinguish these different fires.

When your senses are engaged in goodness, then you will create light and fragrance;
When engaged in impurity, you create smoke and darkness.

It is *sanyama* that transforms the quality of fire in you.

(From ‘An Intimate Note to the Sincere Seeker, Volume 1, Topic 7)

